

AAP Resident Section

District ONE

WINTER NEWSLETTER

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Atlantic Provinces, Quebec, Maine, Vermont, New Hampshire, Connecticut, Massachusetts, Rhode Island, Uniformed Services Chapter East

Welcome!

Olive and I are excited to be your DC and ADC this year, and hope our district can do great things. We already had a wonderful time at the NCE meeting all of the program delegates, discussing the fun things your programs are doing, and getting some resolutions accepted!

Olive and I will be attending the Long Range Planning meeting in February, and look forward to helping shape the future plans for our section.,

Thanks to everyone who helped make this newsletter so much fun! Keep the stories coming!

New Section Name

This past October, the Section on Residents officially changed its name to the Section on Medical Students, Residents and Fellowship Trainees (SOMSRFT) to more accurately reflect the pediatricians in training who comprise our membership. The name change formalizes our desire to provide a home within the Academy for pediatricians in all stages of their careers. Be on the look out for new and exciting opportunities and resources coming this year.

(For fun, read SOMSRFT as "SMuRFs")



We also learned that your Resident Executive Committee is addicted to FB, and some are members of "Things I learned on "Grey's Anatomy" that I didn't learn in medical school." Come join us!

SCHIP:

The US House did right by children in January. The House reauthorized SCHIP in a 289-139 vote. The AAP thanks Speaker Nancy Pelosi for her leadership and the members of Congress for their bipartisan work and action to try and renew this important program by its March 31st expiration date.

Renewing SCHIP has been one of the Academy's top legislative priorities. This program funds insurance coverage for more than 11 million children nation-

wide. Millions more are eligible but not enrolled. The House invested in the future of this country in January, and the Senate is urged to act swiftly and decisively to do the same.

AAP supported this bill because it fulfills the pledge of more than \$30 billion in federal funding to provide health care for those currently enrolled in the program, and to enroll millions more children, the vast majority of whom are currently eligible for SCHIP or Medicaid but unenrolled. It also strengthens and improves health care coverage for children in a variety of other areas, including:

-Funding to include 4 million additional children who are currently uninsured.

-Passage of the Immigrant Children's Health Improvement Act, which will lift a 5 yr waiting period for public health insurance for legally residing children

-Funding of nearly \$250 million for quality measurement

Nine million children are uninsured in this country. SCHIP is a down-payment for what the AAP hopes will come in the coming months, comprehensive health reform to ensure that all children have access to affordable, high quality health coverage. AAP calls on the Senate to move quickly to pass SCHIP so that President Obama can sign into law this important legislation.

~AAP

Hib Alert: 5 Cases, 1 Death

Five cases of Haemophilus influenzae, type b (Hib), invasive disease (meningitis, pneumonia and epiglottitis) were confirmed in 2008 in Minnesota. This is the highest number of cases of this vaccine-preventable disease in children under 5 years of age that Minnesota has seen since 1991.

Three patients had received no vaccinations due to parent or guardian deferral or refusal of vaccinations. One of the unimmunized patients, a 7-month-old infant, died of Hib disease. Two of the remaining children received age-appropriate immunizations. One child, a 5-month-old, had received two Hib immunizations. The

other child was 15 months old and was fully vaccinated for age but, subsequent to Hib infection, was diagnosed with an immune deficiency (hypogammaglobulinemia).

Because of a Hib vaccine shortage since November 2007, the Advisory Committee on Immunization Practice (ACIP) has recommended that babies receive only the primary series and not the booster dose, unless the child has a specific chronic disease that places the child at greater risk for invasive disease. The shortage is expected to last into mid-2009. Given the vaccine shortage, prolonged booster deferral, and reduced compliance with the primary

series coverage, the increase in the number of Hib cases in Minnesota likely reflects a weakening of herd immunity -- that is, the percentage of immunized children in the population has dropped below a certain critical level. The recent cases of Hib invasive disease serve as a reminder that serious vaccine-preventable diseases do occur if infants and children are not vaccinated. Physicians also should remember to review immunization status when evaluating a child with fever since evaluation of unimmunized children with fever and/or lethargy may differ.

~AAP

AAP Assists in Pro-Immunization Story Line on "Private Practice"

In the January 8, 2009, episode of the ABC drama "Private Practice," a boy dies from measles after his parents choose not to immunize him based on an unproven fear. Several AAP members, including

the Media Resource Team of the Council on Communications and Media, worked with the producers to craft a story line that emphasizes the importance of childhood vaccines. Following the episode, AAP

President David T. Tayloe, MD, FAAP, wrote a letter thanking the network and its writers for their thoughtful treatment of the subject.

~AAP

Are you a
Medical
Television
Junkie?

Are you using PREP Audio?

