

# District V Residents' Section Newsletter December 2007



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



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“Not since the beginning of the last century has there been such concentrated discussion and public attention paid to the plight of our children. Let’s take that collective passion and compassion and make children a priority in this country.”

by Jay E. Berkelhamer, MD, outgoing President, American Academy of Pediatrics

## Highlights from the AAP NCE in San Francisco...

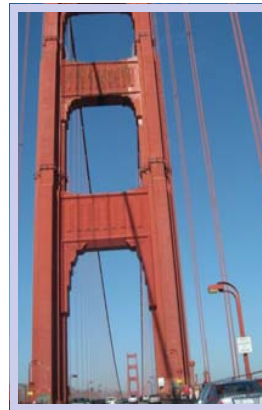
The AAP NCE opened on Friday, October 25th with the Peds-21 Symposium, which hosted some truly inspired speakers.

Each iterated, in their own voice, the importance of investing in children from an early age. Did you know that economic experts suggest there are huge financial benefits to be reaped from this philosophy? Economists also point out that the cost of intervening later on in life is 40-50% more expensive than intervention during childhood.

The AAP’s investing in children spans multiple levels. On a broad scale, several speakers voiced their support for pending SCHIP legislation. Mental health and transition of care of terminally ill children to adult medicine were also topics of discussion of which the AAP is directing resources and energy. It is also reassuring to know that the Academy has recently taken

initiative to integrate obesity into its national structure.

Other speakers provided specific examples of how pediatricians across the country are investing in our children.



For example, in 1984, Dr. Barbara Barlow, a pediatric surgeon from Harlem Hospital in NYC, established an Injury Prevention Program in response to the large number of injured

children she observed. Between 1988 and 1998, major injuries requiring hospital admission decreased by 55% for children living in Central Harlem.

Her local program has become a model for the Injury Free Coalition for Kids which is among the country’s fastest growing and most effective injury prevention programs. She reminded conference attendees that this success was all initiated after taking note of a ‘need’ and acting on it.

Following an inspirational day on Friday, the Resident Section Annual Assembly on Saturday included a warm welcome from the incoming AAP President, Renee R. Jenkins, MD, FAAP. Dr. Jenkins encouraged our involvement in advocacy, as well as reminded the Resident Section of the Academy’s commitment to our education and ultimately, futures.

————Continued on page 2

## State Children’s Health Insurance Program (SCHIP) Compromise—What’s Up?

In October, President Bush vetoed reauthorization of SCHIP. (Old news right?) The vetoed bill had many enhancements to prior SCHIP, including \$35 billion in new funding. Reportedly, the White House remains opposed to revised legislation citing the tax increase as unacceptable.

AAP Washington Sources relate that recent negotiations focus on: prohibiting illegal im-

migrants from enrolling; encouraging states to create programs to help low-income citizens buy private insurance; and in some way forcing states to show that they cover most children from families earning less than twice the federal poverty level (about \$41K a year—family of four) before expanding SCHIP to families making more than this. A temporary resolution has passed to continue SCHIP fund-

ing at current levels.

Negotiations continue and those involved are hopeful a compromise will gain a veto-proof margin. AAP contacts relate that negotiations change daily and there are still many unresolved issues. You can stay educated and support the cause by visiting <http://aap.org/advocacy.html> or email [kids1st@aap.org](mailto:kids1st@aap.org) for the latest on SCHIP.



## AAP 2008 Legislative Conference: March 30-April 1, 2008 Learn to Make a Difference—Participate in the Process

Make plans to attend the 2008 AAP Legislative Conference in Washington, DC. Over 1,900 pediatricians and other interested individuals throughout the nation have participated in this program - now entering its 19th year.

By attending this conference, you will visit with your member of congress and their staff, experience legislative process through hands-on work sessions, and begin building relationships with peers, politicians and the press.

Just a few of the scheduled workshops include: Practical Politics, Building Blocks for Child Advocacy, and Tips on Meeting With Your Elected Official.

After attending, you will gain improved understanding of the federal and state legislative process. You will also take home skills and techniques to successfully impact Congress and state legislatures and also have new strategies to utilize the media effectively.

An early registration fee of

\$550 is extended to AAP members through Feb. 1, 2008.

Scholarships for hopeful attendees are available for residents and fellows. Detailed instructions for applying are on page 3 of this newsletter.

Additionally, an application packet will be available through your program delegate by request.



Award Winner, M. Pujazon  
2nd Grade

Contemplating her next short  
story!

