



DISTRICT IX RESIDENT NEWSLETTER

Fall 2005 Issue

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NATIONAL CONFERENCE AND EXHIBITION IN WASHINGTON, DC



It's that time of year again...time to start planning to attend the annual AAP National Conference and Exhibition! From **October 8-11, 2005**, pediatricians from around the country and even the world will convene in Washington, DC, for 4 days of educational sessions, social events, keynote speakers, and the exhibit hall. In addition to the usual outstanding line-up of events and sessions, this year's NCE will include a special focus on children's mental health.

If you haven't been to an NCE before, now's the time to go! The most important day for residents is Saturday, October 8th, as the residents will be meeting as a section and have special sessions geared specifically for residents, including:

- Keynote Address: "Pediatrician as Leaders: Making a Difference in Our Communities" *Lewis First, MD*
- Child Advocacy Award Presentation
- District Meetings and Elections
- Resident Resolutions
- Leadership Workshop
- Community Advocacy Workshop

To register for the NCE, visit the AAP homepage at www.aap.org. Registration for resident members is \$235 for the full conference, and \$130 for one-day registration. If you are a program delegate, be sure to ask your program director about a travel grant! Each program is allotted one \$300 travel grant. When making hotel arrangements, be aware that the resident section activities will be occurring in the Renaissance Hotel. If you are traveling alone and are looking for a roommate, e-mail Matt Oster at moster@itsa.ucsf.edu, and he will try to match up people looking for roommates.



READING STARS!

By Naomi Bardach, MD



Do you remember being read to as a kid? Being told a story? Reading on your own? Literacy skills start early and having them for life is invaluable. Through the assistance of an AAP Resident CATCH grant, residents at UCSF are helping pregnant adolescents learn to become more comfortable with reading out loud to their children. The project aims to foster multiple skills: the childrens' literacy, the adolescents' literacy, the adolescents' parenting, and parent child bonding.

After being awarded the grant, a busy six months of residency have passed. The grant supplies seed money to plan a project. I have researched videos that can be easily shown to adolescents waiting to be seen at a clinic specifically for pregnant teens at UCSF-Mt Zion in San Francisco. I have also met with multiple members of community organizations involved in literacy programs—public and private, focused on adults and families. Writing the grant was the beginning of work on literacy that I had been interested in doing for over two years. The funding gave me the wherewithal, and the impetus to move forward with that work—to get to know members of the community, to explore the literature on literacy, adult and child, and to have further contact with a lovely, compelling, and sometimes underserved part of our pediatric population. The AAP CATCH grant program is a wonderful opportunity for pediatric residents to obtain funding for their community projects.

If you are interested in learning more about the CATCH program, please visit www.aap.org/catch. The next deadline for resident CATCH grant applications is in January.

CHAPTER FOCUS

Each newsletter will focus on a specific program from one chapter. This issue looks at Chapter 4.

The Orange County Chapter has many great programs that are open to resident involvement. The **PE for ME Program** is a PE program for overweight youth in the 9th-12th grades. The students participate in aerobic exercise and resistance training and are provided with nutrition education. The **School Nurse Program** is a program designed to foster collaboration between pediatricians and school nurses in Orange County. The physicians provide important medical information to the nurses, but also serve as consultants for day-to-day questions that arise. **Project Viet Nam** is also alive and well with bi-annual trips to rural regions of Viet Nam to provide care to those who have little or no access.

If you are interested in helping with any of these programs, contact Chapter 4 V.P. Mike Weiss at mweiss3@cox.net

CALIFORNIA ADVOCACY SPOTLIGHT

The **FIRST 5 Association of California** works to improve the lives of California's youngest children and their families through an effective, coordinated, and inclusive implementation of the California Children and Families Act at the local and state levels. The Act was enacted in 1998 to create a comprehensive and integrated system of information and services promoting early childhood development from prenatal to age 5, as well as to support the needs of parent of young children. The ultimate goal is to enhance the health and early growth experiences of children, enabling them to be more successful in school and to give them a better opportunity to succeed in life.



www.f5ac.org

INTRODUCING PEDIALINK RESIDENT CENTER !