Countering Vaccine Misinformation

Due to the magnitude of this hot topic, the AAP is releasing the January issue of PREP Audio, "Countering Vaccine Misinformation," free for a limited time only., of course, Prep Audio is ALWAYS free to residents! Learn to discern the factors that contribute to vaccine hesitancy, why valid scientific

information is needed but may not be sufficient to reassure immunization-hesitant parents, and formulate a tailored response to parental immunization concerns. This audiocast will be available for a limited time only., but check out the other audiocasts, down load them to your ipod, work out at the gym to them, listen to them on your commute, or fall asleep to them :)

To check out the website, go to www.aap.org/yprn and then click on pedialink, it's in the left hand column, right under your online Prep questions.

If you don't have your login ID, ask your delegate!



Connecticut Children's Medical Center:



During the fall, each class participated in an activity for their annual class retreat. The PL-1s spent the

day Go-Carting, the PL-2s rock climbing and the PL-3s wine tasting. All retreats ended with a dinner at the Pond House with faculty guests.

This was followed by our Halloween costume party competition. The group winners were Erica Rice (PL-1), Candi Schauffer (PL-1), Marissa Smith (PL-1), and Leigh Sweet (PL-1) as the Teenage Mutant Ninja Turtles. A close 2nd place went to Natalie Zimmerman (PL-3) and Eric Bezler (PL-1)



as Dora and Diego. The individual winner was Eric Berard (PL-1) as a mailman with 2nd place going to Justen Aprile (PL-1) as a pirate.



More recently, we had our annual Christmas Party. It was complete a Secret Santa gift exchange and a visit from Santa (aka our program director, Edwin Zalneraitis).



ing their nutritional status.

Sarah Denniston (PL-3) and Maria DeLucia (PL-3) have been active in

restocking the Primary Care Center's supply of

books for "Reach out and Read."

Congratulations to our PL-3s as they prepare for life after residency. To date, the following residents have finalized fellowship plans: Missy Carmen (NICU), Todd Dalberg (Heme/Onc), Vi Goh (GI), Hillary Hernandez-Trujillo (Allergy/Immunology), Emily Hogan (PICU), Marianne San Antonio (Behavior and Development), Burcin Uygungil (Allergy/Immunology), Jeffrey Vinocur (Cardiology), and Scott Welak (NICU). Also congratulations to our future chief residents- Sarah Denniston, Ilana Waynik and Natalie Zimmerman.

~Margot Dayton, MD

Erica Rice (PL-1) recently volunteered at the "Keep the Power on" clinic organized by our Medical-Legal Partnership Project. CCMC patients and their families met with volunteers to discuss household budgeting and utility problems. They were also able to meet with utility company representatives to address problems and negotiate payment.



Vi Goh (PL-3) and Ko Ni Wai (PL-2) traveled to Malaysia for an ID elective.

Leigh Sweet (PL-1) will travel to Uganda at 1/24 to participate in a nutritional program for her Community Longitudinal Elective. She will spend a week with the children, feeding them and closely monitor-

The PL-1s spent the day Go-Carting, the PL-2s rock climbing and the PL-3s wine tasting



Children's Hospital at Dartmouth:

Our residents are doing some amazing things!

Sohini Stone, PL-1 is the resident member on the hospital SEARCHES committee which is the committee responsible for coordinating review of sentinel events, and then working towards systems improvements to prevent further events. The committee consists of providers at all levels and all disciplines.

Mark Uranga, PL-2 serves as the co-chair of the Duty Hours sub-committee of the GME Advisory Committee. As part of this respon-

sibility, he attends the ACGME pre-conference on duty hours which will present recommendations to the full

ACGME conference regarding the new IOM statement regarding duty hours.

Selvi Senthilnathan, PL-3 presented at the NCE on her research about infants younger than 1 month of age having an 8.4 times higher risk of sedation-related adverse events (SRAEs) with cardiac catheterisation than that of older children.

We again celebrated the beginning of our year with our annual retreat at Camp Ogontz. We had fun with a clown from Whole in the Wall Gang Camp, learning to move and communicate with our bodies, and welcomed our new program director, Diane Kittredge, and our new chief from Brown, Rachel Cramton

~Ashley Brunelle, MD

Clowning Around!



Mass General Hospital:

MGH pediatric residents enjoyed a sunset cruise on the Boston Harbor with the Chair of Pediatrics on September 8th and are currently looking forward to a night of bowling on February 10th.



Emily and Charles Kung celebrated the birth of their son Timothy on December 25th. Emily Gregory and Dan Hopkins celebrated the birth of their son Caleb on 9/17. Emily Gregory, PGY3 at MGHfC, received a CATCH Grant this year to work with Chelsea to combat

childhood obesity. Together with Chelsea's Department of Public Health and Public Schools she and Emily Kung, PGY2, hope to run a program for overweight pre-kindergarteners in June. This program will address healthy eating habits and active games that families can utilize over the summer months, a time when many children put on extra pounds.