## Highlights from the NCE (continued from page 1)

Our resident leadership is critical to our success. To that end, newly elected national officers were welcomed. Amy Jost, MD (Boston, MA) was elected Vice-Chairperson, Melissa Pujazon, MD, MPH (Cleveland Clinic) elected Secretary and Jennifer Linebarger, MD (Rochester, NY) was promoted to Chairperson from Vice-Chairperson.

District breakout sessions over lunch allowed discussion

and creation of resident resolutions. In the afternoon session, the entire Resident Section debated and passed 40 out of 44 proposed resolutions. The top 10 of these will be selected by the Resident Executive Committee and presented at the 2008 Annual Leadership Forum (ALF).

Dyson Awards were also announced on Saturday. The winners exemplified pediatric advocacy, which included two

residents from West Virginia. After caring for terminally ill children, the residents created the Fog & Mills Memorial Library, a literature resource for terminally ill children. Three awards were presented.

The 2007 NCE attendance broke previous records!

More information can be found at: [aaphighlight.com](http://aaphighlight.com)  
Mark your calendars for next year's conference in Boston, October 11-14, 2008!

## Melissa Pujazon-Zazik: Resident Highlight

Congratulations Melissa Pujazon, elected Resident Section Secretary at the NCE in October. Melissa is a 3rd year resident at The Cleveland Clinic who just completed a year serving as Assistant Coordinator for District V.

Her service began in 2006. While attending the NCE in Atlanta as program delegate she was inspired by the enthusiasm of the Section. She nervously raised her hand at the District V meeting, to run for

A.D.C. She remembers shaking hands, but still gave a quick impromptu speech and received the title. You may have seen her work contributing to last year's District Newsletter.

Writing has been her passion since 2nd grade when she won a writing contest for "Juicy, Sweet, and Savory"-a heart-warming tale of three turkeys destined for the holiday dinner table. As Secretary, she will serve as Editor of the AAP "Resident Report" and resident

section Contributing Author to AAP "Grand Rounds."

Melissa is grateful for her two years of service. "I have learned that, even at this level of training - at the lowly, scut-ridden base of the totem pole our voices as residents are deemed highly important with the AAP. Don't be afraid to get involved. If you are an intern, let your program delegate know you are interested. There are so many ways to become involved!"

Melissa's most memorable patients are those with 'teen problems.' I think we would all love it if she were practicing in our neighborhood. However, for now, we're happy to have her serving on our behalf within the AAP.

In July, Melissa is moving to San Francisco (UCSF) to pursue an Adolescent Medicine Fellowship. Her hubby, John, will finish his film degree at Cleveland State and they are both excited about the move.

## What Ticks You Off?

Are you upset at the number of patients who use the ER for simple complaints that could be better dealt with by a primary care pediatrician?

Maybe you are frustrated with the number of parents bringing their wheezing children to the office smelling of cigarette smoke.

We've all seen the overweight, no—obese child where the family just doesn't know where to begin.

Pick what fires you up and advocate!

Patient and community edu-

cation, knowing your community resources (and using them), and advocating for children to your legislators are all simple ways to target the exact causes which impassion you.

Often, parents don't know about the clinic that takes their insurance so they use the ER. Do you take the time to let them know?

You may have little time to counsel parents on smoking cessation but I bet there's a organization in your community that will help.

Of course children become

obese when the media is telling them to watch more TV and eat more junk food, but do parents know about the dangers of media?

Not all parents have the time, resources, or smarts to help their children, so the responsibility is ours to either assist them or put them in touch with those who can.

Many of us chose pediatrics because of these vulnerable children- let's use our passion to help them out!

Visit: [aap.org/advocacy.html](http://aap.org/advocacy.html)

Contributed by Michelle Randall, D.O.

### DISTRICT V RESIDENT SECTION LEADERSHIP

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## Grab Some Cash!!!

### New —Scholarships to attend the 2008

#### Legislative Conference in Washington D.C.

If you are interested in applying for a partial scholarship, please submit a letter of application in writing to:

Mary Anne McCaffree, MD, FAAP

Chair, Committee on Federal Government Affairs  
Resident Scholarship Program, AAP

601 13th Street, NW, Suite 400 North

Washington, DC 20005

Or fax to 202-393-6137

Or Email: [kmatthews@aap.org](mailto:kmatthews@aap.org)

Deadline is Jan. 1, 2008, application must include:

1. Name, address, phone number, email
2. List any advocacy interest, training or experience and state your year of residency.
3. Indicate how you expect to utilize your new advocacy skills to better advocate for children's health issues after participation in the conference.
4. Indicate why you are interested in scholarship assistance.
5. Describe what other sources of funding you

expect to have, if any, and how much the total external financial support will be.

