

March 23, 2021



School of Medicine
Department of Pediatrics

LSU Pediatrics Tuesday Tidbits

Welcome to the Department of Pediatrics' weekly email blast designed to deliver important department information straight to your inbox.

Visit our
website

LSU Pediatrics Announcements

LSU Pediatrics' Match Day

Congratulations to our Pediatrics, Medicine/Pediatrics, and Pediatrics/Emergency Medicine Residency Program for successfully matching last week for the 2021-2022 academic year. You can view the composite of new interns [here](#). If you would like to learn a little more about our new interns, this [slideshow](#) will give you a few more details.

With Match Day celebrations canceled, Pediatrics Program Director Dr. Chelsey Sandlin and Chief Residents, Brandon Fairless and Katie Greer, created a video of residents welcoming the Class of 2024. Watch it [here](#)!



Amanda Barkemeyer, MD
LSU New Orleans



Karleigh Barkemeyer, MD
LSU Shreveport



Peyton Bennett, DO
Alabama College of
Osteopathic Medicine



Anna Buttaci, MD
University of Virginia



Jantzen Collette, MD
LSU New Orleans



Will Fernandez, MD
LSU Shreveport



Amanda Granier, MD
LSU New Orleans



Mariah Humphrey, MD
University of South Carolina



Riley Jay, MD
Medical College of Georgia



Taylor Jones, MD
Texas A&M



Hannah Nguyen, DO
University of North Texas



Corinna Peden, MD
Florida International
University



Adam Prevot, MD
LSU New Orleans



Karlie Ragas, MD
LSU New Orleans



Judston Robinson, MD
LSU New Orleans

Recent Publications

Nikka Khorsandi, Elvira Chiccarelli, S. Amanda Dumas, Ryan H. Pasternak. Louisiana Pharmacies' Availability of Emergency Contraception and Counseling Accuracy to Adolescent and Physician Callers. *Journal of Pediatric & Adolescent Gynecology*. Published: February 21, 2021 ([link to article](#))

Joy D. Osofsky, Howard J. Osofsky, Andrew L. Frazer, Margaret A. Fields-Olivieri, Michele Many, Marian Selby, Stacey Holman, Erich Conrad. The Importance of Adverse Childhood Experiences During the Perinatal Period. *American Psychologist* 2021, Vol. 76, No. 2, 350–363. ([link to article](#))

Upcoming Promotion Workshops

Faculty members interested in academic promotion can learn more about the process from one of Dean DiCarlo's workshops. Information about promotion can be found on the school and department websites. Our Pediatrics Department Promotions and Tenure Committee will review applications during the month of June. **Applications are due to Leone Coe by June 1, 2021 for consideration.** Preparation of a complete and accurate promotion packet is essential to success in the process and is a time-consuming effort--don't delay! Interested faculty members are encouraged to contact Dr. Brian Barkemeyer, chair of the departmental committee, to discuss their candidacy at any time prior to packet preparation and submission. Letters of support for promotion are not required until **after** promotion application review by the department committee.

Upcoming Dean DiCarlo Workshops:

March 31 (Wednesday) at 7:30 AM

April 5 (Monday) at 4:30 PM

April 15 (Thursday) at 7:30 AM

Register by April 9th

at https://www.surveymonkey.com/r/Academic_Advancement_2021

School Promotion Info:

https://www.medschool.lsuhschool.edu/faculty_affairs/promotions_and_tenure.aspx

Departmental Promotion Info:

<https://www.medschool.lsuhschool.edu/pediatrics/docs/LSU%20HSC%20Promotion%20and%20Tenure%20Guidelines%202016.pdf>

Tiger Care Clinic Is Celebrating National Nutrition Month!

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. <https://www.eatright.org/food/resources/national-nutrition-month>

Top Box Foods

Tiger Care Clinic provided packages of fresh fruits and vegetables to 10 families on March 1st from Top Box Foods.

Top Box Foods is a community-based non-profit with a simple purpose: to make healthy food affordable and accessible to all.

New Orleans families can also use Food Stamps or EBT to purchase various produce boxes and receive 50% off each time. Food is delivered to your doorstep. <https://www.topboxfoods.com/new-orleans/shop-boxes>

Click on these images for printable Top Box Foods handouts.

MAKIN' GROCERIES PROGRAM

FREE HOME DELIVERY IN NEW ORLEANS



The Makin' Groceries Program is an affordable grocery service that delivers boxes of fresh fruits and vegetables, and high-quality meats and seafood at up to 40% off retail.

