

February 23, 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

2020 LSU Department of Pediatrics Faculty Publications

Check out what your colleagues are working on -
[90 publications in 2020.](#)



Cardiology Division's Recent Scholarly Activity



Congratulations to second year fellow, Dr. Stefanie Cheang, who received notice that her abstract was accepted to the American College of Cardiology's 70th Annual Scientific Session. She will present her abstract titled *The Hidden Shunt: Intraoperative VSD Repair Findings Lead to an Unusual Diagnosis of a Congenital Descending Aorta-Pulmonary Vein Fistula* at the conference in May. Authors include Stefanie Cheang, Ernest Siwik, and Thomas Kimball.

LSU Peds Krewe of House Floats

A few LSU Pediatrics faculty members celebrated Mardi Gras this year with their very own House Float. Thanks for sharing your pictures!

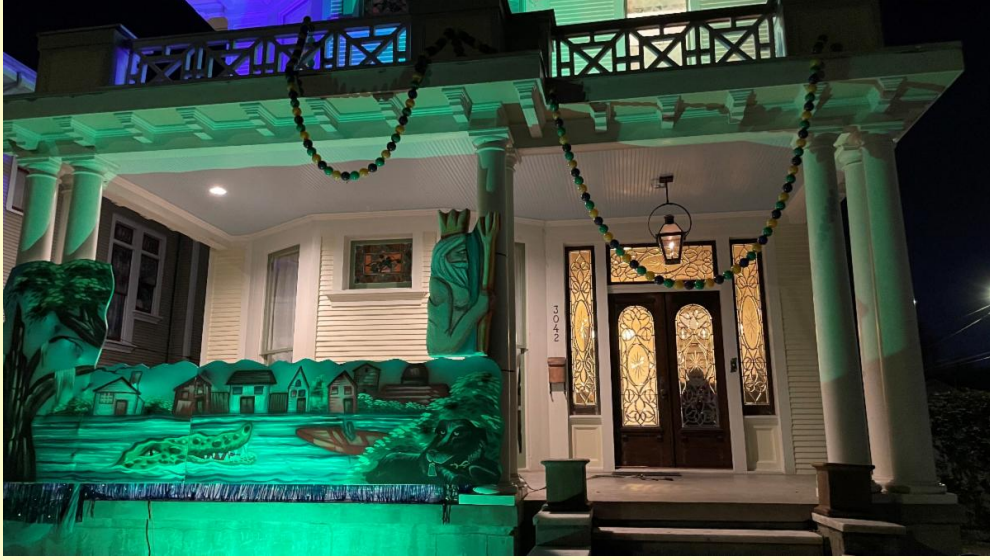
Leslie Reilly:



Jessica Patrick:



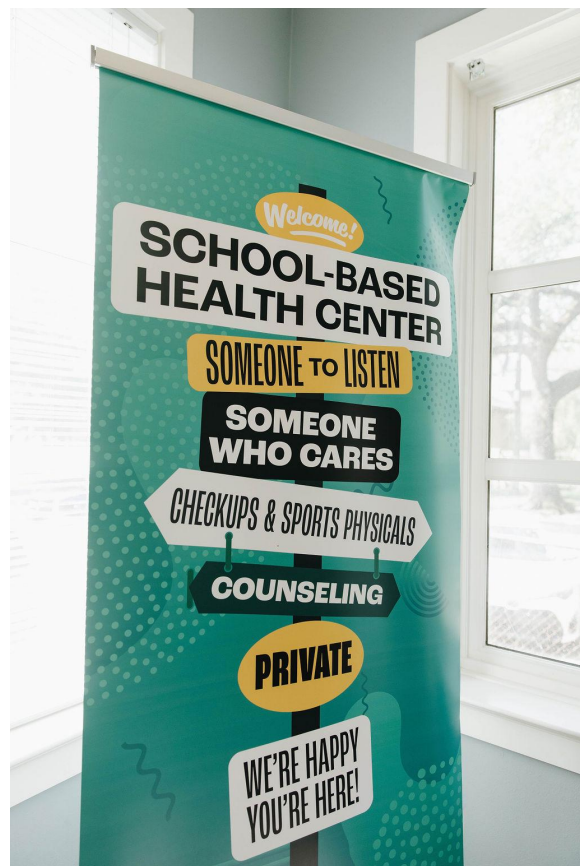
Ryan Pasternak:



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.



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 **504-613-5648** for an appointment. Visit our website for more information about our services <https://www.medschool.lsuhsu.edu/adolescenthealth/sbhc.aspx>.

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



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](#).

Other Announcements

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

NEW Billing Rules Effective January 1, 2021- Important to Review -[Email announcement](#), [Coding Guide 2021](#), [MDM Quick Reference Guides](#)

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](#))

EPIC Update: Federal Information Blocking Rule ([information](#)) ([How To Write An Open Note](#)) ([Problem List Tips](#))

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: Henry Clay Ave Traffic Flow to Change ([information](#))

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.](#)

Upcoming Events

Grand Rounds are canceled on Wednesday, February 24.

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

New Arrival



Congratulations to third-year Neonatology fellow Peter Joslyn and his wife, Brittany, on the birth of their baby girl, Cecilia. She was born this past Saturday, February 20, and joins big brother Sam. Welcome to the LSU Pediatrics family, Cecilia!

Department Wellness

EARLY DISCOVERY

GROW. EXPLORE. DISCOVER.



ENROLL NOW!!!

- * Breakfast, hot lunch, & Snacks provided
- * Low Student to staff ratio
- * Age appropriate activities
- * Extended hours available

OPEN MON-FRI / 6AM-6PM
AGES 8 WEEKS OLD- 4 YEARS OLD

Contact: Sara Waquespack
938 Calhoun Street, New Orleans, LA 70118
earlydiscovery.nola@gmail.com
(504)343-2591

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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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