

April 21, 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



#### LSU Medical Student Receives Interprofessional Student Alliance Award for Leading New Orleans Adolescent Reproductive Health Program

The Department of Pediatrics acknowledges the hard work and leadership of medical student Elizabeth “Liz” Brew who received the Interprofessional Student Alliance’s (IPSA) highest honor in the IPSA Leadership Award for 2020. Liz has done an outstanding job leading the New Orleans Adolescent Reproductive Health Program (NOARHP) during her time as a medical student. She has expanded the reach of comprehensive evidence-based sexual health education in Greater New Orleans and engaged many more health-professional students from across LSU Health, Tulane, Xavier Pharmacy and others to participate in teaching local youth. Vice Chair Ryan H. Pasternak, REAL Program Manager Carleigh Baudoin and the whole department congratulate Liz on her hard work.

Click [here](#) to learn more about The Reproductive Education + Advocacy Louisiana (RE+AL) Team.

#### LSU Health Zoom Backgrounds

You can now download LSU Health New Orleans branded backgrounds for your next telehealth visits and zoom meetings. Find the images as well as instructions for using them to create virtual backgrounds [here](#).



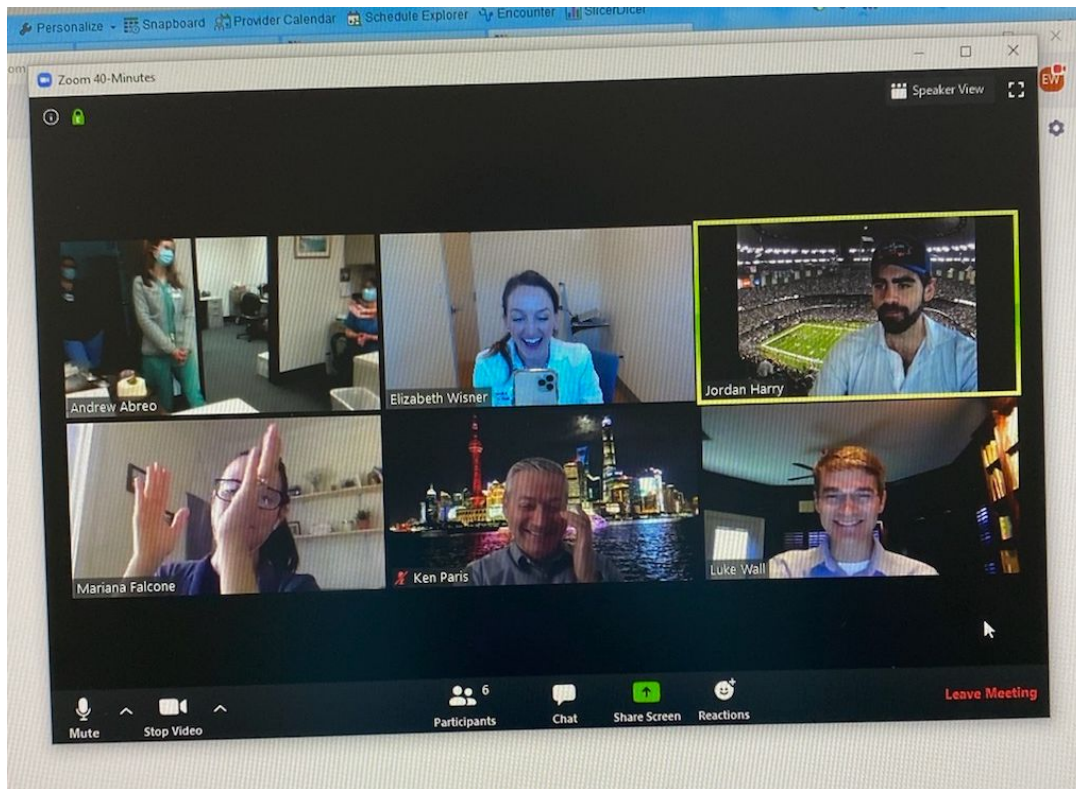
LSU IT also released information about properly cleaning your computer ([information](#)).

