

February 2, 2021



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 Chair:

Save the Date: Friday, February 19 at 12:00pm via Zoom

*LSU Pediatrics 2020 Year in Review
and State of the Department*

Nominations Due Today for the 2021 Faculty Awards

The Faculty Assembly is soliciting nominations for the **2021 Faculty Awards**. These awards are given annually for specific contributions to the School of Medicine (SOM) of the LSUHSC-NO. Nominations will be accepted from all SOM faculty members.

All faculty members are eligible for nomination except for faculty in the following administrative positions (Dean and Associate/Assistant Deans, Vice Chancellors, Associate/Assistant Vice Chancellors, Department Chairs, Center Directors), Faculty Assembly Delegates, and previous awardees (within the past five years). Details about the awards can be found at the SOM Faculty Assembly website (http://www.medschool.lsuhschool.edu/faculty_assembly).

The four awards for which we are seeking nominations are:

- Outstanding Service to the Institution
- Outstanding Service to the Community
- Outstanding Junior Faculty Member
- Outstanding Mentor

2020 winners are:

Outstanding Service to the Institution – Efrain Reisin, M.D.

Outstanding Service to the Community – Ryan Pasternak, M.D.

Outstanding Junior Faculty Member – Karli Boggs, M.D.

Outstanding Mentor – Andrew King, M.D.

If you have a faculty member that you would like to recommend for one of these awards, please forward the nominee's CV and a one-page nomination letter (using the template previously sent in an email) indicating the reasons that the nominee deserves special recognition to Dr. Stefany Primeaux (sprime@lsuhsc.edu). **Nominations are due February 2nd.**

Along with a prestigious plaque acknowledging the recipient's specific contribution, Dr. Nelson has generously agreed to provide an educational grant to each of the four recipients. Awards will be presented at the Spring General Faculty Meeting.

If you have any further questions, please feel free to contact [Elizabeth Wisner, MD](#) or any Faculty Assembly representative.

Cardiology Division's Recent Scholarly Activity

2nd Year Cardiology Fellow Dr. Stefanie Cheang's abstract titled "A Novel DLL4 Intragenic Deletion in an Infant with Adams-Oliver Syndrome and Persistent Truncus Arteriosus with Crossed Pulmonary Arteries" has been accepted for poster presentation at Cardiology 2021 24th Annual Update on Pediatric and Congenital Cardiovascular Disease



Nephrology Division's Recent Scholarly Activity



Publications:

- Dr. Isa Ashoor published the following case report with former resident Jonathan Chawla and radiologist David Manning: Severe Hypertension in a 3 month old infant. *Kidney360* December 2020, 1 (12) 1464-1465; DOI ([link to article](#))
- As part of a collaborative multicenter research study and with support from LaCATs housing the study REDCap database and providing

statistical analysis support, Dr. Ashoor published the following study on the use of the medication "rabbit anti-thymocyte globulin" for induction immunosuppression in pediatric kidney transplant recipients:

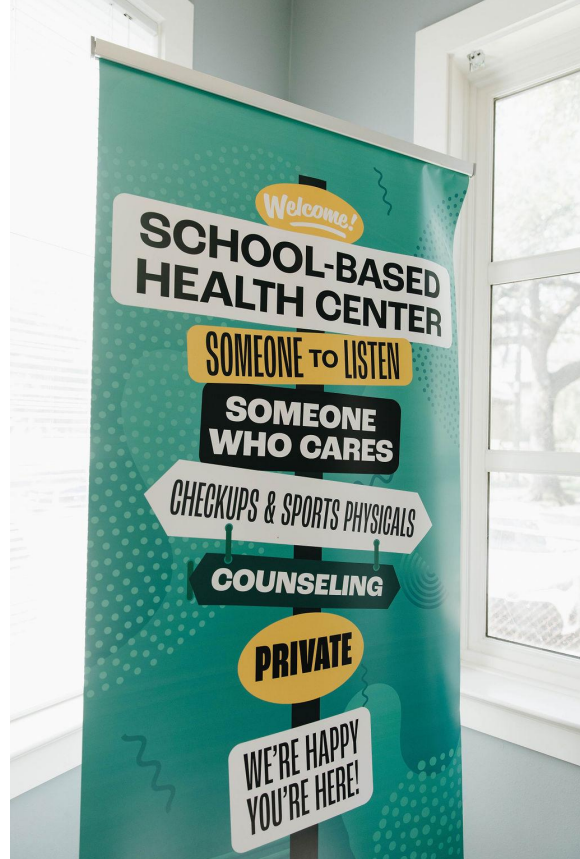
- Ashoor IF, Beyl RA, Gupta C, Jain A, Kiessling SG, Moudgil A, Patel HP, Sherbotie J, Weaver DJ Jr., Zahr RS, Dharnidharka VR, [Low Dose Anti-Thymocyte Globulin Has no Disadvantages to Standard Higher Dose in Pediatric Kidney Transplant Recipients](#), *Kidney International Reports* (2021), doi: ([link to article](#))
- Drs. Ehlayel, Simms and Ashoor published an invited review article in the journal *Pediatric Nephrology* on emerging monitoring technologies in kidney transplantation (currently in press):
 - Abdulla Ehlayel, K'Joy Simms, Isa Ashoor. Emerging monitoring technologies in kidney transplantation Received: 30 August 2020 / Revised: 22 November 2020 / Accepted: 6 January 2021 # IPNA 2021 *Pediatric Nephrology* ([link to article](#))
- Dr Straatmann enrolled a patient in Horizon Pharmaceuticals sponsored clinical study on the rare genetic kidney disease Cystinosis - The North American Pediatric Renal Trials and Collaborative Studies and Horizon Pharma plc Announce New Long-Term Cystinosis Registry | Horizon Therapeutics plc ([news release](#))
- The division received a 98.8% score for our data quality in the North American Pediatric Renal Trials and Collaborative Studies registry study with a total of 14 active patients enrolled in the study ([report card](#)). Dr. Ashoor is currently the site principal investigator and Dr. Aviles is the co-principal investigator with all other nephrologists as study team members.
- LSU/CHNOLA received a bonus payment of \$13,725 as a reward for our high retention rate (88%) of our pediatric glomerular disease cohort in the NIH-funded Cure Glomerulonephropathy (CureGN) study ([see announcement email](#)). We ranked #6 of 33 pediatric sites. Study leadership includes Dr. Aviles (Principal investigator) and Dr. Ashoor (Co-principal investigator). The study has been going on now for 6 years.
- Dr. Ehlayel published this article on kidney outcomes in Wilms tumors survivors:
 - Chu DI, Ehlayel AM, Ginsberg JP, Meyers KE, Benton M, Thomas M, Carlson C, Kolon TF, Tasian GE, Greenberg JH, Furth SL, Denburg MR. Kidney Outcomes and Hypertension in Survivors of Wilms Tumor: A Prospective Cohort Study. *J Pediatr.* 2020 Dec 5:S0022-3476(20)31485-2. doi: 10.1016/j.jpeds.2020.12.005. Epub ahead of print. PMID: 33290810.

School-Based Health Center Awareness Month

February is **School-Based Health Center Awareness Month**, which provides everyone an opportunity to learn how school-based health centers (SBHCs) revolutionize the way children and adolescents access healthcare services.

SBHCs offer medical and behavioral health services, creating a partnership between SBHCs and doctors, specialists and mental health providers. Located within schools or on school grounds, SBHCs allow students to receive services without sacrificing school time and parents/guardians' time away from work because they do not need to bring their children to appointments.

LSUHSC Department of Pediatrics, Adolescent Medicine operates a school-based health center at New Orleans Charter Science and Mathematics High School. Visit us at:



<https://www.medschool.lsuhschool.edu/adolescenthealth/sbhc.aspx>.

The Southern Center for Adolescent and Young Adult Health Equity at LSU Health provides School Health Services at the **New Orleans Charter Science and Mathematics High School**. Please call **504-359-1131** for an appointment.

The Bureau of Family Health's [Adolescent School Health Program](#) oversees centers in 58 elementary, middle or high schools across Louisiana. Last year, parents/guardians of more than 35,000 students signed a consent allowing access to SBHC services. SBHCs conducted over 108,000 visits and served more than 23,000 students across the state.

To learn more about SBHCs in Louisiana, including locations and services offered, visit PartnersforFamilyHealth.org/SBHC.

**National Eating Disorders Awareness Week
is February 22-28, 2021**

**EVERY BODY HAS
A SEAT AT THE TABLE**

#NEDAwareness

**NATIONAL EATING DISORDERS
AWARENESS WEEK**

February 22 - February 28, 2021



**Save
the
Date!**

Eating Disorders currently have the second highest mortality rate, after opioid addiction, for Adolescent Psychiatric Disorders with an almost 18-fold increase in mortality for persons with Anorexia Nervosa. Visit [NEDAawareness.org](https://www.nedaawareness.org) for more information.

The Adolescent Medicine Program at Children's Hospital provides medical and nutritional evaluation for patients with disordered eating. We hope to have in-clinic social work and behavioral health services in the future.