When you order by 8PM Sunday through Thursday, your box will be delivered **directly to your door** the next day, contact-free.

We accept EBT, credit or debit on all our products. **Customers paying with EBT can also save up to 50% through Market Match.**

HOW IT WORKS



Visit www.topboxfoods.com or call (504)-304-2319 to shop grocery boxes.



Place your order by **8PM Sunday through Thursday** to get your grocery box delivered the next day.



Choose **EBT** or pay with **credit or debit** at checkout.



We'll **call or text** you on the day of your delivery with your estimated delivery time.



We'll deliver your box **directly to your door and contact-free**, while you stay inside.

504.304.2319

TOPBOXFOODS.COM



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[@TOPBOXLOUISIANA](https://www.instagram.com/topboxloUISIANA)

TOP BOX FOODS LOUISIANA

Top Box Foods Louisiana collaborates with community partners and uses an innovative supply chain distribution model to make healthy food affordable and accessible for all.

MAKIN' GROCERIES PROGRAM

The Makin' Groceries Program is a grocery home delivery service offering boxes filled with fresh fruits and vegetables, and high-quality meats and seafood at up to 40% off retail. Customers are able to use SNAP benefits on all boxes.

COMMUNITY FOOD SHARE PROGRAM

The Community Food Share Program was created in response to a number of partners' requests for our assistance with their free food distribution efforts throughout the pandemic. Through this program, we accommodate any number of grocery boxes for delivery to a designated location for in-person pickups, such as drive-thru distributions.

HEALTHY CORNER STORE COLLABORATIVE

The Healthy Corner Store Collaborative aims to get fresh fruits and vegetables into neighborhood corner stores located in low food access areas. We distribute fresh produce to these stores every week so that community members have healthy food options within walking distance of their homes.

GIVE-A-BOX

Top Box Foods Louisiana is partnered with over 150 community leaders that work with individuals and families that are unable to afford groceries or get to a supermarket. Donations to this program go directly to delivering grocery boxes to their constituents and others experiencing food insecurity.



504.304.2319

TOPBOXFOODS.COM



FOLLOW US!

[@TOPBOXLOUISIANA](https://www.instagram.com/topboxloUISIANA)

Eatable Alphabet

Tiger Care is also the recipient of an AAP Section on Obesity Grant, receiving 60 boxes of Eatable Alphabet Cards (valued at over \$1000) to distribute to patients and families. Eatable Alphabet Cards were developed by ChopChop Family in partnership with the American Academy of Pediatrics Institute for Healthy Childhood Weight and with funding from the CDC.

Eatable Alphabet Cards engage kids and caregivers in activities that promote early nutrition awareness, introduce language and food literacy, use food to stimulate all five senses, and teach valuable life skills.

<https://www.chopchopfamily.org/eatable-alphabet/>





International Transgender Day of Visibility

March 31st is International Transgender Day of Visibility. Transgender and gender expansive youth are at a greater risk for experiencing violence, bullying and depression. They encounter discrimination and lack of acceptance throughout their community, including at home and school.

According to GLSEN’s 2017 School Climate Survey:

- 85% of transgender students were harassed or assaulted at school

- because of their gender
- **83%** of transgender students felt unsafe at school because of their gender
- **51%** of transgender students were unable to use the name or pronoun that matched their gender
- **59%** of transgender students had been required to use a bathroom that did not match the gender they live every day

In 2020 alone, at least 44 transgender and gender non-conforming people have lost their lives due to anti-transgender violence. The majority of the victims were Black or Latinx ([Human Rights Commission](#), 2020).

Supporting Transgender and Gender Expansive Youth

Healthcare providers have unique opportunity to positively impact the lives and futures of transgender and gender expansive youth by fostering a safe, welcoming environment and providing evidence-based, culturally competent care.

There are a lot of resources out there, but here are a few to get you started:

- Human Rights Commission: [Supporting and Caring for Transgender Children](#)
- Advocates for Youth: [Create Safer Spaces for LGBTQ Youth](#)
- GLESN: [Pronoun Guide](#)
- Physicians for Reproductive Health: [LGBTQ Essentials](#)
- Society for Adolescent Health and Medicine (SAHM): [LGBTQ Health Clinical Care Resources](#)
- Video: [Voices of Transgender Adolescents in Healthcare](#)
- [LGBTQIA+ Glossary of Terms](#)
- [Genderbread Person v4.0](#)

Other Announcements

Latest edition of LSU SOM's *The Pulse*. ([link](#))

NEW Billing Rules Effective January 1, 2021- Important to Review [-Email announcement](#), [Coding Guide 2021](#), [MDM Quick Reference Guides](#)

LSU Proof-of-Concept Fund- LIFT2 Round 12 Announcement ([information](#))

Importance of Time Certification ([information](#)) - learn more about why we certify time each month!

