



District III Resident Newsletter

April 2008

District of Columbia, Maryland, West Virginia, Pennsylvania, Delaware, and New Jersey



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Hello District III! I bring you warm greetings from your District III leadership as well as the AAP Resident Section Executive Committee! This has been a great year thus far, and as part of your district leadership, I look forward to more great things to come throughout the remainder of the year. Thank you to everyone who has participated in the conference calls and provided input to the various goals that District III is working to implement for the year.

In February, Lanre represented our district at the AAP Resident Section **Executive Committee Long Range Planning Meeting** in Chicago, Illinois. It was at this meeting that the resident leadership began planning for this year's Resident Section advocacy project regarding smoking cessation. Please be on the lookout in the future for further information regarding this advocacy project.



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In addition to the national Resident Section advocacy project, our District has taken on the challenge of implementing two advocacy projects of our own for the year. One of the projects will spotlight those without appropriate and adequate health insurance during **Cover the Uninsured Week (April 27 – May 3)**. Through this campaign, our goal is to highlight those without insurance, especially our littlest patients, in the hopes of bringing awareness and the importance of this issue to our local representatives, legislators and policymakers. The second advocacy project is a **Bone Marrow Registry Drive** to encourage residents, fellows, attendings, nurses, and other ancillary staff that assist in caring for children to become registered on the national registry. In January, I had the awesome privilege of being selected to donate peripheral stem cells to a 49 year-old gentleman with CML. We all know that the best donor for anyone with leukemia is a matched sibling, but the next best is someone who placed him or herself on the registry as a potential donor. You never know whose life you might save or change.

I represented our District in March at the **Annual Leadership Forum** held in Schaumburg, Illinois. Chapter leaders, district chairs, and vice-chairs along with the heads of AAP sections and councils came together to enhance and cultivate leadership skills while voting upon resolutions to submit to the AAP Board of Directors. I am pleased to announce that a resolution from the resident section was accepted as part of the Top 10, urging 30 minutes of physical activity for children in grades K-12.

Thank you all for your support of the District III leadership. Please know that we are available to serve you and your AAP needs. Take care and have a wonderful start to the spring season!

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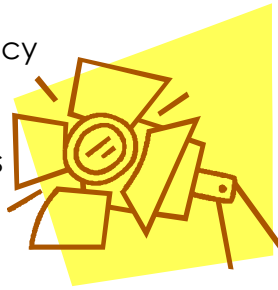
Tyler K. Smith, MD
District III Resident Coordinator

Spotlight on Advocacy: Girl Talk!

During the District meeting at the NCE last fall, each resident presented the advocacy and community activities going on in his or her program. Each program is doing such impressive things that we chose to publicize these activities, to motivate us all to stay active in giving a voice to children -- and perhaps even replicate some of these programs. We will feature at least 1 program in each newsletter.

Please email Lanre or Tyler if you have an advocacy project to publicize!

On an October day in 2006, I was post-call from the NICU and heading to Atlanta, Georgia for the AAP National Conference and Exhibition. This was my first introduction to the workings of the AAP other than through my residency program with PREP binders and the Pedialink website. I met up with my chief and a fellow resident at the conference and was in awe of the outstanding and innovative advocacy projects presented by residents and fellows during the Anne Dyson Advocacy Award Ceremony. It was during this ceremony, that a chief and two residents gave birth to a future advocacy project.



Being residents practicing medicine in inner city Baltimore, what comes to mind when most people think about the area are images from the HBO series, *The Wire*. While some of those depictions may in fact be true, we worked in the Baltimore that many do not observe: Teenage girls not respecting their bodies as their temple, using the Emergency Department for their primary care in order to treat repeated STD infections, or just searching for some sense of direction. In seeing these as our patients and what we could do not only as physicians, but as Black American females, *Girl Talk* was born.

Girl Talk was created as a biweekly girls group to be held at a local recreation center. The purpose was to provide Black adolescent females with appropriate information regarding topics such as healthy lifestyles, preparing for college and the

future, relationships as well as positive self-esteem. We were pleased that in our initial meetings with the teens, they had additional topics that they wanted to address including anger management, dressing for success, and etiquette. Although the group is still in its infancy, we are proud of the support shown to the group thus far from the recreation center as well as the local community. In the future, we hope to expand the number of young ladies involved in the group as well as completing a service project in the local community.

