

District V Residents' Section Newsletter

April 2009



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



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“The Test of the morality of a society is what it does for its children”

Annual Leadership Forum... Resident Highlights

The Academy recently hosted its Annual Leadership Forum (ALF) on March 12th – 15th. The ALF serves as the primary communications link between the Board of Directors and the many chapters, committees, councils and sections of the AAP regarding future policy initiatives. This year our section was well represented at the ALF by members from our Executive Committee. Resolutions put forth by our section were taken very seriously and even made it into the top TEN!

Top 10 Resolutions for 2009:
1. Suspension of AAP Approval of the Addendum to the Joint Principles for the Patient-centered Medical Home

2. Prevention of Child Abuse and Neglect
3. **Resident vote for AAP Nation President**
4. Establishment of a Standard for Vaccine Acquisition
5. Cost Improving Access to Care for Military Children and Adolescents Tri-care Reform
6. Uniform National Standards for Nutritious School Foods
7. Need for Increased Early Intervention Services
8. US Citizen Children of Undocumented Immigrant Parents
9. AAP Support the Concept of Collective Negotiating and the Changing of Cur-

rent Antitrust Laws
10. Improving AAP Services for Pediatric Subspecialties
Other resolutions that were passed that will have a direct effect on our section included:
• Resident Educational Loan Deferment
• Providing AAP Facilitation for Pediatric Resident Education Initiatives
• Cost reduction for Medical students, Residents, & Fellows at the NCE
And from **District V** our resolution on the “Prevention of Dog Bites in Children” was also passed. Big thanks to the author, Eric Dziuban, who brought this resolution forward at the 2008 NCE.

State Children's Health Insurance Program (SCHIP) — What's New?

The Children's Health Insurance Program Reauthorization Act (CHIPRA) was signed into law on February 4, 2009. The Act reauthorizes and expands the State Children's Health Insurance Program (SCHIP) which was signed into law in 1997. CHIPRA adds \$33 billion in federal funds for coverages for children and is projected to provide coverage for an additional 4.1 million children by 2013 that would have been uninsured.

What is SCHIP? SCHIP is essentially an extension of the Medicaid program. It was ini-

tially signed into law in 1997 to cover children who were not poor enough to qualify for Medicaid, but could not afford to purchase coverage. While the program has been successful in extending coverage, there are still 9 million uninsured children in the United States, most of who qualify for Medicaid or SCHIP.

CHIPRA works not only to enroll those who are already eligible, but also to expand coverage to those up to 300% of the federal poverty level (the current ceiling for SCHIP is 200% of the federal poverty

level). In addition to providing financial incentives for states to cover eligible children, it also provides increased funding for outreach and enrollment to identify eligible children. Other important parts of the Act include mental health parity, coverage for legal immigrants, pregnant women and dental coverage. CHIPRA also provides funding for the development of quality measures for children and is funded in part by an increase in the federal tobacco tax by \$0.62 a pack.

SOURCE: The Henry J. Kaiser Family Foundation



“Far and away the best prize that life offers is the chance to work hard at work worth doing”

-Theodore Roosevelt



Bridging the Gap

Contributed by **Bea Zepeda & Nicki Cain-Rinckey**

Middle school is a tumultuous time for many students. They face difficult choices in school, relationships, sexuality, and dealing with peer pressure. It is a time when young adolescents often make choices that can have a devastating impact on their future. This is the time when girls will often make the decision about sexual activity, and boys will decide the only way to fit in is to join a gang. Parents are not involved with their child's school life as they were in elementary school, so there is a big disconnect with parents and the school system during middle school.

Bridging the Gap is an Advocacy program developed at a local middle school to help parents, students and the school system deal with this disconnect. Parents are invited into the school to attend various programs with their adolescent and learn about pertinent health and mental health issues that affect their adolescent. The pediatric residents at Helen DeVos Children's Hospital in Grand Rapids, MI have received a Resident Initiative Grant from the AAP to fund these health programs at Gerald R Ford middle school. We have used this grant to support four programs at the middle school. The first program was *Breathing Easy* – which involved asthma education and smoking cessation education. The second was *Healthy Holidays* – where we collaborated with the dental community to discuss oral health and nutritionists who helped us teach families about healthy food choices over the holidays. The third program was *Talking with your Teen* – which brought our two adolescent physicians to talk with parents about adolescent attitudes, behaviors, and how to tell if their adolescent is depressed. One of our physicians spoke with the parents, while the other met with the kids and initiated discussion by playing Jeopardy, covering topics such as hygiene, sexuality, pubertal changes, and illicit drug use. Our final program – *Healthy Habits* is currently underway and we are working in conjunction with the local YMCA to teach families on a limited budget how to cook nutritious foods and the importance of daily exercise. We have had such a good response to these programs that we have requests from five other middle schools to present similar programs.