Important Notice: P-Card Restrictions on AAP Purchases ([information](#))

Use of Non-LSUHSC Email ([information](#))

CDC COCA Call: 2020-2021 Influenza Vaccination Recommendations and Clinical Guidance during the COVID-19 Pandemic. Find recent COCA talks regarding Covid-19 [here](#). All talks can be indexed and replayed.

New Pre-Review for Grant Proposals service offered by LSU([information](#))

Updated: Several Avenues of Stats Support, Education and Consultation

([information](#)) ([using stats models through CITI](#))

Download the new Department Composites for this academic year! ([Faculty](#), [Fellow](#), [Resident](#)).

FACULTY DEVELOPMENT

New video monthly

March Video: Bedside Teaching

This spring let's focus on making our bedside rounds more educational. This short video (2 minute 4 seconds) highlights ways we can make bedside rounds more effective for teaching. Improve your teaching toolbox in less time than a commercial break.

<https://www.youtube.com/watch?v=iiqB-eQcbT8>

Please send any suggestions or areas of faculty development need to acree1@lsuhsc.edu.

If you are interested in other forms of Faculty Development, visit these websites:

- [LSU Pediatrics Faculty Development Page](#)
- [LSUHSC GME Medical Education Development Site](#)

For questions or comments regarding Faculty Development, please contact [Amy Creel](#).

Diversity, Equity, & Inclusion

This section of Tuesday Tidbits will highlight Diversity, Equity, and Inclusion within our department as well as outline events, workshops and lecture series available to faculty, staff and trainees.

Join IAMSE's Free Seminar Series on Promoting Inclusivity:

The IAMSE 2021 Spring webinar series will explore strategies for inclusive teaching. Recognizing that unconscious bias is a crucial and contributory step in this endeavor, this series will begin by exploring how to recognize unconscious bias and create diverse, inclusive and equitable content for both the basic science curriculum and the clinical learning environment.

You can view more information on the series and register [here](#).

- March 25 at 12pm ET – Norma Poll-Hunter, Shani Fleming and Rick McGee present “Pathways & Pipelines: Approaches to Increasing Diversity in the Health Professions”
- April 1 at 12pm ET – Marquita Norman Hicks and Kara Caruthers present “Surviving Club Quarantine: Establishing Mentorship and Maintaining Wellness in a Diverse Student Population”

CHNOLA Announcements

Latest edition of CHNOLA Employee E-News ([link](#))

Campus Transformation Update ([link](#))

EPIC Update 3/16/21: Federal Information Blocking Rule ([information](#)) ([How To Write An Open Note](#)) ([Ambulatory Note Sharing](#))

Enhanced Safety Efforts: Because of the troubling uptick in COVID cases across Louisiana, CHNOLA is emphasizing renewed efforts to protect our workforce as we enter these important next few weeks. [Read about their enhanced safety efforts here.](#)

Construction Update: Henry Clay Ave Traffic Flow to Change ([information](#))

Bare Below the Elbow in the ICUs: The most effective way of practicing hand hygiene is to remove outerwear, push up long sleeves above the elbow, remove jewelry, watches, or anything below the elbows, and perform handwashing from elbow to fingertip. Use the Bare Below the Elbow technique, especially in critical care units. ([learn more](#))

Report your flu-like symptoms

Please notify Employee Health at 504.962.6270 if you have any flu-like symptoms before reporting to work. Symptoms may include cough, congestion, headache, with or without fever.

Update from CHNOLA IT: As part of the Federal Information Blocking Rule: 21st Century Cures Act, CHNOLA will be required to share provider notes effective April 5th, 2021. We plan to start sending Provider notes to a patient's Epic MyChart Portal account effective March 2nd, 2021. [See more information from the Associate Chief Medical Information Officer here.](#)

Upcoming Events

Grand Rounds

For those who prefer an Outlook Calendar Reminder for Grand Rounds, please click [here](#) for directions that walk you through creating a recurring reminder.