#### CATCH resident & implementation funds...

These funds are distributed to address the needs of children in our communities. See Emily Sherer's article on page 5 of this newsletter.

Applications due by January 31, 2008.

#### STAY TUNED FOR APPLICATION DEADLINES FOR:

#### CATCH residency training funds...

Grants of up to \$12,000 will be awarded to residency programs to plan and implement community-based child health initiatives as part of the training curriculum over the course of 16 months.

#### Residency Travel Grant...

Are you interested in experiencing a clinical pediatric elective in the developing world during residency? The AAP will shell out \$500 your way to help you accomplish this.

#### Residency scholarships...

This generous program aims to allay financial difficulties for pediatric residents in good standing.

#### And don't forget to...

Become next-year's AAP program delegate for your residency program and receive a \$300 travel grant to the 2008 NCE in Boston. Talk to your delegate today.



**"Don't fire until you see the whites of their eyes"**

The Bunker Hill Monument stands on the site of the first battle of the Revolution. You can climb 294 steps to the top for a spectacular view of Boston.

**AAP NCE 2008  
October 11-14  
Boston, MA**

## DISTRICT V PHOTO GALLERY:



*Riley Children's Hospital Residents at Holiday Party*  
 Front: Kate Wade, Quinn Bensi, Jinny Lavezzi, Glenn Lavezzi  
 Back: Rose House, Lisa Richmond, Heather McDaniel, Vidhya Viswanathan, Edgard Bendaly, Mandy Gripe, Mike Bensi, Rachael Meadows, Angela Pickens, Brechin Newby



*Beaumont residents, in San Fran at the NCE.*  
 Left to right: Andrea Trembath, Carolina DiBlasi, Colleen Bryzik, Jane Steiger



*Univ. of Toledo Residents & Staff at Maumee River Dragon Boat Festival*



*2007 Dyson Winners & Resolution Assembly*



## International Travel Experiences

Four Med-Peds residents from GRMERC/Michigan State University and their residency director, Dr. Switzer, traveled to El Salvador last year for a week with a local church group.

The group set up mobile clinics throughout rural areas of El Salvador. The makeshift clinics were set up in churches or vacant buildings, with four consult stations used to treat and examine patients. Each clinic included a basic pharmacy with donations from numerous pharmaceutical companies.

The residents diagnosed and treated patients' ages 0 to 60 years of age. There were no vaccinations available during the trip. However the residents treated a variety of diseases from diabetes and hypertension to reflux and impetigo.

Jason Shattuck, a 3rd year Med-Peds resident, stated he "had the opportunity to learn how to diagnose diseases without the use of technology and to treat numerous diseases with basic medications."

Jason is planning a second trip this time for a month to the Dominican Republic. He was able to make a physician contact in the Dominican while in medical school and he looks forward to developing his practical skills during his month in the emergency department there. He has applied for an international scholarship through the AAP to assist with his expenses.



*Jason in El Salvador*



*Sarah in Nicaragua*

In August, Sarah Kern and Mary Wroblewski, two University of Toledo residents, pioneered a medical mission trip with two physicians to Nicaragua leading a group of students.

The team went to a landfill where they fed 500 people and then spent four days clinics where they provided medical care to over 700 patients of which the majority were children.

The pediatric team saw very common cases of URIs, UTIs, and dehydration to complicated cases of severe asthma, epilepsy, and hypertension.

With no access to fancy tests or radiology equipment, the team realized quickly the importance of a great history and physical exam. This allowed the team members to get back to the heart and art of medicine.

The patients walked hours and then waited hours to be seen and never once complained. At the end of each day, patients and medical care providers left smiling. Each child received a month supply of multivitamins, toothbrush, and any other medication they needed. Other things provided to the children included sunglasses, shoes, and clothes.

It was truly a memorable experience and one that touched the hearts of each team member, the lessons learned on this trip will never be forgotten.

Feel free to contact Jason ([shattuja@resident.grmerc.net](mailto:shattuja@resident.grmerc.net)) or Sarah ([sarah.kern@utoledo.edu](mailto:sarah.kern@utoledo.edu)) with questions about their experiences or for advice about international travel.

## Catch a CATCH Grant

Contributed by Emily Sherer, M.D.

Are you interested in making a difference in your community? Do you have an idea that would improve access to medical homes or other needed health care services for children? Have you considered applying for a CATCH grant?

If you answered yes to any of these questions, now is the time to act. Grants of up to \$3,000 are available through the Community Access to Child Health (CATCH) Resident Funds program which supports pediatric residents in the planning of innovative,

community-based initiatives that increase children's access to medical homes or specific health services not otherwise available.