Alyssa Letourneau, a med peds PGY3, enjoyed an away rotation in Edendale, South Africa. Kevin Schwartz, PGY3, had an amazing experience in Liberia. And Michele Duke, PGY3, is looking forward to a rotation in Botswana this April. Vana Melkonian, PGY2, continues

to perform with the Sayat Nova Dance Company and is looking forward to possible future shows in Armenia and California.

The MGHfC Advocacy Group announced June 1st 2009 as the date for their next Resident and Fellows Day at the State House. This annual event gives pediatric residents a chance to learn more about advocacy and meet with their legislators.

MGHfC ward teams had a great time dressing up for Halloween this year as pirates and M&Ms.

~Catherine Aftandilian, MD



MGH was very proud of their victory at the AAP Bowl at the National Conference and Exhibition.



Portsmouth Naval Medical Center:



Justin Schilz and Bethany Mikles, USAF Captains, on one of the landing craft returning to the USS Kearsarge.

Humanitarian Missions:

Honduras: Our third year residents each spend 10 days in Honduras as part of an ongoing humanitarian mission and research study with residents from Wilford Hall

Medical Center in San Antonio, Texas, and the Honduran Ministry of Health. The research study is investigating the efficacy of administering prenatal vitamins to women of childbearing age to decrease the incidence of neural tube defects, a significant problem there. We also screen for anemia among the children. Residents lead teams comprised of a staff physician, hospital tech, and translator into rural areas of Honduras. We hike to families' residences in the rural mountains to collect blood samples, perform

questionnaires, and perform preventive medicine including providing de-worming medications and toothbrushes. We also spend time running a pediatric clinic for the areas being studied. Conditions range from the common cold, to chronic issues like cerebral palsy, to the exotic diseases that we wouldn't otherwise get exposure to. We also spend one or two days visiting local

hospitals and clinics to gain an understanding of the challenges in performing medicine with limited resources and capabilities.

Operation Continuing Promise:

This past fall, for the first time, our third year residents also spent two weeks aboard the USS Kearsarge as part of Operation Continuing Promise. The ship spent 4 months making port in 6 different Central

and South American countries to render ongoing humanitarian health care. Residents would live aboard the ship. On shore clinics were set up daily in several locations per country to provide medical, dental, ophthalmologic, and veterinary care to the people. We would travel to shore via helicopter or landing craft (small boat). Residents would see 40-50 patients per day typically. Their ages ranged from newborn to ninety years old. This experience gave us the opportunity to treat a variety of conditions in several developing countries, as well as learn about the logistical aspects of doing so.

~Heath Wright, MD



Heath Wright, Captain, USAF, with a baby in clinic in Nicaragua.

Boston Combined Residency Program :



Bre's Baby Shower :)

We had a great time here at CHB over the holidays! The Boston Pops came for its annual concert in the Patient Entertainment Center and our own

Longwood Symphony Choir went caroling around the hospital for all of the kids. We also had the Celtics come to our outpatient clinics to make ornaments with the kids to decorate our trees in our clinics. The kids loved it! We all had a great time and Paul Pierce gives great hugs!

Anyway- exciting things going on now- Several of our residents are abroad in Liberia and Lesotho right now taking care of patients and teaching practitioners there. They are having a great time and we get wonderful updates of all of the difficult things they are encountering all of the time. One of our

3rd year residents actually ended up living in the President of Liberia's house for a few weeks while she was there (still don't understand how that happened.)

Pretty soon we are going to start piloting out new night float system on the Gen Peds Services in an effort to begin to comply with the new IOM recommendations and get rid of q4 call forever! YEAH! It is currently in place with the Juniors on our Onc Service and is working extremely well so we are looking forward to expanding it for our interns and seniors on the Gen Peds Floor.

We also have our annual formal ("Moonlighting") coming up in February so we will have some pictures of that. Always a good time!

~Laura C. McCullough, MD

The BCRP loved having the AAP conference here this Fall.

The BCRP is doing well! Full hospital everyday in the winter months so our residents are working hard! Fortunately our program is responding with great support with moonlighting residents and making sure we are all taken care of as needed (ie. take out in the ICU for all on call residents every Saturday night!)

The BCRP loved having the AAP conference here this Fall. the program was great and we were happy to get funding for ~30 residents to attend. Everyone thought it was a very worth while experience.

Money! FUN!

Residency Scholarship:

The American Academy of Pediatrics Resident Scholarship Program is designed to help allay financial difficulties for residents. The 2009 application is available now online and is due February 27, 2009.

Resident Research Grants:

In an effort to enhance the development of research skills among physicians in training, the AAP administers the Resident Research Grant Program. This program gives Residents the opportunity to develop their research skills which are essential for the interpretation of data

and research, a cornerstone of continuing medical education. Application is due February 27.

