

April 28, 2020



## 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. Shannon Palombo Chosen for Induction into the Gold Humanism Honor Society

Congratulations to **Dr. Shannon Palombo** who was **nominated by the LSU Medical School class of 2021 for induction into the Gold Humanism Honor Society.** The Class of 2020 GHHS President Colleen Drapcho announced her nomination earlier this week, noting, those nominated “are considered exemplars of empathy, compassion, altruism, and integrity; their dedication to service in working with patients and others in the field of medicine inspired their students to nominate them for this honor.” Congratulations to Dr. Palombo for your incredible efforts as an educator, practitioner, and humanitarian.

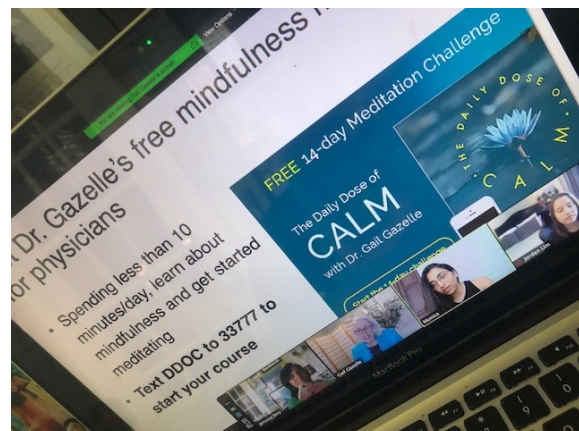
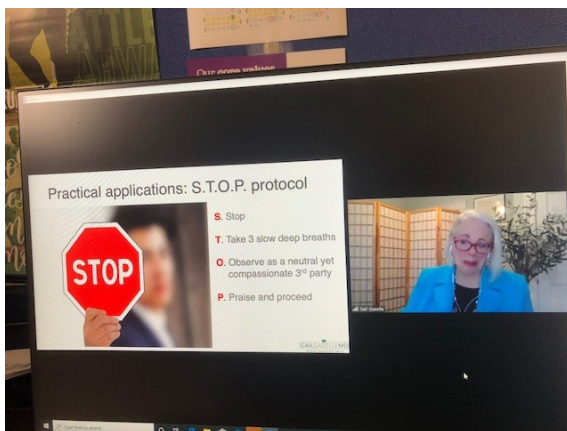
**Our Children's Pediatrics clinics collected all the formula samples at their clinics and donated three truck loads of formula to Second Harvest Food Bank.**

**This idea was initiated by Dr. Marcella Houser!**



Dr. Marcie Houser was highlighted as a tremendous leader by John Nickens in his CEO Town Hall last week.

## Wellness Grand Rounds



Thank you all for joining the Wellness Committee's guest speaker last week for Grand Rounds and Resident Noon Conference. 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. The next session is today, Wednesday, 4/29/20, 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>.

## LSU Health Zoom Backgrounds

You can now download LSU Health New Orleans branded backgrounds for your next telehealth visits and zoom meetings. Find the images as well as instructions for using them to create virtual backgrounds [here](#).





LSU IT also released information about properly cleaning your computer ([information](#)).

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## COVID-19 UPDATES

**Please check your emails each day, especially communications from Dr. Watts - lots of info to share, can only do by email.**

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](#))

LSU Zoom Backgrounds ([information](#))

CHNOLA EPIC Updates:

Discontinuation of COVID Transmission Based Precautions ([message](#), [information](#))

MyChart Care Companion Home Monitoring Program ([information](#))

IP Provider: MyChart Home Monitoring Program ([information](#))

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Update from LSUHSC Grants Office ([information](#))

Coronavirus grant – up to \$1M awards plus personalized drug development team ([information](#))

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

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

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

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### April 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](#)

For questions or comments regarding Faculty Development, please contact [Amy Creel](#).

## CHNOLA Announcements

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

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

## Upcoming Events

### Grand Rounds



# Pediatric Grand Rounds

## The Spring of COVID-19

Where are we now and where are we going?

By **John S. Schieffelin, MD, MSPH**

Assistant Professor of Pediatrics and Internal Medicine  
Sections of Infectious Disease  
Tulane University School of Medicine  
New Orleans, Louisiana



**Children's Hospital**  
New Orleans  
LCMC Health

**Wednesday, April 29**

**8 am**

**Virtual Grand Rounds**

### Objectives

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

1. Describe the current state of the epidemic in Louisiana and the US.
2. Describe current testing options
3. Describe current treatment options for children

### 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.

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

**Zoom link:** <https://lsuhsc.zoom.us/j/99083020680?status=success>

**Meeting ID:** 990 8302 0680

**One tap mobile:** +13126266799,,99083020680#

**Please sign in with your full name and credentials in order to receive proper CME and CEU credit.**

This is a live activity, so the link is only valid from 8-9 am; the presentation will not be recorded for CME Credit.



20-125-0420

**4.28.20 - 1:00pm - LSU Health Foundation COVID-19 Webseries - Response to the COVID-19 Outbreak: An Update from New Orleans with Dr. Joseph Kanter, (register [here](#))**

**5.6.20 - 1:00pm - LSU Health Foundation COVID-19 Webseries - Growth through Adversity: Training in the COVID Crisis, (register [here](#))**

**6.4.20 - LSU Quality Improvement/Patient Safety Forum will be held virtually via Zoom on June 4, 2020 from 1:00pm - 4:00pm. ([information](#))**

Updates to previously scheduled events:

- **LSU Pediatrics Research Day** originally scheduled for May 8 has been postponed until further notice.
- **New Faculty Orientation** scheduled for 4/21 will be postponed until further notice. We hold this twice annually and we will hopefully be able to do it this fall in person.
- The April 29<sup>th</sup> **Spring General Faculty Meeting** will be rescheduled in a few weeks when we have a little more clarity about the impact of the hiring freeze announced this morning and the anticipated budget reductions in 2020-21.

## 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

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!

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

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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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