In the last grant cycle 39 resident grant applications were submitted but only one from District V. Fortunately, it did very well, and we are hoping that more people will follow this example. Applications for the next grant cycle are available online at <http://www.aap.org/catch/residentgrants.htm> and must be submitted by January 31, 2008.

First time applicants are encouraged to contact Holly Noteboom-Griffen by email at [hnoteboom@aap.org](mailto:hnoteboom@aap.org) with a description of the project, applicant's name and AAP ID number. Holly will be able to provide technical support and advice. You are also welcome to contact the District V Resident CATCH liaison, Emily Sherer, at [eawillen@iupui.edu](mailto:eawillen@iupui.edu).

Additional information about the CATCH program, resident grants, and examples of past grants are available at the above website.

### Top 5 Things to Say About Gifts You Don't Like

5. Well, well, well...
4. Sadly —tomorrow I enter the Federal Witness Protection Program.
3. Perfect for wearing...in the basement...
2. If the dog buries it, I'll be furious!
1. I really don't deserve this.

**HAPPY HOLIDAYS!!!**



## Business Corner

Who isn't looking forward to the big house, luxury car, and wealthy lifestyle? Heck, we all deserve nice things for working so hard, right? Unfortunately, living the physician lifestyle may hinder our ability to create wealth.

It is well known that doctors are some of the worst savers and often make poor 'business' decisions. Don't let this happen to you.

Did you know that the AAP

is also a stellar resource for gaining skills about the business of medicine. Check out [practice.aap.org](http://practice.aap.org)!

Let the AAP aid in your job search. Visit job postings at [www.pedjobs.org](http://www.pedjobs.org). Make sure you are not being offered a 'lemon' salary. Check the annual median salary for pediatricians in your state, you might be surprised! You will find this data under the Practice Basics tab.

Make yourself more market-

able—sharpen your leadership skills. You can do this for free (but only through Jan. 30, 2008) online through an educational course from the Pediatric Leadership Alliance. Link to the resource at the AAP website under the Professional Education and Resources tab.

Arm yourself for the real world through the AAP. It's inevitable, someday we'll all have a 'real job.' Prepare for it now!

Prepare for life after residency at [practice.aap.org](http://practice.aap.org)

Practice Basics,  
Finance & Payment,  
Office Operations,  
Quality Management,  
Patient Management

## Mental Health Advocacy: SORe's 2007 Advocacy Campaign

It's 4pm and your last patient is 'behavior problems.' Before you know it, it's after 5, mom is in tears, and you need resources, quick! Ugh!!! You're not alone.

In response to the growing need to address children's mental health issues in primary care, the AAP formed its Task Force on Mental Health (TFMH) in 2004. Residents recognize the critical nature of this topic, as such, the SORe

(Section on Residents) has chosen mental health as their current advocacy campaign.

Opportunities for advocacy scan various levels, including at the patient level, community, State and Federal levels.

Take 5-minutes to explore: [aap.org/mentalhealth](http://aap.org/mentalhealth). Here you will find CDC statistics, a broad range of education & training resources, a detailed chapter action kit, policy statements, funding opportunities,

and more.

Consider going one step further and ACT. For example, screen patients in continuity clinic, encourage suicide prevention, and learn your community resources.

Finally, tell Congress to support Mental Health Parity by going to:

[aap.grassroots.com/mentalhealthparity/](http://aap.grassroots.com/mentalhealthparity/)



Visit [www.aap.org/yprn](http://www.aap.org/yprn)

A site dedicated to medical students, residents, fellows, and young physicians

## Program Delegates

Kenneth Remy—Univ. Hosp of Cleveland

Loan Kline—MetroHealth

Catharine Symmonds & Olivia Wenger—Akron/NEOUCOM

Kai Wicker—Children's Hosp. of Michigan

Nate Brady—Nationwide Children's

Andrew Beck—Cincinnati Children's

Ian Chen—Cleveland Clinic

Bea Zepeda—GRMERC

Sowmya Balasubramanian—U. of Toronto

Shatha Yousef—Hurley Medical Center

Jinny Lavezzi—Indiana University

Elena Lewis—M.S.U./Kalamazoo

Janice Tijssen—McMaster Children's Hosp.

Michelle Randall—Mich. State University

Leah Bartlett  
Queen's U. / Kingston G.H.

Scott Schachinger—St. John's

Rebecca Northway—U. of Mich.

