

December 3, 2019



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

AAP ADVOCACY TRAINING GRANTS

Are you a resident or faculty interested in strengthening your advocacy skills? Apply for an Advocacy Training Grant!

The AAP Community Pediatrics Training Initiative will support 4 pediatric faculty-resident pairs to attend the 2020 AAP Legislative Conference on April 5-7, 2020.

Following the conference, grantees will be required to partner with their chapters to implement an educational project to strengthen the advocacy skills of others in their program and enhance their residency program's advocacy training/curriculum.

The grant covers conference registration, airfare, and hotel, and provides the chapter with \$1000 maximum to support the project.

[View the guidelines and application.](#)

Applications are due Thursday, December 19, 2019 (Midnight ET).

Contact Jeanine Donnelly at jdonnelly@aap.org with any questions or for application assistance.

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!



FOOD & FUND DRIVE TOOL KIT

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

**Mark your calendars for the annual Department Holiday Party!
And be sure to take part in the Healthy Tigers' Book Drive!**

Celebrate *the holiday season!*

LSU DEPARTMENT OF PEDIATRICS HOLIDAY CELEBRATION

FRIDAY, December 20, 2019, 12:00 PM, CHILDREN'S
HOSPITAL CONFERENCE CENTER

You are encouraged to bring a new or gently used
children's book to support the LSU Health Tiger
Reading Initiative.

Lunch and Holiday treats will be served





*Share the gift of
reading this Christmas.*

LSU HEALTHY TIGERS INITIATIVE PRESENTS

Holiday Book Drive 2019

DONATE BOOKS FOR AGES 6 MONTHS -
ADOLESCENTS. BOARD BOOKS PREFERRED.
MONETARY DONATIONS MAY ALSO BE MADE
IN PERSON OR BY VENMO TO @NIKITAXLAL.

WHERE

Drop off boxes located in the residents' lounge, doctors' lounge, or
administrative offices on State Street

WHEN

December 2nd, 2019-January 3rd, 2020

Books will go Kids First TigerCare Clinic
For inquiries, email nlalch@lsuhsc.edu



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

The Pediatrics Residency program is conducting interviews this week. Here are the [applicants](#) visiting this Friday.

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

CSRB and MEB Mitigation Project - [schedule](#) of work for December - January

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

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

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

New Pre-Review for Grant Proposals service offered by LSU ([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

December Video: *Feedback Tips*

Improve the way you give feedback with tips from this short video (less than 4 minutes).

<https://www.youtube.com/watch?v=SYXgMobMU8U>

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](#))

Monthly Construction Update Town Hall Meetings ([schedule](#))

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

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

Upcoming Events

Grand Rounds

Kathy Newman Lecture

“Beyond ACE’s and Resiliency: Advancing Early Relational Health in Child Health and Communities.”

By:

David W. Willis, MD, FAAP
Senior Fellow, Center for the Study of Social Policy
Washington, DC

Wednesday, December 4, 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.

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](#))

JANUARY 2020 - The Leadership Series - Session Two: Communication course has been moved from December 2019 to January 2020.

[Register for the NEW January 2020 Communication session dates HERE!](#)

1/22/20 - Research Cafe 3:00 PM ([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!

Kelly Gajewski, 10 years
Raymond Watts, 4 years
Jason Turner, 2 years

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

Submit information to the next Tuesday Tidbits