Advocacy takes many forms: local, regional, and national. Our residency program is fortunate to work in a community that is supportive of our efforts and interests, so we can be advocates on a local level to a population that needs support. We hope we can meet the needs of the various schools that are requesting these programs and find funding to sustain them.



Dr. Liz Martin, Dr. Kate Boss, and Dr. Nicki Cain-Rinckey from Grand Rapids attended the AAP's National Residency Advocacy Day in Washington, D.C. This event included a morning conference presenting the importance of advocating and tips on how to communicate to our legislators effectively. In the afternoon the residents attended pre-arranged meetings with the staff of Senator Levin, Senator Stabenow, and Representative Ehlers. During these meetings Liz, Kate, and Nicki presented stories of patients whom have had difficulties with healthcare coverage. The elected officials were thanked for their past support of healthcare legislation. Most recently, the legislators voted for reinstatement of State Children's Insurance Program, (SCHIP). Several other items were discussed such as the importance of establishing a medical home for all children and that preventative medicine, including vaccinations and well child care, is particularly essential when it comes to the pediatric population.

At the conclusion of their meetings the staff members all vowed to continue supporting legislation that would benefit children's healthcare. The legislators were all interested in any additional feedback in regards to how current programs and assistance is being utilized in practice. Further specific ideas to improve access and coverage to our population will be communicated to them, directly. From this experience the residents learned that our legislators are accessible and they are interested in what we have to say. As their constituents, these legislators work for us. Legislators are not formally trained in the medical field and are very receptive to any information we can provide them about our patients and the obstacles they meet on a daily basis. Overall this event has motivated the residents to continue advocating for their patients on the local and national level.

Business Corner

Contributed by Norah Ledyard

"My house would fit within this great room," I couldn't help but think. We turned a few corners, walked down the circular staircase into the basement, and I glanced to the left and saw a home gym which put my gym to shame (and I pay membership fees). Everything was so immaculate! I tried to imagine how many people it would take to clean this house.

My excitement for finishing residency invaded my mind, having a generous income...but immediately thought; I doubt any type of doctor could afford "this." My mind was moving a million miles a minute. And then it came to a halt when I heard, "doctors think they know everything." I rewind and realize my friend (who brought me here) had asked him how work was going. Soon I found this finan-

cially successful businessman and lawyer had made his millions off mistakes and poor business decisions made by doctors.

Across the board, physicians trail behind when it comes to business knowledge. Many residencies are finally implementing business of medicine curriculums, including ours. This is long overdue.

The AAP has created 'practice management online' as a resource to AAP members. This website provides information on joining and choosing a practice, common malpractice pitfalls, practice management and coding information. It is a great website to surf for every resident, especially for second and third year residents who are planning for life after residency.

We spend so many years of

our life 'hostage' within the medical education system. Often, there is no time left for practical education, including business. We emerge eager to spend our hard earned income. After all, we have earned it! But think twice about where you are spreading your money.

For residents (and of course our attendings) it is imperative we pay more attention to our business education. You never know when you might be making someone else's house payment instead of your own. And, it might surprise you to find just how nice the house is!

Visit Practice Management Online at:

<http://practice.aap.org/index.aspx>

Prepare for life after
residency at
practice.aap.org

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

New & Improved Pedialink... Coming July 1st, 2009!!!

The Resident Center at Pedialink.org has always been a great resource and learning tool for residents in training. By providing easy access to PREP, CME courses, and Individualized Learning Plans (ILPs), residents are able to better prepare for boards and their future careers in Pediatrics. Realizing what an important educational tool Pedialink is, the AAP has focused on creating a new and improved Pedialink. This new version will offer many of the

same resources as our current Pedialink, but will be better organized and much easier to navigate. As of July 1st, the new Pedialink website will be up and running. Be sure to check it out!! All of your current PREP curriculum will be carried over to the new site. However, current ILP's will not be available on the new site. Therefore, be sure to print out your current ILP on the website before **July 1st**.

