



AAP District III Resident Section Newsletter Spring Issue

www.aap.org/sections/resident/

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April 3, 2006

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Updates and Overview

Spring is here! Hopefully, the wards are slowing down and the sun is beginning to shine where you are! We have lots of exciting news and stories in this issue! We have also changed our newsletter format a bit and would love to hear if it is working for you! *–Chisara N. Asomugha, MD, MSPH*

From the District Coordinator

Volunteerism as a Professional

It has been said that the objective of teaching is to make oneself obsolete. To take the concept further, the principles set forth by a teacher or mentor should live in perpetuity within the student. In the past two years, there have been superlative examples of the ideals of volunteerism set forth by the Attendings of our District. In particular, it has been quite impressive to observe what efforts are in the works during our District Leadership meetings.

At the end of a Leadership Meeting or Conference call, I wonder how to convey the ideas or initiatives to the rest of the Resident body of the District. I also wish for the sense of regular brainstorming and knowledge of mutual activities to be communicated and experienced among the Residents. This idea was expressed during the last leadership meeting in FL, and it was decided that the hour-long, regularly scheduled conference call for our District would be extended by 30 minutes to allow ourselves and the **Chapter Delegates** to confer about District business.

For those who may not be aware, the District Leadership (the Attendings, the Assistant District Coordinator, and the District Coordinator) has a Conference Call on the **Third Tuesday of each month**, from 9:00 – 10:00 PM. During that time, fiscal and logistical business is discussed. We are privy to how Service and Volunteerism is executed, and the selflessness of the Fellows of the Academy. Chisara and I would like the **Chapter Delegates** to participate in the conference calls during the dedicated time set aside to discuss Resident issues (typically 10-10:30pm). This time would allow us to further our objectives as Resident members of our District. Please email us with any concerns or suggestions you may have regarding these conference calls. *–Majester Abdul-Jalil, MD*



National Conference & Exhibition
Atlanta 2006, Oct. 7-10

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



What's Happening at the 2006 NCE!

*Mark your calendars!
NCE
October 7-10, 2006
Atlanta, GA*

This year's National Conference & Exhibition will be October 7-10 in Atlanta, Georgia. Saturday October 7 is Resident Day and the Resident Section has an exciting day planned! Dr. Robert Schwartz, Chief of Endocrinology at Wake Forest, will give our Keynote Address. His talk is entitled, "Legislative Efforts to Address Childhood Obesity."

Our Educational Workshops will focus on Motivational Interviewing, Pediatric Oral Health, Development of Sustainable international Health Interventions, and a Legislative Advocacy Workshop called "How to Communicate with your Congressman." In keeping with the spirit of the NCE, there will be a variety of workshops spanning the collective of Pediatric Medicine. Mark your calendars for what promises to be an exciting time! Online registration for the NCE begins June 1, 2006. Visit the NCE website at www.aap.org/nce.

AAP 2006-2007 Strategic Plan

Recently, the AAP Strategic Plan for 2006-2007 was outlined in detail. Current child health priorities include: **Special Health Care Needs (specifically, Foster Care), Oral Health, Disaster Preparedness, Mental Health, Obesity and Immunizations.** The last three are in the implementation stages; the first three are in the planning stages.

To learn more about the Strategic Plan visit the AAP Members Only Center and click "AAP Strategic Plan" on the far right-hand side of the screen. This is succinct summary of our top strategic priorities and is the simplest way to communicate the "objectives" of the AAP. Currently, the 2005-2006 is available on-line. The 2006-2007 should be available soon.

You can also learn more about the District III Resolutions that were adopted last year by visiting the Members Only Center and clicking on the link "Annual Leadership Forum" on the far right hand side of the screen.



AAP Strategic Plan 2005-2006

Resident Life-Stories: Global Healing

By Cynthia Lucero, MD

Roatan is a tiny island off the coast of Honduras, the poorest country in Central America. The island is served by one Public Hospital. The government is able to supply only one permanent Pediatrician to the island. Even with the assistance of general practitioners, they cannot sustain the daily demand of over 80 pediatric outpatients, combined with inpatient ward, nursery, and infant delivery responsibilities. Children are routinely turned away. Countless more do not come in because of the lack of physician availability relative to patient demand.

I spent the month of January 2006 with a fellow Third Year resident from Children's Hospital of Pittsburgh, working in an outpatient pediatric clinic started by an organization named Global Healing in Roatan, Honduras. Global Healing is a U.S.-based non-profit organization dedicated to bringing modern medicine to the developing world. Recognizing the government was unable to meet the medical needs of the people of Roatan, Global Healing established a modern pediatric outpatient clinic available to all Honduran children within the Roatan Public Hospital. A rotating volunteer staff of U.S.-trained pediatricians and pediatric residents staffs the clinic.