Children's Hospital
New Orleans
LCMC Health

Virtual Pediatric Grand Rounds

Wednesday, March 24, 2021
Noon-1pm

“Pediatric Hypertension: What’s New?”

Ihor V. Yosypiv, MD
Associate Professor of Pediatrics,
Chief, Division of Pediatric Nephrology
Department of Pediatrics
Tulane University School of Medicine
New Orleans, Louisiana

Please join Pediatric Grand Rounds from your computer, tablet or smartphone:

Zoom link: <https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success>

Meeting ID: 990 1076 2984, Passcode: 018428

One tap mobile:

+16465588656,,99010762984# US (New York)

+13017158592,,99010762984# US (Germantown)

Note: This is a live activity. The link is only valid from 12-1:00 pm and the presentation will not be recorded for CME or CEU credit. Please sign in with your full name and credentials in order to receive credit.

Objectives: At the conclusion of this activity, participants should be able to:

1. Review new pediatric hypertension guidelines.
2. Identify major types of pediatric hypertension.
3. Review the diagnostic workup of pediatric hypertension.

Intended Audience: This activity is specifically directed towards the pediatrician, but it is open to all other interested physicians, residents, medical students and allied health professionals.

CME Statement: Children’s Hospital is accredited by the Louisiana State Medical Society to provide continuing medical education for physicians. Children’s Hospital designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU Statement: Children’s Hospital is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.



Join Grand Rounds through the Zoom Portal:

[https://lsuhsc.zoom.us/j/99010762984?](https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success)

[pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success](https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success)

Meeting ID: Meeting ID: 990 1076 2984, Passcode: 018428

One tap mobile: +16465588656,,99010762984# US (New York)

+13017158592,,99010762984# US (Germantown)

Resident Senior Scholarly Presentations

Conference: Resident Grand Rounds

Date/Time: Thursday, March 25, 12:10pm – 1:00pm

Title: "Use of Honey for Cough"

Presenter: Dr. Tat Yau

Mentor: Dr. Shubho Sarkar

Faculty's dedication to our trainees and effort to attend these sessions and contribute to the discussion is much appreciated. CME credit will be offered!

Zoom Information: Meeting ID: 987 2113 4546; Password: Isupeds20

[Click here for the zoom link.](#)

Wednesday, March 24: LSUHSC Office of Diversity will host a moment of community reflection for all faculty and staff. ***A Brave Space to Be: Yourself, Heard, Vulnerable*** has been designed as an opportunity for LSU Health faculty and staff to share with authenticity, listen with empathy, and heal with community. We hope you will join us and invite others to participate in this important conversation and kindly ask that you [confirm your attendance using the registration link.](#)

Friday, March 26: *The Future of NIDDK Clinical Research:*

LA CaTS Professional Development Core

Presents

"The Future of NIDDK Clinical Research"



National Institute of
Diabetes and Digestive
and Kidney Diseases

Griffin P. Rodgers, M.D., M.A.C.P.

Director of the National Institute of Diabetes and
Digestive and Kidney Diseases (NIDDK)

SAVE THE DATE

Friday, March 26, 2021 •

12:00 pm – 1:00 pm

Note: This event is free and open to public



The Wonder Women of
LSU Health
NEW ORLEANS

A Virtual Panel to Discuss the Trailblazing Women of LSU Health

Wednesday, March 31 at 11:00 am

Wednesday, March 31: [First Annual Wonder Women of LSU Health](#) - A virtual panel to discuss the challenges and real-life solutions of female trailblazers in healthcare. The panel will feature seven trailblazing women who have contributed to paving the way for generations of women who work in healthcare. Join us for an open and honest discussion about the challenges they've faced and how they got to where they are today. Featuring: Moderator Jennifer Avengo, Director of the New Orleans Department of Health, and the voice of New Orleans's health news during the pandemic, and six LSU Health Sciences Center alumnae with a wide range of experience

To find out more and to register for this free webinar, click here:
<https://www.lsuhealthfoundation.org/the-first-annual-wonder-women-of-lsu-health/>

Spring 2021: Obesity Seminars at Pennington Biomedical Research Center
([see schedule](#))

Thursday, April 29: Academic Pediatric Association Fellows Conference: Promoting Resilience in Academia (free for fellows and faculty!) [Register Here](#)



**ACADEMIC
PEDIATRIC
ASSOCIATION**

Department Wellness

[AMA Article:
4 Habits of Gratitude Physicians Can Follow
to Enhance Wellbeing](#)

EARLY DISCOVERY

GROW. EXPLORE. DISCOVER.



