

July 14, 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

Dr. Jay Hescock named CHNOLA Provider of the Quarter

**Bell of Excellence Award
Provider of the Quarter**



Jay Hescock, MD
Hospitalist

Mentoring Opportunity

Assistant Dean for Undergraduate Medical Education Robin English, MD invites all faculty to consider becoming involved in our students' education as a House faculty member. [information](#), [application](#)

Other Announcements

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](#), [Fellow](#), [Resident](#)).

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.

FACULTY DEVELOPMENT

New video monthly

July Video: *Bedside Teaching Tips*

Want to get the most out of bedside rounds? In only 2 minutes learn about some Do's and Don'ts of bedside teaching in this efficient video. Let's kick off our academic year with renewed dedication to excellence in medical education!

<https://www.youtube.com/watch?v=iiqB-eQcbT8>

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](#))

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

Latest COVID-19 Policies ([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 Hospital's bi-weekly bootcamp class is back in-person on Thursdays! Starting Thursday, June 18, Krewe du Crossfit's

free **Thursday** classes for Children's Hospital and LCMC Health employees will be in-person and not casted on Zoom. **Tuesday** classes will remain virtual and accessed through this [Zoom link](#). **Saturday** classes start at 9:30am and costs \$10 (combined yoga and bootcamp). Saturday Zoom info: zoom ID: 930503841, password: krewe.

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!

Raghubir Mangat, 37 years

Lolie Yu, 35 years

Joy Osofsky, 34 years

Susan Berry, 30 years

Brian Barkemeyer, 29 years

Staci Olister, 29 years

Dana Rivera, 29 years

Betty Lo, 28 years

Bonnie Desselle, 25 years

Suzanne Lefevre, 25 years

Jay Hescoock, 20 years

Ricardo Gomez, 17 years

Ryan Pasternak, 15 years

Ken Paris, 14 years
Amy Creel, 12 years
Ernest Siwik, 11 years
Janet Rossi, 11 years
Brent Keith, 10 years
Jeffrey Surcouf, 10 years
Dania Felipe, 8 years
Raegan Gupta, 8 years
William Morgan, 7 years
Luke Wall, 7 years
Marcella Houser, 6 years
Dana LeBlanc, 5 years
Amy Prudhomme, 5 years
Anna McFarlin, 5 years
Amanda Messer, 3 years
Michelle Knecht, 2 years
Zach LeBlanc, 2 years
Shannon Palombo, 2 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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