While walking through a deserted New Orleans this weekend, I came across the poem “**Lockdown**”, posted in huge print on the front window of a closed shop. Take a moment to read. I think it will make you happy you did. Hang in there.

Raymond G. Watts, MD  
Professor and Head

## Recent Departmental Celebrations

The Allergy/Immunology Division celebrated second-year fellow Elizabeth Smith's birthday virtually.



Thanks to Dr. Levy who hosted a Wellness Working Moms wine social zoom session last week!



The residents received a well-deserved Wellness Resident Luncheon from Dickey's BBQ a few weeks ago.



## 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](#))

LSU Zoom Backgrounds ([information](#))

CHNOLA EPIC Updates:

Discontinuation of COVID Transmission Based Precautions ([message](#), [information](#))

MyChart Care Companion Home Monitoring Program ([information](#))

IP Provider: MyChart Home Monitoring Program ([information](#))

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Update from LSUHSC Grants Office ([information](#))

Coronavirus grant – up to \$1M awards plus personalized drug development team ([information](#))

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

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

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

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## **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](#))

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

## Upcoming Events

### Grand Rounds

*Apologies for any confusion about Grand Rounds being canceled.  
The LSU Pediatrics Wellness Committee looks forward to hosting Dr. Gail  
Gazelle as originally planned.*



The LSU Pediatrics Wellness  
Committee  
Welcomes All

**Wednesday April 22, 2020**  
**Pediatric Grand Rounds**  
**8:00am – 9:00am**  
via Zoom

### **Gail Gazelle, MD, FACP, MCC**

*Master Certified Coach for Physicians and Physician Leaders  
Assistant Professor, Harvard Medical School*

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

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

1. Explain etiologic factors in clinician burnout and resilience.
2. Explain the neuroscience of mindfulness benefits for clinicians.
3. Describe a variety of personal resilience strategies.

**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.

Place: Zoom Platform

Time: 8:00 AM

**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.

This is a live activity, so the link is only valid from 8-9am; the presentation will not be recorded for CME Credit.

**Join Grand Rounds through the Zoom Portal**

**Be sure to sign in with your full name and degree to get proper CME credit!**

<https://lsuhsc.zoom.us/j/95948773509?pwd=dlhQVFlxaGtWVW8vSmFPZmNEQ1FSQT09>

Meeting ID: 959 4877 3509 Password: 947648 One tap mobile +16465588656,,95948773509# US (New York) +13126266799,,95948773509# US (Chicago)

## **Dr. Gazelle will also speak at Noon Conference the same day, Wednesday, April 22.**

If you are interested, please log in via zoom:

The Meeting ID for Noon Conference is 330 263 263.

Password: Isupeds20

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.

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Updates to previously scheduled events:

- **LSU Pediatrics Research Day** originally scheduled for May 8 has been postponed until further notice.
- **New Faculty Orientation** scheduled for 4/21 will be postponed until further notice. We hold this twice annually and we will hopefully be able to do it this fall in person.
- The **Promotions Workshops** at Children's, Baton Rouge and Lafayette were cancelled. Dr. DiCarlo will have a single workshop via **Zoom on Monday, April 27 at 4:30**. Please reply to his recent email and let him

know if you plan to attend. He will send you the Zoom invitation, handout materials and slides.

- The April 29<sup>th</sup> **Spring General Faculty Meeting** will be rescheduled in a few weeks when we have a little more clarity about the impact of the hiring freeze announced this morning and the anticipated budget reductions in 2020-21.
- **LSU Quality Improvement/Patient Safety Forum** will be held virtually via Zoom on **June 4, 2020 from 1:00pm - 4:00pm** ([information](#))

## 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

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!

Paul Hyman, 12 years  
Pinki Prasad, 9 years  
Kiran Mallula, 5 years  
Michael Brummund, 2 years

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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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