I first learned about this program through the AAP International Health section. The best part of this experience was being able to provide medical care to an extremely underserved population of children. Patients lined up at 6am every morning and waited patiently in a hot hospital corridor to be seen. Families were extremely appreciative of the care we could provide. Working in a third-world, tropical country was a wonderful way to see and treat illnesses not commonly seen during our training in the U.S.; malaria, Dengue fever, monkey bites and *Ascaris* are just a few of the conditions we treated. In addition, my Spanish improved immensely (Spanish is a definite asset, but not required). Our major responsibilities involved treating children in the outpatient clinic and conducting newborn exams on all the babies born in the hospital. There is also an opportunity to participate in the care and evaluation of patients in the emergency department and in-patient unit of the hospital. We were even asked to make a few house calls, when people learned that two American docs were living nearby! A young Honduran-trained general practitioner who is employed full-time by Global Healing supervised us. Some months there is also an American pediatric attending volunteering at the clinic.

Some of the lessons learned included how to adjust my practice using what was available on the island and how to provide the best care with limited resources at my disposal. The program provides residents with a comfortable, air-conditioned apartment with a kitchen. They also reimburse you for emergency/supplemental medical evacuation insurance. You are responsible for airfare to the island, food and expenses on the island and obtaining the necessary immunizations/malaria prophylaxis. Roatan is a beautiful island with plenty of activities available for your free time (the island is well-known for its scuba diving) and the mainland is a short 20 minutes flight away. I would highly recommend this program to any resident interested in an international elective.

--Cynthia A. Lucero, MD is a 3rd year Pediatric Resident at
The Children's Hospital of Pittsburgh.

For more information, visit the Roatan Clinic website: <http://www.roatanclinic.org/>

Or email Dr. Lucero at: Cynthia.Lucero@chp.edu

To volunteer, email the coordinator, Dr. Arup Roy-Burman: arup@itsa.ucsf.edu

or

Alice Gruber from Global Healing: alicejgruber@yahoo.com

The best part of this experience was being able to provide medical care to an extremely underserved population of children.

Resident Life-Stories: The Gulf, Katrina and Me

By Jonathan Bickel, MD

In November 2005, after hurricanes Rita and Katrina, I worked as a “non-paid employee” of the federal government in the Public Health Service Corps delivering healthcare to the Louisiana area. I was deployed to the *Rampart Clinic*, so named simply because it was constructed each day on the corner of Rampart and Esplanade streets in the north east corner of the French Quarter.

My two weeks in New Orleans has forever changed my perspective on our healthcare system and how we as a community practice medicine. Imagine if all the major hospitals of your city simply ceased to exist all at once, leaving only small outlying hospitals to care for the entire volume of patients. Imagine if all the physicians, from general practitioners to sub specialists, were no longer available. The reality in New Orleans was not just the devastation to life and property in the immediate aftermath of the storms, but even three months later, your PCP, your cardiologist, and your child’s pediatrician were still trying to pick up the pieces of their personal lives, never mind their professional lives. Pharmacies were being run out of trailers next to what remained of the buildings they had previously occupied. The few patients that had returned, or never even left, had no medical records and it was as if the healthcare infrastructure had evaporated. There were no paper charts, no electronic records, and no PCP to contact regarding past care.

The people deployed to *Rampart Clinic* were from myriad backgrounds; I was the only Pediatrician on our team. I was joined by an oncologist, an internist, two family practice physicians (neither of whom were actively practicing), a pediatric nurse practitioner, two geriatric nurse practitioners, and five nurses. Our supplies consisted of tables, chairs, our individual stethoscopes, some reference material, and a truck full of medicines. We set up these meager supplies each day in a dusty lot, set out signs advertising our presence, and much to my surprise, the patients arrived.

Throughout my two weeks in the French Quarter, I came to realize that this medicine was probably the truest and most pure medicine that I would ever practice. Patients would walk off the street and into our dusty lot, nurses would sign them in, assess their needs, and if the patients needed to see a physician they would see one of us – first come, first served. I saw adult pathology that I had not thought about since medical school. I prescribed medicines I never use in pediatrics. It was scary practicing outside my clinical comfort zone, but somehow it worked because in the middle of that dusty lot we operated as a team. There was no grumbling about the nursing staff being slow, no waiting around for lab results, or hoping that radiology would just get back with a read. We were together with the patients.

In our academic medical centers, I believe we often get so hung up on the minutia of every day healthcare that we forget why we went into the business in the first place - to help patients. For two weeks in New Orleans, I had the opportunity to practice a lost art, medicine at its purest. I hope to have the opportunity to do it again.



Jon Bickel (top row, fifth person from the right) is a 2ND year Pediatric Resident at the Children’s Hospital of Pittsburgh. You may contact him at jonathan.bickel@chp.edu

The reality in New Orleans was not just the devastation to life and property..., but even three months later your [physicians] were still trying to pick up the pieces of their personal lives.

Upcoming Award Deadlines

American Academy of Pediatrics Section on Infectious Diseases

Invites all Infectious Disease Fellows and interested Residents to apply for a Travel Grant to attend

The Section on Infectious Diseases Section Program at the AAP National Conference and Exhibition

October 8, 1:15 – 3:30pm

Atlanta, GA

Interested individuals may nominate themselves or

be nominated by their program or fellowship director. Please contact Barbara Drelicharz for the application form to be completed

before June 30, 2006.

Fax: 847/434-8000 or e-mail: Bdrelicharz@aap.org

Six travel grant recipients will be selected by lottery and will be notified by July 29, 2006.