Please call: 504-896-2888 for an appointment

Website: <https://www.medschool.lsuhschool.edu/adolescenthealth/>

The Southern Center for Adolescent and Young Adult Health Equity

Department Steps Challenge

LSU PEDS

FEB 2021 | ISSUE 05

STEPS CHALLENGE

DOUBLE YOUR ENDURANCE

PRIZES INCLUDE

- ➔ 1st Place: MedStudy Question Bank OR MedStudy Flashcards (Winner's choice) AND \$100 Figs gift card
- ➔ 2nd Place: Welch Allyn Otoscope OR Littmann Stethoscope (Winner's choice) AND \$100 Figs gift card
- ➔ 3rd Place: \$100 Figs gift card

35 *Disclaimer: Medical board material and equipment are reserved for residents only

WELLNESS COMMITTEE

DOWNLOAD PACER APP

CHALLENGE CODE: BJM1175

PAGE 20

EXCLUSIVE!

THE ULTIMATE MOVE FOR POWERFUL LEGS

PAGE 40

FEBRUARY 2021 | \$15.98



IG: @LSUPEDS

CHALLENGE DATES: FEBRUARY 1-28

The wellness committee has put together a Steps Challenge for the month of February for the entire Peds department! This will be a fun way to interact with residents, attendings and other staff members while staying healthy. Oh, and prizes are always nice too!

WHAT YOU NEED TO KNOW TO WIN:

1. Download Pacer Pedometer & Step Tracker on your iPhone or Android
2. In the app, input this Challenge Code: BJM1175 **OR** follow [this link](#).
3. Steps are registered using the app via your phone or apple watch. Fitbit data collection requires premium app access. No manual entries will be accepted. Max steps: 50,000 per day.
4. Allowed activities: pedometer and GPS tracked walks, runs and hikes, treadmill sessions, and guided workout sessions.
5. Join the challenge on or before **February 1st** to qualify for the prizes. Steps Challenge ends February 28th.
6. Prizes:
 - 1st Place Prize: MedStudy Question Bank **OR** MedStudy Flashcards (Winner's choice) **AND** \$100 Figs gift card
 - 2nd Place Prize: Welch Allyn Otoscope **OR** Littmann Stethoscope (Winner's choice) **AND** \$100 Figs gift card
 - 3rd Place Prize: \$100 Figs gift card
7. This challenge is open to the entire LSU Pediatrics department. However, medical board material and equipment prizes are **reserved for residents only**.

If you have any questions, comments or concerns, please reach out to Eden Haile at ehaile@lsuhsc.edu or (703) 953-5611.

Have fun! Happy stepping!



2021 Southern Regional Meetings February 25 – 27, 2021

Registration is now open for the SSPR meeting in February 2021. Click [here](#) for the registration page. You can also view the meeting flyer [here](#).

NEW Billing Rules Effective January 1, 2021- Important to Review

[Email announcement](#)

[Coding Guide 2021](#)

[MDM Quick Reference Guides](#)

LA CaTS Opportunities

The LA CaTS Center is pleased to announce the **LA CaTS 2021 Pilot Grant Funding Opportunity (Round 10)**. The full text of the application instructions is attached or can be found [here](#). You can read the RFA [here](#).

The LA CaTS Professional Development Core is pleased to announce a request for applications for the **LA CaTS 2021 Roadmap Scholars Program**. The full text of the application instructions is attached or can be found [here](#). For questions, contact the LA CaTS Professional Development Core at CareerDevel@LACaTS.org. You can read the RFA [here](#).

Other Announcements

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

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

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

February Video: RIME

RIME - Reporter, Interpreter, Manager, and Educator are skills we expect our learners to master throughout training. This 11 minute video reminds us of how these categories can be useful in giving meaningful feedback and in writing evaluation comments. Invest a few minutes to review as this video can help you strengthen your feedback and evaluations.

<https://vimeo.com/76308600>

Please send any suggestions or areas of faculty development need to acree1@lsuhsc.edu.

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](#))

Enhanced Safety Efforts: Because of the troubling uptick in COVID cases across Louisiana, CHNOLA is emphasizing renewed efforts to protect our workforce as we enter these important next few weeks. [Read about their enhanced safety efforts here.](#)

Construction Update: This week, Vice President, Operations, Ben Whitworth, brings us check out the progress on the fourth floor and future home of the Cancer Center and the third floor which will become the Pharmacy. ([link to video](#))

Bare Below the Elbow in the ICUs: The most effective way of practicing hand

hygiene is to remove outerwear, push up long sleeves above the elbow, remove jewelry, watches, or anything below the elbows, and perform handwashing from elbow to fingertip. Use the Bare Below the Elbow technique, especially in critical care units. ([learn more](#))

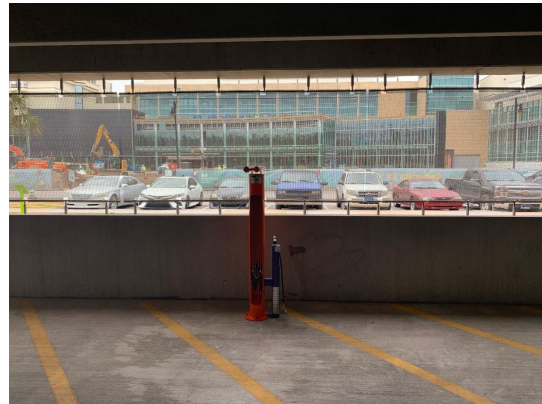
Report your flu-like symptoms

Please notify Employee Health at 504.962.6270 if you have any flu-like symptoms before reporting to work. Symptoms may include cough, congestion, headache, with or without fever.