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New! PREP Self-Assessment CD-ROM Exam Mode Tutorial

Find out how the 2009 PREP Self-Assessment CD-ROM's new exam mode and performance summary tools allow you to identify knowledge gaps, expand your knowledge, and track your progress. Subscribers can improve results by retaking the test over and over.

The End of 20/220... how will you pay off your medical school debt?

In 2007, Congress developed legislation aimed at dealing with the cost of higher education. This legislation, the College Cost Reduction and Access Act (HR 2669), will help some students by increasing maximum Pell grant awards, easing Pell grant eligibility requirements, and offering \$5,000 in loan forgiveness over five years if employed in areas of national need. However, residents and fellows are significantly affected by this bill in two ways:

20/220 Pathway Eliminated: The pathway that as many as two-thirds of residents used to avoid making repayment on their loans was eliminated (the 20/220 pathway). For residents who qualified under 20/220, the government paid interest on the subsidized portion of the loans for three years, and interest accrued only on unsubsidized loans.

Income Based Repayment: A new Income Based Repayment (IBR) program for borrowers was created, to begin July 1, 2009. Any borrower with any amount of debt (subsidized or unsubsidized) is eligible for the IBR program, in which payments are capped at 15 percent of their income that exceeds 150 percent of the federal poverty level (e.g. the monthly payment for a resident earning \$43,266 annually would be ~\$350).

Forbearance still an option: Under the new law, a resident/fellow who cannot afford to make repayments will be forced to enter forbearance under which interest will accrue on all loans. Using forbearance will add thousands of dollars to already steep debt burdens.

20/220 is a needed program. While IBR is an attractive option for some borrowers, there are residents and fellows who simply cannot afford to take advantage of it by making payments. Residency and fellowship is a time when borrowers are least able to afford payments. Requiring repayment during this time places an excessive burden on residents and fellows, particularly those who live in areas with a high cost of living or who have families. The AMA seeks to have the 20/220 pathway, or a better forbearance program, permanently reinstated so that residents can defer repayment on their student loans without interest accruing on their subsidized loans. The government needs to be creating ways to entice and encourage students to enter medicine – not put up additional barriers and deterrents.

Your AMA is working to preserve the 20/220 pathway for economic hardship deferment. Currently, there are companion bills in the US House and Senate (H.R. 4344 and S. 2303) which would reinstate the 20/220 pathway for economic hardship deferment. H.R. 4344 is currently under consideration by the House Subcommittee on Higher Education, Lifelong Learning, and Competitiveness; and S. 2303 is in the Senate Committee on Health, Education, Labor, and Pensions; both have bipartisan sponsorship.

Tell Congress to pass H.R. 4344 and S. 2303!

Visit <http://capwiz.com/ama/issues/alert/?alertid=11184256&type=co%3E> to get to the AMA Capwiz website – email your Congressional members and ask them to support and cosponsor H.R. 4344 or S. 2303.

For more information: <http://www.ama-assn.org/go/loandeferment>



New! PedJobs Job Seeker Site Enhancements

Test drive the new features and enhancements that will give job seekers robust tools for creating a professional presentation for potential employers:

- Professional Profile – Create a professional presentation of your qualifications.
- Searchable Portfolio – Increase your exposure in an employer's search.
- Job Application Preview – Have more control by previewing your applications.
- Tighter Confidentiality – Take comfort in stricter confidentiality rules.

Resident Spotlight....

