

**November 5, 2019**

**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**

**Attend the Department's Academic Enrichment Day today!  
See schedule below.**

# Academic Enrichment Day

November 5, 2019

8am-12pm

2 Center, Children's Hospital

Early Career Faculty members are invited to attend

Breakfast will be provided.

## Agenda

- |               |   |
|---------------|---|
| 8:00 – 8:15   | Welcome, Breakfast, Introductions                       |
| 8:15 – 8:50   | Dr. Ray Watts- How to Succeed in Academics              |
| 8:55 - 9:40   | Dr. Brian Barkemeyer– Promotions and Tenure Process     |
| 9:40 – 10:30  | Dr. Bonnie Desselle - How to Enhance Your Presentations |
| 10:30 – 10:45 | Break   |
| 10:45 - 11:15 | Dr. Chelsey Sandlin– Resident Education                 |
| 11:15 - 11:45 | Dr. Jessica Patrick-Esteve – Medical Student Education  |
| 11:45 – 12:00 | Wrap Up   |

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## Healthy Tigers Food Drive

The Healthy Tigers are organizing their annual food drive for Second Harvester's Food Bank. Please donate non-perishable items from the list below to help support a future food pantry at the Tiger Care Clinic. The food drive will run through the end of November.

There is also a competition between the three residency classes and faculty for who can collect the most items. Residency boxes are placed in the resident lounge and the faculty box is in the LSU Pediatrics administrative suite on the State Street campus. The winner will receive a pizza party!

## **MOST NEEDED FOOD ITEMS TO DONATE TO SECOND HARVEST FOOD BANK**

Second Harvest accepts all nonperishable items (foods that do not need to be frozen or refrigerated). We prefer non-glass containers. When collecting food for your drive, please keep in mind that we need nutritional food items that are low in sodium/salt and sugar. It's important that those individuals with limited financial (and other) resources receive the most nutritious foods available.

### **FRUITS AND VEGETABLES**

Canned vegetables  
Canned fruits  
Shelf-stable vegetable or fruit juice (100%)  
Diced tomatoes  
Tomato sauce  
Spaghetti sauce without meat  
Dried fruits  
Fruit cups

### **PROTEINS**

Canned meat (tuna and chicken)  
Dried beans, lentils or peas  
Canned beans  
Canned chili  
Peanut butter  
Nuts  
Trail mix  
Canned soups/stews

### **GRAINS**

Low-sugar/high-fiber cereal  
Oatmeal  
Pasta  
Whole-grain rice  
Whole-grain crackers  
Whole-wheat flour  
Grits  
Healthy snacks

### **MILK**

Shelf-stable milk  
Evaporated milk  
Dry milk

### **COOKING OIL**

Olive oil  
Canola oil  
Coconut oil

### **WE ALSO ACCEPT:**

Paper products  
Diapers  
Toiletries

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## **LSU Department of Pediatrics Faculty Meeting** Mark your calendar and plan to attend on **Friday, November 15th at Noon in the CHNOLA Conference Center**

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

The Peds/EM and Pediatrics Residency programs are conducting interviews this week. Here are the [applicants](#) visiting Peds/EM this Thursday. And here are the [applicants](#) visiting the Pediatric Residency Program this Friday.

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

Join the Medical Student Research Committee ([information](#))

Physician-Scientist Training Program ([information](#))

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

## Geaux Over the Edge & Health Fest 2019

Dr. Ryan Pasternak is looking for a few members of the department to join him on December 6 to "Geaux Over the Edge" and support Special Olympics Louisiana. Dr. Pasternak has volunteered to rappel down Benson Tower. Anyone want to join him in the challenge to:

- Swat train with J.P.S.O.
- Helicopter ride across NOLA

### Why is This Challenge Important to Us?

You may be wondering what rappelling down a skyscraper has to do with Special Olympics, the answer is simple. If you are a person with intellectual disabilities, you encounter adversities daily. You must have courage to try something that doesn't come easily to you. Our athletes bravely face challenges on the field, in the pool and on the court. They are the inspiration for this event. We are asking our participants to step into the shoes of our athletes. Take your support for Special Olympics Louisiana to new heights and face your fears. It takes the same amount of courage to go "over the edge" as it does for individuals with intellectual disabilities to participate in sports.