Update from CHNOLA IT: As part of the Federal Information Blocking Rule: 21st Century Cures Act, CHNOLA will be required to share provider notes effective April 5th, 2021. We plan to start sending Provider notes to a patient's Epic MyChart Portal account effective March 2nd, 2021. [See more information from the Associate Chief Medical Information Officer here.](#)

Bike Fix-It Station installed on the first floor of the garage!

Fix-It Station includes all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs. The tools are securely attached to the stand with stainless steel cables and tamper-proof fasteners.



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.



Children's Hospital
New Orleans
LCMC Health

Virtual Pediatric Grand Rounds

Wednesday, February 3, 2021
Noon-1pm

“Gender Bias and Physician Wellbeing: How Do We Move Forward”.

Kimberly J. Templeton, MD
Professor of Orthopedic Surgery and Health Policy and Management
University of Kansas Medical Center
Kansas City, Kansas

Please join Pediatric Grand Rounds from your computer, tablet or smartphone:

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

Meeting ID: 990 1076 2984, Passcode: 018428

One tap mobile:

+16465588656,,99010762984# US (New York)

+13017158592,,99010762984# US (Germantown)

Note: This is a live activity. The link is only valid from 12-1:00 pm and the presentation will not be recorded for CME or CEU credit. Please sign in with your full name and credentials in order to receive credit.

Objectives: At the conclusion of this activity, participants should be able to:

1. Describe gender-related factors that contribute to burnout.
2. Discuss how the pandemic has impacted the wellbeing of women physicians.
3. Identify opportunities to improve physician wellbeing.

Intended Audience: This activity is specifically directed towards the pediatrician, but it is open to all other interested physicians, residents, medical students and allied health professionals.

CME Statement: Children's Hospital is accredited by the Louisiana State Medical Society to provide continuing medical education for physicians. Children's Hospital designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU Statement: Children's Hospital is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



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)

Spring 2021: Obesity Seminars at Pennington Biomedical Research Center
([see schedule](#))



Can we have **six minutes?**

We care about you and we want to improve your health and well-being.

We're partnering with the American Medical Association (AMA) to administer a six-minute benchmarking survey to gauge our individual levels of burnout.

Scan the QR code below with your phone's camera to complete the survey.

Physicians & APPs



Residents & Fellows



For questions please contact
hannah.stiller@LCMHealth.org
504.896.9379

21-11019-011921



Children's Hospital will open Early Discovery Childcare Center for team members and medical staff in February

Children's Hospital is excited to announce the opening of our own Early Discovery Childcare Center for children of team members and medical staff, ages 8 weeks – 4 years, in the former Parenting Center location at 938 Calhoun Street.

The lottery for enrollment is now open and will continue through Friday, February 5. Selection and notification will occur on February 6, and parents will

confirm enrollment by February 10. The childcare center will open on Monday, February 22 with a monthly fee of \$975.

If you are interested in enrolling at a later date, please email earlydiscovery.nola@gmail.com to express your interest in future enrollment.

[Click here](#) to learn more about this exciting program.

To join the lottery, [click here](#) to register through the BrightWheel app.

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](#))

Why Our Heroes Need to Prioritize Sleep([article](#))

Generational divide: 4 ways physician burnout differs by age ([article](#))

5 Ways to Combat Burnout ([article](#))

In 'Together,' Former Surgeon General Writes About Importance Of Human Connection ([5-minute listen](#))

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](#).

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: Do you want to increase your strength and improve your cardiovascular fitness? Are you new to exercising, or a seasoned veteran? We have a program for you! Every Tuesday and Thursday, Children's is offering FREE Krewe du CrossFit bootcamp classes from 5:30-6:30 p.m. outside the Conference Center. Class is open to all Children's employees, members of the medical staff, as well as residents and fellows. This one-hour interval training bootcamp is for all skill levels and no experience is necessary. These classes will help you to gain confidence in your athletic abilities and increase your capacity for stamina, strength, flexibility, and balance. Please [this signed waiver](#) and a water bottle with you to your first class. We look forward to seeing you there!

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!

Hyang Lee, 23 years
Jovanny Zabaleta, 20 years
Isa Ashoor, 4 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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