

March 24, 2020

LSU Health

NEW ORLEANS

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
Department of
Pediatrics

**Most Outstanding
Teaching
Department for
2019**



The LSUHSC Aesculapian Society has released their list of this year's twelve recipients of the Excellence in Teaching awards and our department is grateful to be named the Best Department at LSU! You can view the full list of the teaching awards [here](#).

COVID-19 UPDATES

Please check your emails each day, especially communications from Dr. Watts - lots of info to share, can only do by email.

The LSU Department of Pediatrics Faculty Meeting: 2019 in Review and State of the Department of Pediatrics will be rescheduled to a zoom meeting. More to come!

Match Day Success!

Congratulations to our Pediatrics, Medicine/Pediatrics, Pediatrics/Emergency Medicine and Child Neurology Residency Programs for successfully matching last week for the 2020-2021 academic year! Click [here](#) to view the composite of our new interns who will start July 1, 2020. 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 her chief residents, Monica Hajirawala and Jordan Lim, created a video of residents and faculty welcoming the Class of 2023. Watch it [here!](#)

Dr. Sandlin decided to bring the party to her local matched applicants, at a safe distance of course! She delivered bags of goodies including our new LSU Peds t-shirt (thanks again, sponsors!) and a water bottle from CH OME. Here's LSUHSC-NO student, Jesse Coren who couldn't wait to wear his purple and gold:



And the residents figured out a way to hold their annual celebration to welcome their new class in a virtual karaoke night:



More news from Residency... senior resident Nick Algu and many of his co-residents got together to do something special for their adult resident colleagues. They made 40 care packages/snack packs that were distributed to LSU medicine and LSU Family Medicine at UMC, Tour, and Ochsner-Kenner!





FACULTY DEVELOPMENT

New video monthly

March Video: *Bedside Teaching*

This spring we can all focus on making our bedside rounds more educational for our learners. 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>

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](#).

CHNOLA Announcements

CHNOLA's COVID-19 Page ([website](#))

Storyboard is coming to EPIC March 25th ([information](#))

Algorithm and Order Set for COVID-19 Treatment ([information](#))

Upcoming Events

Grand Rounds

All Grand Rounds presentations in March are canceled.

As of now, we are unsure about April and the rest of the academic year.

We may hold those talks virtually over Go To Meeting. We will be in touch as plans develop.

New Addition



Congratulations to senior resident and future chief, Brandon Fairless, and his wife Pallavi Nair-Fairless on the birth of their daughter, Neena Laj. She was born yesterday, Tuesday, March 23 and weighed 6 lbs, 8oz. The LSU Pediatrics Family welcomes this "tiny breath of fresh air" as Dr. Sandlin described in her announcement.

Department Wellness

Focus on your wellness, now more than ever!

UPDATED

Bootcamp Class: Children's is offering a FREE virtual boot camp class on Tuesdays and Thursdays at 5:30pm if there is at least 5 people signed up. There will also be a Saturday class that will cost \$10. Attend here: <https://chnola.zoom.us/j/5117256431>

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

Department Anniversaries

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

Kurt Piggott, 3 years

Looking for old newsletters?
View the *Tuesday Tidbits* archive on the department's website. ([link](#))

Submit information to the next Tuesday Tidbits