Click on this [link](#) for the official LSU Pediatrics Team. You can find more details [here](#). Please contact Dr. Pasternak if you are interested in taking part!

## FACULTY DEVELOPMENT

*New video monthly*

November Video: *Direct Observation*

In this season of Thanksgiving, I'm thankful for our dedication to excellence in education! Direct Observation of our learners is one of our most powerful educational tools. This short video (7 minutes 11 seconds) gives tips on making the most of each observation. This is especially important during this busy time of year.

<https://vimeo.com/76304683>

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

Important Updates from the Children's Hospital Construction Project. Take a look. ([report](#))



**11/8/19:** Pep Rally for the Saints vs Falcons game! The pep rally will begin at 11:00am in the Lauricella Pavilion with a second line to the State Street Conference Center. Lunch will be provided to the staff beginning at 11:30am and ending at 1:30pm. All LSU faculty, trainees and staff are included.

EPIC Updates ([information](#)) ([tipsheet](#))

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

## Upcoming Events

### Grand Rounds

#### **“Pediatric Heart Attack: Perspectives on Coronary Artery Disease in Children.”**

By:

**Thomas Kimball, MD**

**Chief of Pediatric Cardiology**

**Co-Director of the Heart Center**

**Nelson K. Ordway Professor of Pediatrics, LSU Health New Orleans  
Adjunct Professor of Pediatrics, Tulane University School of Medicine  
New Orleans, Louisiana**

**Wednesday, November 6, 2019**

Children’s Hospital State Street Conference Center

*Special Message from the CHNOLA CME Office:*

**Pediatric Grand Rounds GoToMeeting Instructions**

To better manage the GoToMeeting component of Pediatric Grand Rounds, each week there will be a unique link to the presentation. The link will be located at the bottom of the flyer email sent out on Monday morning.

You will no longer need to register with the CME Department at Children’s to receive credit, but you will have to sign in using your full name as a roster will be obtained from the log in record. If any group is planning to watch and would like CME credit for attendees, please contact Catherine Mooney at Children’s Hospital for instructions. She can be reached at 504-896-9264 or [catherine.mooney@lcmchealth.org](mailto:catherine.mooney@lcmchealth.org).

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**11/5** - Academic Enrichment Day ([information](#))

**11/8** - SafeZone training on Friday November 8<sup>th</sup> from 1:00 – 4:00 in MEB Seminar Room #5 ([information](#))

**11/8** - Val Talbot & Irish Enough (Paul and Vali Hyman) Kerry Irish Pub  
311 Decatur St - 5 pm - 8:30 pm. Bring your group for Happy Hour after work.

**11/8-11/9** - Global Health Colloquium 2019 ([information](#))

**11/14 - 11/15** - UAB CCTS Translational Training Symposium, Gulf Shores  
([information](#))

**11/15** - Pediatrics Faculty Meeting, 12:00pm, CHNOLA Conference Center

**12/7-12/10** - AAMC Mid-Career Women Faculty Leadership Development Seminar

**12/12** - 2019 Physician Campaign's Reveillon Dinner @ Jack Rose @ 6:30pm - Dr. Bonnie Desselle and Dr. Alexis Morvant are co-chairing the event which hopes to fund 12 new resident call rooms. ([information](#))

**12/14** - Saturday CME Pediatric Series: Contemporary Topics in Pediatrics  
([information](#)) ([registration](#))

**12/18** - LSUHSC Alcohol & Drug Abuse Center of Excellence 12th Scientific Retreat ([information](#))

## Department Wellness

**Bootcamp Class:** Children's is offering FREE bootcamp classes on Tuesday and Thursday evenings from 5:30-6:30 p.m. outside the Conference Center. Class is open to all Children's employees and members of the medical staff. This one-hour interval training bootcamp is for all skill levels. No experience is necessary. You will gain confidence in your abilities and increase your capacities for stamina, strength, flexibility, and balance. Please bring a water bottle with you to class.

**Yoga at CHNOLA** - yoga classes will take place on the following Wednesdays from 5:30pm - 6:30pm in the State Street Conference Room: 10/9, 10/16, 10/30 and 11/6, 11/13 and 11/20.

## Department Anniversaries

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

Rodolfo Bégué, 25 years  
Colleen Bodet, 17 years

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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