ENROLL NOW!!!

- * Breakfast, hot lunch, & Snacks provided
- * Low Student to staff ratio
- * Age appropriate activities
- * Extended hours available

OPEN MON-FRI / 6AM-6PM
AGES 8 WEEKS OLD- 4 YEARS OLD

Contact: Sara Waquespack
938 Calhoun Street, New Orleans, LA 70118
earlydiscovery.nola@gmail.com
(504)343-2591

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Department Wellness Ambassador Jerussa Aita-Levy, MD and the Wellness Committee have compiled a list of helpful links and resources. Please take this time to focus on your wellness!

1. Remember LSUHSC **Campus Assistance Program** (CAP) is here to help! ([information](#))
2. A great article about grief in this new version of our world ([information](#))
3. CAP's Advise on Dealing with Stress ([article](#))
4. 7 steps to help doctors reduce stress during the COVID-19 outbreak ([link](#))

Why Our Heroes Need to Prioritize Sleep([article](#))

Generational divide: 4 ways physician burnout differs by age ([article](#))

5 Ways to Combat Burnout ([article](#))

In 'Together,' Former Surgeon General Writes About Importance Of Human Connection ([5-minute listen](#))

Wellness Break: 3 Ways Your Mind Makes You Miserable (And How to Stop It Today) Dr. Jerussa Aita-Levy recommends reading our last Wellness Grand Rounds Speaker Dr. Gail Gazelle's emails and blog posts. Dr. Levy found one of Dr. Gazelle's recent [posts](#) helpful and wanted to share it with the department. You can also watch Dr. Gazelle's weekly wellness talks on her [Facebook page](#).

Need child care? Touro's got you covered. Touro has re-opened its Kids Activity Center and they are generously accepting children of LCMC Health employees (ages 5-11). The Kids Activity Center is open from 6:30 am - 7 pm.

CHNOLA Bootcamp Class: Do you want to increase your strength and improve your cardiovascular fitness? Are you new to exercising, or a seasoned veteran? We have a program for you! Every Tuesday and Thursday, Children's is offering FREE Krewe du CrossFit bootcamp classes from 5:30-6:30 p.m. outside the Conference Center. Class is open to all Children's employees, members of the medical staff, as well as residents and fellows. This one-hour interval training bootcamp is for all skill levels and no experience is necessary. These classes will help you to gain confidence in your athletic abilities and increase your capacity for stamina, strength, flexibility, and balance. Please [this signed waiver](#) and a water bottle with you to your first class. We look forward to seeing you there!

CHNOLA Yoga: We're bringing back Zoom yoga with Dr. Amy Henke! Classes will be Wednesdays from 5:30 - 6:30 pm. Children's Hospital Psychologist, Dr. Amy Henke will be leading free Zoom Yoga classes for employees and staff. No experience is necessary! Classes are suitable for beginners and designed to encourage moving at your own pace with an emphasis on mindfulness, relaxation, and somatic stretching. <https://chnola.zoom.us/my/amyhenke>
Zoom ID number: 867 947 2744

Free apps and websites to keep you physically and mentally fit:

Peloton App: stream spin, run, walk, strength, stretching, bootcamp, yoga and meditation over an extended 90 day trial ([information](#)).

Pure Barre OD: 60 day free trial with Code: EXTENDED TRIAL ([information](#))

Shira Kraft, Pilates Instructor: 30 minute session on youtube ([information](#))

Beachbody: Free sample workouts ([information](#)); also offering a free 14-day trial of their on demand service.

Yoga:

Yoga with Adriene ([YouTube channel](#))

Fight Master Yoga ([YouTube channel](#))

Fitness Marshall ([YouTube channel](#))- for those who like dancing

Yoga for Kids! Cosmic Kids Yoga ([YouTube channel](#))

Meditation:

Free Headspace Plus for all US Healthcare Workers ([information](#)) Use this meditation tool to de-stress to get a healthy perspective.

Ten Percent Happier: ([information](#)) free access to app for healthcare workers

Find more discounts and freebies for healthcare workers including resources for mental and physical health [here](#).

Department Anniversaries

The following employees celebrate another year with the department this month. Thank you for your continued service to LSU Pediatrics!

Kurt Piggott, 4 years

Sheri Russell, 7 years

Looking for old newsletters?

View the *Tuesday Tidbits* archive on the department's website. ([link](#))

Submit information to the next Tuesday Tidbits

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