

October 13, 2020



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

From the Chairman



The NEW ENGLAND
JOURNAL of MEDICINE

Thought provoking [editorial](#) from the New England Journal of Medicine".

COVID Reminders from Dr. Richard DiCarlo

New COVID cases have risen nationally over the last four weeks, and there is concern about another surge as schools resume in person classes and we continue plans for phase III reopening. There have also been some recent positive cases on campus. **This is hardly the time for us to become complacent!** Faculty and staff must strictly adhere to the following:

1. Do not come to work if you have any symptoms that could be indicative of COVID. If your symptoms are moderate to severe in nature, please seek medical attention and COVID testing. If you have questions about when it is safe to return to work, please call the Campus Health Clinic (504 412-1995).
2. Do not come to work if you were recently exposed to someone with COVID. If you have a known exposure to COVID you should self-quarantine for 14 days. You should continue the quarantine even if you have a negative

COVID test, as we know that there are 15-20% false negatives. Please follow the campus guidelines: <https://911.lsuhs.edu/coronavirus/campus-guidelines.aspx> Again, if you have questions about when it is safe to return to work, please call the Campus Health Clinic.

3. If you have a positive COVID test, stay home and notify your supervisor as soon as possible so we can 1) determine if you exposed any other employees who will need to self-quarantine from campus, and 2) disinfect your workspace as indicated. Please also notify the Campus Health Clinic and follow the campus guidelines regarding when it is safe to return to work. <https://911.lsuhs.edu/coronavirus/campus-guidelines.aspx>

There is ample information about COVID and campus resources on the LSUHSC coronavirus information page <https://911.lsuhs.edu/coronavirus/>. It is everyone's responsibility to keep the campus, our offices, and our friends and colleagues as safe as possible.

Thanks for your patience and cooperation as we continue to work under difficult conditions.

Richard

Other Announcements

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

LA CaTS Pilot Grant Program is currently accepting applications for the 2020-2021 Grant Development Award Program and Visiting Scholar Program. Click [here](#) for the flyer and click [here](#) for further details.

Policy for Charging Personal Protective Equipment to NIH Grants and Cooperative Agreements as Direct Costs ([information](#))

New Vertebrate Animals Section (VAS) Online Training Module ([information](#))

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](#))

Several Avenues of Stats Support, Education and Consultation ([information](#))

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

FACULTY DEVELOPMENT

New video monthly

October Video: Twitter as an Academic Tool

Dr. Ashoor shares his excellent national presentation on harnessing the power of this social media platform. In this fact filled video (just over 15 minutes), he demonstrates everything from Twitter sign up to uses for advocacy, education, and professional development. Thanks for sharing, Dr. Ashoor!

<https://youtu.be/VvZ1drwD4sk>

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

Construction Update: Important Corridor Changes, ED Phase 2 Relocation, and Elevator Access to Inpatient Floors ([information](#), [map](#))

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

COVID-19 Visitor Update ([information](#))

Latest COVID-19 Policies ([information](#))

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.

GRAND ROUNDS: "HPV VACCINATION UPDATE: NEW CHALLENGES, NEW INSPIRATION"

Date: October 14, 2020

Time: 12:00 PM CST

Duration: 1 hour

Presented by visiting professor,
Dr. Sharon Humiston, MD, MPH, FAAP



Learning Objectives:

- Identify patients for whom HPV vaccination is recommended by CDC and AAP
- (based on updated recommendations)
- Explain to a concerned parent how HPV disease can undermine a future pregnancy (and HPV vaccine has none of those effects)
- Apply the "presumptive recommendation" for HPV vaccination
- Create a plan to bring adolescents to your office for vaccination
- Evaluate how results of HPV vaccination QI projects could be applied in your office

To join the meeting:

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

Meeting ID: 990 1076 2984, Passcode: 018428

Dial in: (646) 558-8656 or (301) 715-8592

Continuing Education Information:

- The American Academy of Pediatrics (AAP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
- The AAP designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- This activity is acceptable for a maximum of 1.00 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.
- PAs may claim a maximum of 1.00 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit[™] from organizations accredited by ACCME or a recognized state medical society.
- This program is accredited for 1.00 NAPNAP CE contact hours of which 0 contain pharmacology (Rx), (0 related to psychopharmacology) (0 related to controlled substances), content per the National Association of Pediatric Nurse Practitioners (NAPNAP) Continuing Education Guidelines.

LA AAP WOULD LIKE TO THANK CHILDREN'S HOSPITAL IN NEW ORLEANS AND THE AMERICAN ACADEMY OF PEDIATRICS FOR THEIR PARTNERSHIP TO OFFER THIS EDUCATIONAL TRAINING.

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: Clinical Case Conference

Date/Time: Tuesday, October 13, 12:10pm – 1:00pm

Title: "A Case of Acute Weakness"

Presenter: Dr. Michael Evers
Mentor: Dr. Jay Hescok

Conference: Clinical Case Conference
Date/Time: Thursday, October 15, 12:10pm – 1:00pm
Title: "Gender Affirmation"
Presenter: Dr. Christine Bruins

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.](#)

10.19.20 - Insights Into the Impact of Sections and Departments on Your Career, Virtual Chat with American Pediatric Society & Society for Pediatric Research, register [here](#).

10.21.20, & 11.18.20 - UAB Center for Clinical and Translational Science - Specific Aims Intensive AND Grant Proposal Development Academy ([information](#))

11.21.20 - 22nd Annual Frontiers in Diabetes Research Conference: "Obesity, Diabetes and COVID-19 – elucidating the bidirectional links" ([information](#))

New Addition



Congratulations to Peds/EM Resident Mike Tseng and his wife on the birth of their baby boy, Evan Tseng. Evan was born on October 8 weighing 7 pounds and measuring 19 inches. Welcome to the LSU Peds family, Evan!

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. 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](#))

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](#).

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>.

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: Children's Hospital's bi-weekly bootcamp class is back in-person on Tuesdays and Thursdays! Beginning Tuesday, September 8, all bootcamp sessions on Tuesdays and Thursdays will be in-person outside the Conference Center. The time will remain 5:30 - 6:30 pm.

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!

Stuart Chalew, 23 years

Hanh Rimmer, 21 years

Kelly Allerton, 13 years

Hannah Bauer, 1 year

LaTasha Lewis, 1 year

Looking for old newsletters?

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

Submit information to the next Tuesday Tidbits