Norah Ledyard—U. of Toledo

Colleen Bryzik—William Beaumont Hospital

Candace Percival—Wright State

## District V Standouts:

Contributed by Program Delegates

### Indiana University:

The pediatric clerkship at IU was voted "Best Clerkship" by its medical students in May. **Edgard Bendaly** was a co-author in a paper entitled "Outcome of Cardiac Thrombi in Infants" published in the September 2007 edition of *Pediatric Cardiology*. **Naomi Lohr** was a co-author in a paper entitled "Sensorineural deafness and male infertility: a contiguous gene deletion syndrome" published in the April 2007 edition of *Journal of Medical Genetics*. **Grzegorz Nalepa** was a co-author in a paper entitled "Anaphase initiation is regulated by antagonistic ubiquitination and deubiquitination activities" published in the April 2007 edition of *Nature*. Residents look forward to upcoming Wine & Cheese and Holiday parties in December.

### Cincinnati Children's:

As a group, gathered nearly 100 resident signatures & sent SCHIP support letters to their House and Senate representatives.

### Nationwide Children's Hospital (Columbus, OH)

**Jeff Keyes**, PGY2 is working with the PICU staff in tracking the results of the recently implemented rapid response system, including following the 48-hour mortality and morbidity rates for patients. He will continue his study at least through October 2008. Third year resident **Liz Zmuda** is serving on the Ohio AAP Committee on School Health and Nutrition and member of the Resident Committee. **Nate Brady**, PGY3 is serving as the resident representative to the Exec. Board of the American College of Osteopathic Pediatricians. **Jennifer Dotson**, PGY2 was selected to attend the Teaching and Tomorrow Pro-

gram at the North American Society for Pediatric Gastroenterology Hepatology and Nutrition (NASPGHAN) conference in Salt Lake City. She is working on research involving extra-intestinal manifestations in patients with IBD. **Brian Schorer**, PGY4 was married in September to Corinne Bazella an OB/GYN resident. **Jennifer Trittman**, PGY3 gave birth to her first child in November. The resident softball and volleyball teams concluded their seasons with more fun times than wins! Residents also enjoy social functions including a recent Halloween party and 'Fluid Rounds.' (don't ask :)

### MetroHealth Pediatrics

Third year, **Agne Petrosuite** was chosen to present her poster on *Microscopic Polyangitis: An unusual case presentation*, at the AAP NCE(only top 10 submissions were chosen). She also just gave birth to her firstborn, a healthy boy! Second year, **Loan Kline** wrote "Ten Survival Tips for the Intern" which was published in USMLEtoday, September 2007. **Navneet Brar**, third year, co-authored "Acute Dx: What Cause of Sudden Illness" Photo Finish, Consultant for Pediatrics in April. In October, third year **Reema Gulati** presented her poster on "Use and Safety of Rifaximin in children with IBD" at the NASPGHAN annual meeting in Salt Lake City. Recent social outings include intern retreat, fall-fest party, and Halloween party.

### Beaumont Pediatrics Program

In Nov. a group of pediatric residents went to Best Academy in Highland Park, MI, a school in an underserved area of metro Detroit, to do free sports physicals. The residents performed more than thirty full physicals. Due to the great turnout, resi-

dents are planning a repeat venture.

### GRMERC Residency

**Nicole Tocco** received an award for the best case report submission to the Michigan Chapter of the AAP for "Systemic Lupus Erythematosus in a 19 month old Chinese Female". **Danielle Spilotro** coordinated a city wide public service announcement promoting awareness of shaken baby syndrome. She plans to track new diagnoses of SBS after the PSA, to determine this intervention might affect the incidence of SBS. **Bea Zepeda** was nominated for induction into the Gamma chapter of AOA at M.S.U. Pediatric Residents joined the child life folks of Hem/Onc for Halloween by setting up a crafts table for patients, and raised funds by the sale of hand made holiday cards to support a needy family in the community.

### University of Toledo:

**Amber Patterson**, PGY2, developed a new business curriculum, which included a half-day retreat addressing important business aspects of medicine. **Payal Patel**, PGY3 co-wrote "Are Inflammatory Markers Helpful for Diagnosing Acute Pyelonephritis in Children?" This was published in *Evidence-Based Practice*, Aug. 2007. In July the residents participated in the Maumee River Dragon Boat Festival for charity and placed 1st in their division! **Meghan Orris**, PGY1 recently married & **Ixxy Ramirez**, PGY2 recently gave birth to her first child.

*If you have ideas, pictures, updates, or would like to contribute an article for the spring newsletter, please email*

**Norah.Ledyard@utoledo.edu**

**The AAP Mission is to attain optimal physical, mental and social health and well-being for all infants, children, adolescents and young adults.**