2009 Resident Advocacy Day:

The Academy has scheduled its next one-day Advocacy Training for pediatric residents on Wednesday, February 18, 2009 in Washington, D.C. Our 2009 Advocacy Day prepares residents to participate in the political process by offering training in skills necessary to advance child health through legislation and regulation on both the state and federal levels. Participants receive a full morning of advocacy training, including learning basic skills and discussing in-depth child health legislative issues. The afternoon is spent meeting with congressional offices to present the issues and put new advocacy skills to

use. Click here to find out how you can attend!

Pediatric Care Online & Bright Futures PDA for Residents

For the 08/09 academic year, all pediatric residents will receive access to Pediatric Care Online (PCO) where the Bright Futures for PDA can be downloaded along with a host of great resources from the Academy. Mead Johnson Nutritional's sponsored your access to this great resource. By now, you should have your access card, follow these simple instructions on how to access the PCO and more specifically, the Bright Futures PDA download.



Dalhousie University (North of the Border):



Canadian Pediatricians have had a lot of fun this year. A party for all staff (doctors and nurses) in pediatrics at our hospital was held by the pediatrics department in a hotel (The Westin) in November.

We had a residents party at one of our residents apartment just before Christmas in which we exchange gifts and had dinner, music etc.

Residents also made a play (called 'Christmas Quiz') which we do every year on December 17th, a comedy in which we pick on Staff physicians and other residents, of course in an appropriate and friendly non-offensive manner :) A great event which was held in the hospital auditorium. All nurses and physicians attend, and everyone has a great time. In turn the attendings also perform in the play and make fun of other staff and us residents.

Our residents were able to attend several conferences this year. Besides the AAP conference that was held in October, some residents attended a conference at the University of Toronto and some will

be attending the Canadian Pediatric Society (CPS annual conference) that will be held in Ottawa in June 2009.

This summer some residents will be attending the "Camp Treasure Chest" for kids with Asthma. Camp will occur in August 15-22, 2009.

~Hani Al-Saleh, M.D.

Read more about the "Christmas Quiz"



Dr. Leigh in Uganda



Leigh Sweet, (PL-I, BCRP) has been working with the Namugongo Fund for Special

Children, a community-based organization in rural Uganda that serves 1500 children orphaned by AIDS. The program currently provides breakfast, consisting of a cup of porridge made of corn, sugar and soy, to the children before they go to school during the week. For many of them, this is all they eat all day long. Her project is focused on improving these children's nutritional status by providing them with breakfast, a multivitamin, two snacks and lunch seven days a week. To monitor the kids'

nutritional status they will be measuring their height, weight, head circumference and brachial circumference monthly. This will allow them to measure progress and make sure they are having a



positive impact, and will also allow them to identify children at greater risk for severe malnutrition who may require further intervention. She is currently in the initial phase of training volunteers to weigh and measure the kids correctly and

identifying sources of funding. They plan to start feeding a subset of the kids soon, and



roll out the project to reach all of the kids in the next few months.

Waiting for Porridge Leigh is currently there now, and sending pictures!

~Margot Dayton, MD



After School Program

Your Program Delegates:

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Up Coming Conferences:

2/27-3/1 Future of Pediatrics Conference:

Quality Care for All Children
Anaheim, California

4/3-5 Celebration of Pediatric Pulmonology

Scottsdale, Arizona

4/19-21 AAP Legislative Conference

Washington, DC

The conference prepares child advocates to participate in the political process by offering training in skills necessary to advance child health through legislation and regulation on both the state and federal levels. Partial scholarships are available for residents that would like to attend. Contact Katy Matthews at kmatthews@aap.org

www.aap.org/ypn

Advocacy:

The Section on Residents, Medical Students and Fellowship Trainees (SOMSRFT) 2008-2009 Advocacy Campaign will focus on tobacco prevention and control. We have created a CD-ROM that was distributed to all program delegates at this year's NCE complete with tobacco control resources to use during morning report and in your community. (Have you heard yours yet? If not, ask your delegate!)

Tobacco Small Grants Available

The AAP Richmond Center announces the New Investigator Small Grants Program which provides up to \$12,000 for pediatricians and other child health researchers with innovative research proposals to protect children and eliminate exposure to secondhand tobacco smoke. Brief

proposals are due March 16. Selected applicants then will be invited to submit full proposals by May 18 for awards to be made July 2009.



"It's the family that smokes"

What programs are already doing:

UMass has a Smoke Free Consult service. No smoking in cars is a law in CT/ME/Halifax.

Lets consider a district wide advocacy project! One suggestion was "iTunes for Packs," getting teen smokers to turn in their packs of cigarettes for iTunes.

Send me your ideas!

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