PediaLink® is an online resource that is used by 25,000 pediatric professionals every month. The American Academy of Pediatrics has launched a new center in PediaLink- the Resident Center!

This new site was designed by a team of Residents and Program Directors to provide residents with resources for clinical training, passing the boards, and finding a job. All residents will be sponsored by the AAP for the first year. This innovative site allows residents to:

- Answer PREP Self-Assessment questions online
- Conveniently access a variety of online resources
- Find career related tools and information
- Quickly access medical resources for handheld devices
- Assess strengths and weaknesses
- Interact with other residents across the country
- Create learning objectives and track progress in an Individualized Learning Plan

Go to www.pedialink.org to check out the new Resident Center. Log in with your AAP ID (on your mailing label of *Pediatrics*) or ask your program director how to log in now! For questions, email residentcenter@aap.org.

LEGISLATIVE UPDATES

Want to be kept up to date on the latest happenings and calls for action on legislative issues? Just send e-mails to the addresses below to be added to the list to receive the relevant updates!

Federal Affairs: FAAN@aap.org

California Affairs: Aapmarianne@aol.com

The next Sacramento Legislative Shadow Day is September 13th! Contact AAPMarianne@aol.com for details!

CALL FOR LEADERSHIP APPLICATIONS!

Want to represent the voice of pediatric residents to the AAP? Want to further develop your leadership skills? Want to play an active role in YOUR AAP? Apply for a leadership position in the AAP! Positions are available in national resident leadership, district resident leadership, and national resident liaison positions. Deadlines are:

September 1: Resident Section Vice Chair and Secretary Positions

September 15: Resident Section District and Liaison Positions

The national resident liaison positions are 2-year positions. The positions available are:

- American Medical Association Resident Fellow Section
- AAP Committee on Federal Government Affairs
- Case Studies Abstract Chairperson
- Community Access to Child Health
- Committee on Residency Scholarships
- Resident Research Grant Subcommittee
- Section on Adolescent Health
- Section on Child Abuse and Neglect
- Section on Home Care
- Section on International Child Health
- Section on School Health
- Steering Committee on Clinical Information Technology

More information on the leadership positions including an application can be found at:

www.aap.org/sections/resident/leadinterestform.pdf

RESOURCES

Resident AAP Website

www.aap.org/sections/resident

District IX Resident Website

www.aap.org/sections/resident/districtix.htm

District IX Chapter Websites

Chapter 1 (Northern CA):

www.aapca1.org

Chapter 2 (Southern CA, except as listed in Ch. 3 & 4)

www.aapca2.org

Chapter 3 (San Diego):

www.aapca3.org

Chapter 4 (Orange Country):

www.aapca4.org



UPCOMING EVENTS IN CALIFORNIA

Children's Health and the Environment
September 17, 2005
San Francisco, CA
415-479-9200



Sugar and Spice, No Longer Nice: The New Wave of Violence
September 20, 2005
Orange County
714-971-0695

Life After Residency
September 24, 2005
San Diego, CA
858-569-8816

School Health Leadership Conference
October 7, 2005
San Diego, CA
858-569-8816

UPCOMING GRANT & AWARD DEADLINES

Resident Travel Grant to the 2005 NCE

Ask your program director about AAP travel grants to travel to the 2005 NCE. One travel grant available per program.

Value: \$300

Deadline: September 9, 2005

International Rotation Travel Grant

Awarded to resident members who wish to complete a clinical pediatric elective in the developing world during their residency.

Value: \$500

Deadline: November 25, 2005

For more info on grants and awards, please visit:
www.aap.org/sections/resident/summary-ga.htm

CALLING ALL DELEGATES!

Is your program listed below? If so, then we don't have updated info on who is the AAP delegate at your program! AAP delegates serve as the integral link between the AAP and residency programs, as delegates help educate their peers about the opportunities that abound in the AAP. Without a program delegate, your program is missing out on obtaining a \$300 grant to send a resident to the National Conference and Exhibition! **If your program is listed below and you know who the AAP delegate is at your program or are interested in learning more about how to become the AAP delegate at your program, please contact Matt Oster at moster@itsa.ucsf.edu**



- Charles R Drew University Program
- