

June 23, 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

Residency Graduation

Thank you to all faculty, trainees and staff for making last week's final good-byes to our Class of 2020 memorable! We began Graduation Week with the Faculty vs. Resident Quiz Bowl. Thanks to Dr. Shubho Sarkar for hosting and to all faculty and resident team members. Congratulations to the Resident Team for their big win!



We also bid farewell to our outgoing chiefs, Monica Hajirawala and Jordan Lim. Dr. Chelsey Sandlin presented them with their traditional chief chairs after the quiz bowl. Dr. Hajirawala is off to an Allergy/Immunology Fellowship at Tulane while Dr. Lim is headed to Houston for her Hospitalist Fellowship at Baylor. Thanks for all your hard work over the past year, Monica and Jordan!

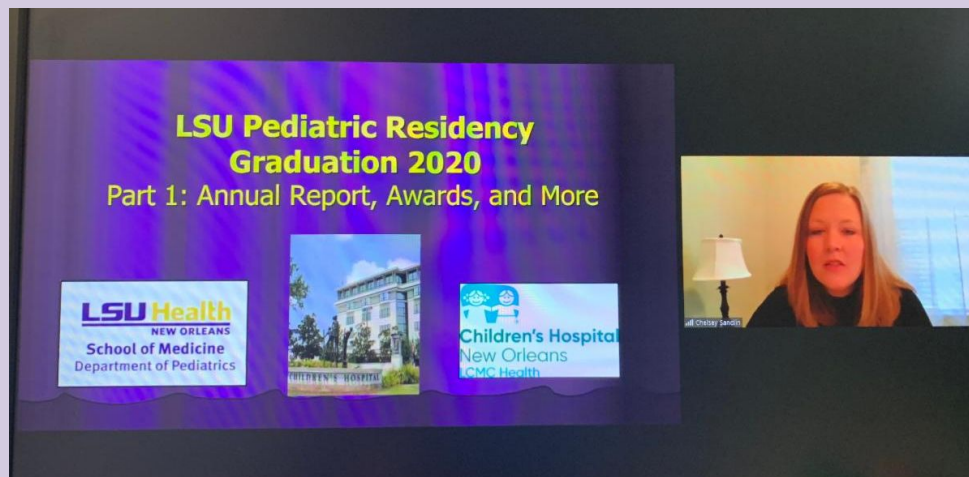


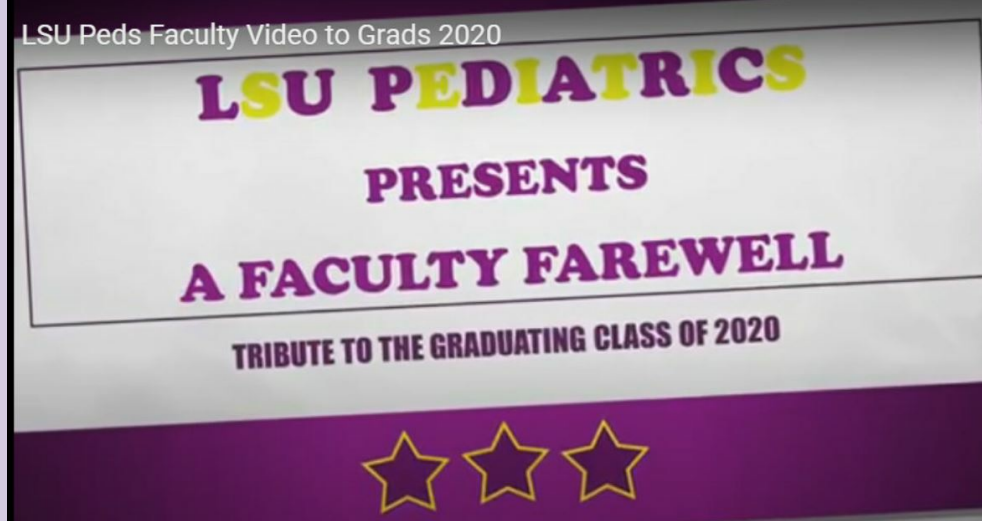
Dr. Sandlin presented the first phase of graduation on Thursday via zoom. The presentation included an Annual Report and 2019-2020 Award Announcements. Congratulations to all award winners!

[Click here to view all award recipients.](#)

The second half of the hour was dedicated to the Faculty's Farewell Video to the graduates. It's a must watch if you missed it!

[Click here to watch the Faculty Video.](#)





The final graduation event, Hello/Good-Bye, took place on Friday in a small graduates-only ceremony at Children's Hospital. If you missed the live graduation,

[click here to watch a recording of the ceremony.](#)

Congratulations to all our Pediatrics, Medicine/Pediatrics, Pediatrics/Emergency Medicine resident graduates as well as our fellow graduates!





Wellness Opportunity

Living Well: Happiness Program- Online



The Living Well Program is designed for medical doctors, nurses and other healthcare professionals seeking to build a proficient practice for self-care to enrich their quality of life. This retreat provides simple yoga, meditation and breathing techniques to manage emotions, reduce stress, exhaustion & fatigue while enhancing physical, mental, spiritual and social well-being.

10 CME CREDITS AVAILABLE AND OPTIONAL

DATES: JUNE 27 & 28 [1:00 PM-4:30 PM]

JUNE 29 [6:30 PM- 9:00 PM]

REGISTER AT: tiny.cc/livingwelljune

CONTACT: Dr.Usha Peri [214-356-3428]

June is LGBTQ Pride Month!

Did you know that LGBTQ youth are more likely than their peers to experience negative health and life outcomes? They are at an increased risk for depression and suicide, bullying, substance use, sexual health risks and homelessness. According to the Human Rights Center's [2017 LGBTQ Youth Survey](#):

- **77%** of LGBTQ teenagers surveyed report

feeling depressed or down over the past week

- **95%** of LGBTQ youth report trouble sleeping at night
- More than **70%** report feelings of worthlessness and hopelessness in the past week
- **67%** report that they've heard family members make negative comments about LGBTQ people



Supporting LGBTQ Youth

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

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

- 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](#)

If you are interested in additional resources and information on supporting and caring for LGBTQ youth, please contact the Adolescent Medicine Team: Ryan H. Pasternak, MD, MPH (rpaste@lsuhsc.edu) or Carleigh Baudoin, MPH (cbaud6@lsuhsc.edu).

2020 LSU Pediatric Faculty Wellness Survey- please complete!

For the 5th year, Chairman Dr. Raymond Watts is asking our Department of Pediatrics Faculty to complete a brief (4 questions-will take no more than 30 seconds) wellness survey. The survey will collect data during the month of June.

You should have received an email from Survey Monkey to your LSUHSC.edu email. Also, you can get to the survey via this link or QR code below.

Your response is important, especially in these unprecedented times. Thank you for completing.

<https://www.surveymonkey.com/r/ST2XLQJ>



COVID-19 UPDATES

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

LCMC Telehealth ([information](#))

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

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

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

Mentored Career Development (KL2) Program in Clinical and Translational Science ([information](#))

PAS Neonatology Summer Webinar Series ([information](#))

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

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](#))

Several Avenues of Stats Support, Education and Consultation

Dr. Stuart Chalew has put a helpful list of statistical support resources together for the department:

1. Online free modular basic medical stats course through LSU CITI program free to all LSUHSC students, residents, fellows faculty. Register with your LSU CITI user ID and password. Can work through modules at your own pace.
2. Formal Stats course through LSU - contact Dr. Donald Mercante for info and times.
3. Louisiana Clinical and Translational Science Center (LACATS) supports early statistical consultation for LSU and Children's - <https://www.lacats.org> Need to register/apply through SPARC website through link on <https://www.lacats.org/>. Brian Melancon 225-763-2980 can help with navigating SPARC. Usually LSU applicants get assigned to an LSU stats faculty through LACATS.

Dr. Chalew can help with navigating LACATS issues for LSU DoP members and those seeking support from LACATS for projects at Children's Hospital.

June Video: *Teaching Medical Students*

This video provides tips for teaching medical learners in the clinical setting. Teaching can be simple, efficient, and effective. Let's all review these tips to ensure we continue to provide excellence in clinical education.

<https://vimeo.com/89625533>

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

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

CHNOLA EPIC Updates:

Storyboard Update - May 20th ([information](#))

Storyboard is coming to EPIC May 19th ([information](#))

- [Storyboard ABCs](#)
- [Storyboard Anesthesia Crosswalk](#)
- [Storyboard Surgery Crosswalk](#)
- [Ambulatory Storyboard Crosswalk All Users](#)
- [Storyboard Inpatient Crosswalk](#)
- [Storyboard ED All Users](#)

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

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

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

Upcoming Events

No Grand Rounds this week; lectures will resume in August.

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](#))

Recent Wellness Grand Rounds: Dr. Gail Gazelle gave two important, immensely helpful lectures. If anyone missed it, check out her slides here ([Grand Rounds, Noon Conference](#)). Dr. Gazelle included a free resource for our department: She leads a weekly Zoom clinician support group called "Helping Clinicians Thrive During COVID-19." The group is for physicians and advanced practice clinicians like you to build community and resilience during this time. Sessions are on Wednesdays, 3:30-4:30 PM CST. Click the link below to download a calendar attachment or simply join us at <https://zoom.us/j/92100651837>.

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!

Leone Coe, 28 years
Steffan Sernich, 13 years
Tabitha Washington, 8 years
Elizabeth Alonso, 6 years
Shubho Sarkar, 3 years
DeShonda Jolly, 1 year

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

Submit information to the next Tuesday Tidbits