Recipients will receive \$1,200 to cover airfare, registration, and two days hotel, meals, and incidentals to attend the

AAP National Convention and Exhibition.
Questions?

Contact Alison Siwek at 847/434-7939.

Resident Section International Elective Travel Grant

\$500 grants awarded to resident members who wish to complete a clinical pediatric elective in the developing world during residency.

Deadline: November 2006

Resident Section

Anne E. Dyson Child Advocacy Award

A \$300 Award to a Resident-run project to improve the lives of children.

Winners receive a \$300 check to be used toward the project, along with travel and lodging expenses for two residents to attend the AAP NCE and receive the Advocacy Award Plaque during the Resident Section Assembly Meeting.

Deadline: August 2006

Resident Section

Clinical Case Presentation

The AAP Section on Residents has a successful new tradition at the AAP National Conference & Exhibition (NCE) called Resident Clinical Case Presentations.

You can submit abstracts of interesting cases you have come across through the AAP Online abstract submission process.

A committee of Residents judges the abstracts, and the top ten authors are awarded free one-day registration for the conference.

The abstracts are presented at a poster session along with the winners of the Resident Research Grant Program at the NCE Resident Section reception.

The first place winner's case is published in *Pediatrics in Review's* "Index of Suspicion."

The online submission process is now available on the AAP Web site under Professional

Education: <http://www.aap.org/profed/cfa.htm>

Deadline: April 14, 2006

Visit www.aap.org/residents for additional information about above programs and grant opportunities.

More Information

AAP Resident membership benefits:

- Pediatrics: print & online access
- AAP News: print & online access
- AAP Grand Rounds: print & online access
- Red Book: hard copy
- Pediatric Environmental Health
- Members Only Center: AAP website providing news/info, practice resources, electronic tools, section/chapter webpages, etc
- Pedialink.org: check out Prep SA online, clinical and career info, Individualized Learning Plans
- NeoPix: online collection of neonatal conditions found on Pedialink
- AAP policy: policy statements, clinical guidelines, technical reports
- Resident Section: opportunities for leadership, networking, travel, NCE programming, etc
- State Chapter membership
- Discounts on AAP products/services
- Grants: International Travel, Research, Child Advocacy

AAP.NET email address

Tired of changing email addresses every time you move? Go to the Members Only Channel on www.aap.org to get an aap.net forwarding address to use for a lifetime- and it's free for AAP members!

Want to publish in PIR?

Pediatrics in Review began a new feature entitled "Focus on Diagnosis" in 2005. The goal is to present a specific diagnostic study (chemistry test, micro assay, imaging technique) and best of all, residents are the writers! For more info, contact Dr. Larry Nazarian (LFredN@aol.com)

Pedialink

Check out www.pedialink.org for access to PREP questions, Individualized Learning Plans (ILPs), Online References and Job Opportunities! Free with membership from the AAP.

Fellowship Info

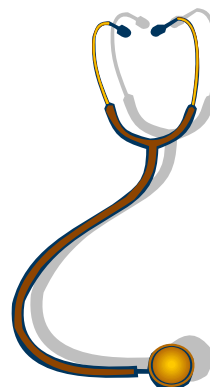
For a listing of fellowship application deadlines and match dates, go to <http://www.nrmp.org/fellow/schedule.html>

Resident Report

If you have an exciting story to tell about your residency experience, the Resident Report (our quarterly AAP newsletter) would be the perfect venue! Please contact us if you're interested.

Pediatric PDA info

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



YOUR DISTRICT III LEADERSHIP

RESIDENT LEADERSHIP

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District III Upcoming Events

- ◆ West Virginia Chapter Annual Business Meeting **April 7-8, 2006**
Holiday Inn and Civic Center- Huntington, WV
- ◆ New Jersey Chapter Annual Meeting **April 29, 2006**
Hyatt Regency New Brunswick - New Brunswick, NJ
- ◆ DC Chapter Annual Meeting **April 20, 2006** at Howard
University Hospital, Towers Auditorium
- ◆ AAP Annual Legislative Conference (open to all AAP
members) **April 2-4, 2006** in Washington, D.C.
- ◆ PA Immunization Coalition, **May 4**, Harrisburg, PA
- ◆ PA Advocates for Nutrition and Activity, **May 11**, Harrisburg, PA
- ◆ *PA Immunization Conference, **May 13**, Harrisburg, PA
- ◆ Advocacy Day **May 10** in Washington, D.C. (Visit aap.org for
more info)

For more Chapter info visit:

<http://www.aap.org/member/chapters/calendar/index.cfm>

Last Note...

If you would like to share your residency experiences in advocacy, international health, life on the wards or career development, or have a suggestion for content of our upcoming newsletters, please contact us!

HAPPY SPRING!

| APRIL 2006 | | | | | | |
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The AAP Section on Residents was founded in 1989 and enables residents, fellows, and medical students to work together to improve the care of infants, children, adolescents, and young adults. The Resident Section is the largest of the AAP's Sections with over 9,000 members. Resident and fellow members of the AAP are automatically members of the Section.