Congratulations to the following residents from **Children's Hospital of Michigan** whom have had their research accepted for poster presentation:

~ **American Academy of Allergy, Asthma & Immunology, March 2009, Washington DC.**

1. Survey to identify referral practice in pediatricians seeking asthma consultation (Pavadee Poowuttikul, Pamela Britto-Williams, Jenny Montejo, Milind Pansare)

~**Pediatric Academic Societies Annual Conference, May 2009, Baltimore, MD.**

1. Renal and Growth outcomes in HSP glomerulonephritis (Ladonna Hendricks, Shina Menon, Amrish Jain, Gaurav Kapur, Tej Mattoo, Rudolph Valentini)

2. Intern Moods: An Assessment of Pediatric Interns over an Academic Year (Kai Wicker-Brown, Sarah Laginess, Yvonne Friday, Srinivasan Suresh)

3. Music Therapy and MRI in children: Less Anxiety, Less Sedation (Jennifer Walton, Kalyani Raghavan, Ronald Thomas, Srinivasan Suresh, Deepak Kamat)

4. The Impact of Donor CPR on Pediatric Heart Transplant Survival (Katie Sloan, Thomas

L'Ecuyer, Liwen Tang)

5. Workup for Secondary Hypertension in Healthy Children Referred to an Outpatient Pediatric Nephrology Clinic (Rossana Baracco, Gaurav Kapur, Tej Mattoo, Rudolph Valentini, Maheen Ahmed)

Congratulations to the following research grant recipients from **MSU/Lansing !**

- Camy Chapin, MD PGY3 for "Prevalence of Methicillin Resistant Staphylococcus Aureus Nasal Colonization in Children of the Greater Lansing Area"

-Ailing Chen, MD PGY2 for "Intravenous Furosemide for Moderate and Severe Bronchiolitis in PICU"



Visit
www.aap.org/ypn

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

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

Meghan.Keaton@utoledo.edu

Contact your Program Delegate!!

- Case Western (Metro Health) — **Ingrid Anderson**
- Children's Hospital of Michigan — **Jennifer Walton**
- Cincinnati Children's Hospital — **Ndidi Unaka**
- Cincinnati Children's Hospital — **Ryan Buchholz**
- GRMERC/Michigan State Univ. — **Beatrice Zepeda**
- University of Toronto — **Jennifer Smith**
- Hurley Medical Center (Michigan State) — **Salwa Gendi**
- Indiana Univ. School of Medicine — **Heather Richardson**
- MSU/Kalamazoo Center — **Kelli Dodson**
- MSU/Sparrow Hospital — **Ailing Chen**
- Nationwide Children's Hospital — **Jennifer Dotson**
- Queen's University/Kingston General — **Charisse Kwan**
- St. John's Hospital & Medical Center — **Rose Walczak**
- St. Vincent Hospitals (Indiana) — **Erin Crill**
- University Hospitals Case Medical Ctr. — **Ginna Priola**
- University of Michigan — **Stephen Patrick**
- University of Toledo — **Meghan Keaton**
- William Beaumont Hospital — **David Dewar**
- Wright State University — **Sarah Glick**

Email addresses available on the District V website!

Visit the **District V Website**: <http://www.aap.org/sections/ypn/r/resident/districts/districtv.html>

Chapter Info/News!!!

OHIO CHAPTER AAP

<http://www.ohioaap.org/>

Mark your Calendars!

Open forum meeting April 24th @ Metro-Health in Cleveland.

Annual Meeting Nov. 13th-14th in Mason , OH

Get Involved in Current Program Initiatives:

Reach out and Read Ohio!

**Maximizing Office Based Immunizations
Autism Diagnosis Education Pilot Program**

INDIANA CHAPTER AAP

<http://www.indiana.edu/~iaapl>

Access professional resources for injury prevention and immunizations!

**Visit your chapter fact-sheet at
<http://www.aap.org/member/chapters/chapfact/indiana.pdf> for ways to become involved**

**Contact the Carolyn Downing at
cdowning@ismanet.org**

MICHIGAN CHAPTER AAP

<http://www.miaap.org/>

Mark your Calendars!

**Open Forum Meeting on May 20th -Devos
Children's Mental Health Summit on May 30th
2009 Michigan Oral Health Conference on
June 11th-12th**

Open Forum Meeting on June 16th - Flint

**There are numerous ways to get involved in the MIAAP. Contact Linda Long at
mcaap@msn.com for more info.**

ONTARIO CHAPTER AAP

<http://www.pedsontario.com/AAPOntarioChapter.htm>

Visit the website & email Joseph Telch, MD your local AAP leader for more ways to become involved locally!

**Coming Spring 2009!!
Pediatricians in Ontario in the
21st Century:
Making a difference for
Ontario's Children.**

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