

April 14, 2020



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



Dr. Pasternak Receives LSU SOM Faculty Assembly Award

Congratulations to **Dr. Ryan Pasternak** for his nomination and selection for the **LSU SOM Faculty Assembly Outstanding Service to the Community Award**. The purpose of this award is to acknowledge selfless acts by an individual faculty member for the benefit of others served by either the SOM community and/or humanity in general. Dr. Pasternak's selection identifies his service to LSUHSC by his colleagues and speaks volumes to his dedication and hard work. Dean Nelson has generously provided an educational grant and a plaque, which will be presented at a later date, to accompany this award.

"Dr. Pasternak's contributions to LSUHSC are a natural outgrowth of his passion for serving vulnerable and frequently discounted adolescent patients, whom other physicians often feel ill-equipped to help. Dr. Pasternak creates avenues for improving adolescents' care through all aspects of his work, including patient encounters, the classroom, and community outreach. Dr. Pasternak exemplifies the core values of LSUHSC—specifically, the pursuit of knowledge, commitment to service, and compassion—and thus serves as a role model for us all."

Kudos also goes out to **Dr. Luke Wall** who was nominated for the **Faculty Assembly Outstanding Mentor Award**. The award acknowledges contributions by this vitally important

component of the faculty in an effort to reduce attrition from academic medicine and improve retention within the LSUHSC-SOM.



New Children's Book Explains COVID-19 and the Corona Virus to Kids - Free Download!

A new children's book is now on the market to help parents explain the COVID-19 pandemic to their kids. The book has been published, with some growing attention including NPR, and is available on Amazon. Since the author has had numerous physicians reach out to him for a PDF copy to print off for parent/patient education, he has made it available to download for free. Use it to help your patients during this high anxiety time. Thank you to Dr. Shubho Sarkar and medical student Michael D. Stocker for sharing! ([information and link to pdf](#))

COVID-19 UPDATES

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

CHNOLA's Virtual COVID-19 Town Hall Meetings ([link to video](#))

LCMC Telehealth ([information](#))

COVID-10 OPH Test Now Available at CHNOLA ([information](#))

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

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

LSU GME's COVID-19 Resources ([website](#))

LSU Human Resources Update ([information](#))

CHNOLA EPIC Updates:

Changes to Post-Op Admissions and New COVID Admission Order Set ([information](#))

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

Dr. Staci Olistter Featured as Inspirational Woman

Local artist Kelly Fortier featured our own Dr. Staci Olistter in her current show "On Women" which highlights ten women who inspire in the community. You can read the passage that goes along with her portrait below [here](#).



NIH Notices ([information](#))

NIH Update: Responding to Frequent Questions on Flexibilities Related to NIH Funding and COVID-19 ([information](#))

Frequently Asked Questions for DOD Research Proposers and Awardees Impacted by the Novel Coronavirus ([information](#))

Advocacy Opportunity - Read to your patients([information](#))

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

School of Medicine Research Cafe ([information](#))

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

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

FACULTY DEVELOPMENT

New video monthly

April Video: *Communication Skills*

Good communication skills are crucial to quality healthcare. Whether during rounds or via Zoom we can all teach our learners about clear, compassionate communication while keeping our social distance. Let's focus on our communication skills during the month of April. This quick video is a great reminder of how important these skills, and gives tips for resources to improve.

<https://youtu.be/aeSIJPLFk8Q>

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](#))

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

Upcoming Events

Grand Rounds



The LSU Pediatrics Wellness Committee
Welcomes All

Wednesday April 22, 2020

Pediatric Grand Rounds

8:00am – 9:00am

via Zoom (link TBA)

Gail Gazelle, MD, MCC

Master executive physician coach, author, speaker, educator

Resilience in the Time of COVID-19: How You Can Thrive Right Now

This session contains what clinicians need right now. It includes the neuroscience-based, proven strategies and tools your team can utilize to be at their best during this difficult time. After this talk, from CMO to clinic-administrator, teams will be more than well-prepared to deal with the multitude of challenges that come with this time, including:

- Moving from overwhelmed to in control
- Managing uncertainty
- Taking care of loved ones as well as patients
- Maintaining cohesion and morale

The workshop comes with **actionable** steps that physicians can take **today** to improve their quality of life right now.



Dr. Gazelle will also speak at Noon Conference the same day, Wednesday, April 22. More information and zoom links to come!

In the meantime, Dr. Gazelle has provided us with some resources for physicians to use during this time:

Here's a brief meditation for calm:

<https://www.gailgazelle.com/meditation-for-calm-in-a-time-of-uncertainty/>

A blog post about easily accessible antidotes to fear and anxiety:

<https://www.gailgazelle.com/fear-and-worry-three-practical-antidotes-you-can->

[access-today/](#).

Sign up for her email list here: <https://www.gailgazelle.com/>.

Click [here](#) to learn more about Dr. Gail Gazelle.

5/7/20 - LA CaTS Junior Investigator Research Workshop Symposium, Tulane University SOM, 1430 Tulane Avenue, 8:00am-3:30pm ([information and agenda](#))

5/8/20 - LSU Pediatrics Research Day, Conference Center ([information and abstract submission form](#)) Abstracts are due Wednesday, April 15!

6/4/20 - LSU Quality Improvement/Patient Safety Forum, 1-4pm, Lions Building, 6th floor. Abstract submissions are due March 13. ([information](#)) ([abstract submission form](#))

Department Wellness

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. Dr. Amy Creel has created a shared file of **Childcare Resources** that can be accessed by all in the department. Please review, use and edit as you'd like! ([information](#))
2. Remember LSUHSC **Campus Assistance Program** (CAP) is here to help! ([information](#))
3. A great article about grief in this new version of our world ([information](#))
4. CAP's Advise on Dealing with Stress ([article](#))
5. 7 steps to help doctors reduce stress during the COVID-19 outbreak ([link](#))

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](#).

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!

Paul Hyman, 12 years

Pinki Prasad, 9 years

Kiran Mallula, 5 years

Michael Brummund, 2 years

Looking for old newsletters?

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

Submit information to the next Tuesday Tidbits