

April 7, 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

The LA-AAP asked Pediatric Residency Programs across the state to contribute videos thanking those on the front lines of the pandemic. Program Director Dr. Chelsey Sandlin, the chiefs and a few residents put together this creative [video](#) thanking our community for their sacrifices and hard work. Check it out!



New Children's Book Explains COVID-19 and the

Corona Virus to Kids - Free Download!

A new children's book is now on the market to help parents explain the COVID-19 pandemic to their kids. The book has been published, with some growing attention including NPR, and is available on Amazon. Since the author has had numerous physicians reach out to him for a PDF copy to print off for parent/patient education, he has made it available to download for free. Use it to help your patients during this high anxiety time. Thank you to Dr. Shubho Sarkar and medical student Michael D. Stocker for sharing! ([information and link to pdf](#))

Happy Easter from the Neonatology Division

Need a laugh? Check out these videos of our Neonatology team as dancing Easter bunnies. Thanks for sharing, Dr. Barkemeyer! ([click on each picture below to see the videos](#))



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](#))

CHNOLA EPIC Updates:

Changes to Post-Op Admissions and New COVID Admission Order Set ([information](#))

Algorithm and Order Set for COVID-19 Treatment ([information](#))

The LSU Department of Pediatrics Faculty Meeting: 2019 in Review and State of the Department of Pediatrics at Noon on Thursday, April 9th via Zoom.

NIH Notices ([information](#))

NIH Update: Responding to Frequent Questions on Flexibilities Related to NIH Funding and COVID-19 ([information](#))

Frequently Asked Questions for DOD Research Proposers and Awardees Impacted by the Novel Coronavirus ([information](#))

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

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

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

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

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

FACULTY DEVELOPMENT

New video monthly

March 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](#)

CHNOLA Announcements

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

Storyboard is coming to EPIC March 25th ([information](#))

Algorithm and Order Set for COVID-19 Treatment ([information](#))

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

Upcoming Events

Grand Rounds

As of now, the Grand Rounds Committee is unsure about April presentations and the rest of the academic year.

We may hold those talks virtually over Go To Meeting.
We will be in touch as plans develop.

4/8/20 Abstracts due for LSU Quality Improvement/Patient Safety Forum ([information](#)) ([abstract submission form](#))

4/21/20 - Dr. DiCarlo's New Faculty Orientation, 12:30-3:30pm, CSRB 563

4/29/20 - LSUHSC General Faculty Meeting, 12:00pm, MEB LRA (lunch provided)

5/7/20 - LA CaTS Junior Investigator Research Workshop Symposium, Tulane University SOM, 1430 Tulane Avenue, 8:00am-3:30pm ([information and agenda](#))

5/8/20 - LSU Pediatrics Research Day, Conference Center ([information and abstract submission form](#))

6/4/20 - LSU Quality Improvement/Patient Safety Forum, 1-4pm, Lions Building, 6th floor. Abstract submissions are due March 13. ([information](#)) ([abstract submission form](#))

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

Department Anniversaries

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

Ping Wang, 18 years
Paul Hyman, 12 years
Pinki Prasad, 9 years
Kiran Mallula, 5 years
Michael Brummund, 2 years

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

Submit information to the next Tuesday Tidbits

Department of Pediatrics | LSUHSC