As pediatricians, we serve as advocates for our patients whether it is through providing a book in the Reach Out and Read Program or assisting with providing support services. Any advocacy project is possible with an idea and a vision.

Tyler Smith, MD
University of Maryland

Learning Points from Girl Talk, as you are starting or maintaining your own advocacy project:

- The topic for your next advocacy project just might be directly in front of you daily: keep your eyes open to the needs of the patients you see everyday.
- When working with the community, allow the participants to help steer the course of action, as the group did in asking the girls what issues were important to them.

Resident Section Leadership Photos

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The District Coordinators and Assistant Coordinators at the Long Range Planning Meeting in Chicago, just before going outside to endure minus-30 degree weather



Residents taking a break at the Annual Leadership Forum in Schaumburg, Illinois in March

Spotlight on Advocacy: Smoking Cessation

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Do all of your patients' parents claim to "only smoke outside"?
Read below to get some tips on how to help your families stay smoke-free!

Second-hand smoke exposure is an unfortunate reality for an alarmingly large percentage of patients cared for at St. Christopher's Hospital for Children (SCHC). The ever-increasing population of children afflicted with asthma and other chronic illnesses are, more often than not, from households in which at least one or more members smoke. According to the Pennsylvania Department of Health, almost 25% of adults in the state of Pennsylvania smoke, exposing about 858,000 children to second-hand smoke at home. Furthermore, this bad habit is trickling down to our adolescents; 23.1% of Pennsylvania high school students smoke, with about 33 million packs of cigarettes bought or smoked by children each year.

The major goals of our smoking cessation advocacy project are to educate fellow residents and encouraging screening, to encourage parents who smoke to quit, and lastly to prevent our youth from smoking.

To help address this issue, we first surveyed the residents at SCHC to gauge their knowledge about the prevalence of smoking and its long-term effects on neonates and children. We also wanted to determine how often they screen their patients and parents for smoking. We discovered that although residents are consistent with screening and have good knowledge about the effects of second-hand smoke on children, their screening practices and knowledge are not comprehensive. Thus, we compiled and presented this information to the residents to help educate them on smoking cessation, screening, and negative health outcomes so that they can, in turn, educate their patients and parents.



Our future goals include instituting a Smoking Cessation Room in our ambulatory clinic. This room will be equipped with educational resources, such as a poster we have made outlining the adverse effects of second-hand smoke exposure and multiple brochures from the American Cancer Society in both English and Spanish. This same poster will also be posted in our waiting room.

In addition, a resource list of all the smoking cessation classes (in multiple languages) and quitlines in the Philadelphia area will be posted in the room. These resources are available online under the category of physical health on our advocacy website: www.cap4kids.org/philadelphia, as well. The room will also be equipped with a telephone for parents to call a quitline while they wait for their appointment. As parents do spend quite a bit of time waiting for their child to be seen, we hope that they can utilize this time in the Smoking Cessation Room. Finally, we hope to carry these resources into the inpatient setting as part of every discharge, when appropriate.

This project is clearly a small step towards a problem of gigantic proportions. However, we hope that as this project evolves and becomes a daily part of the care provided by attending, residents, nurses, and other healthcare workers, it can help combat second-hand smoke exposure for all of the young patients we care for and lead to a healthier, smoke-free society.

Radhika Choksi, MD (resident)
Doris Fadoju, MD (resident)
Carla Scarfo, MD (resident)
Hans Kersten, MD (attending)
St. Christopher's Hospital for Children

What has the AAP done for you lately?

(www.aap.org/ypn/r)

Resident Liaison Position Open for AAP Section on Breastfeeding

The AAP Section on Breastfeeding (SoBr) is looking for a resident liaison to their Section. This is an off-cycle appointment. Thus the term will only be for 1 ½ years starting June 1, 2008 and ending December 31, 2009.

Due to the timing and length of the term, only current 1st and 2nd year residents can apply, UNLESS you are confirmed for a fellowship and then up to a 2nd year fellow can apply. Deadline for application and accompanying documents is **May 1, 2008**. For further information please see the website or contact Julie Raymond at jraymond@aap.org.

Free PediaLink® online learning courses for residents

PediaLink supports Residents' professional growth and life long learning. Free courses are now available to Residents until **January 2009**.

- "Covering the Bases" Adolescent Sexual Health
- New Spin on Childhood Obesity
- Early Childhood Caries Risk Assessment
- Gastroesophageal Reflux in Infants
- Pediatric Obesity

Register for free at www.pedialink.org. Great for board review and self-directed learning!

CATCH Grants

Community Access to Child Health (CATCH) Resident Funds program supports pediatric residents in the planning of community-based child health initiatives. Grants of up to **\$3,000** are awarded twice each year on a competitive basis for pediatric residents to address the needs of children in their communities.

Call for proposals this year will be posted on **May 1, 2008**. Email Katie Flecker (kflecker@cnmc.org), District III resident CATCH coordinator, for more info.

Spring Resident Report now online!

The latest issue of Resident Section newsletter, *Resident Report*, is now online on the website. Check it out for resident-written articles, including a point/counterpoint on the question: "**Are retail-based clinics (RBCs) a welcome convenience for harried parents or an unwelcome threat to the public health?**"

If you would like to submit an essay or discuss a potential topic for the *Report*, please contact Resident Section Secretary Melissa Pujazon-Zazik, MD, MPH at moulinpuj@yahoo.com.

Keep your eyes open for grants and awards that will start a new cycle in the coming months, including the International Travel Grant, Anne E. Dyson Advocacy Award, and the Clinical Case award.

Congratulations to District III Stars!

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Etan Orgel, second-year resident at Children's National Medical Center, was awarded an **AAP International Travel Grant** this year for an elective rotation in Peru. In his words: "Mentoring the students and sharing from my previous international work, honing my critical analysis and physical diagnosis skills, and discovering my own comfort level making decisions for seriously ill patients will all help my future practice. Most of all, however, I once again discovered a humbling appreciation for the entirely different world of problems that the people of the Peruvian Amazon and other developing areas of the world face on a daily basis. Combining this with being immersed in the group's love of the jungle, its culture, and its people, the trip became an exhilarating and unforgettable experience I will not soon forget."



Manny Jimenez, also a second-year resident at Children's National Medical Center, received an **AAP Community Pediatrics Training Initiative Grant** to attend the Legislative Conference this month. He and his advisor developed www.AdvocacyOnCall.org, an educational website providing basic knowledge on federal programs affecting child health. The website also aims to engage trainees and pediatricians into an on-line dialogue regarding active child advocacy issues. This website is an interactive learning tool that not only allows trainees to gain basic knowledge but also provides an opportunity to formulate opinions and develop them through discussion. Through discussion, we hope to foster a greater understanding and engagement on key issues affecting the lives of children we treat.

Coming up in the next District III newsletter...

Your international travel: District III residents have been all over the globe for international electives this year, and we'd like to highlight residents from each program. *If you've traveled abroad this year, please send a few sentences (and a photo, if possible) to Lanre or Tyler soon!*

District-wide advocacy projects: If your program has done a Bone Marrow Registry Drive, or if you plan a project for Cover the Uninsured Week, let us know! **Reminders for Program and Chapter Delegates:**

- **Bone Marrow Registry Drive:** Contact the National Bone Marrow Registry at outreach@nmdp.org or 1-800-MARROW-2. When contacting the Registry, please be sure to state that you are planning to have a Registry Drive at your hospital and the individuals you hope to involve in the program (i.e., residents, attendings, nurses, support staff).
- **Cover the Uninsured Week (April 27 – May 3):** An annual national program to educate the public on the status of healthcare in the country, and to press lawmakers to advocate for the uninsured. The role of Program and Chapter Delegates in this project is to organize an event in their respective programs. This can be as simple as handing out information cards (order them for free on the website!), or a grand rounds or noon conference, or even putting together a media event.
 - How to plan an event: <http://plan.covertheuninsured.org/>
 - To get **free** "Cover the Uninsured" materials: <http://covertheuninsured.org/materials/promotional/>

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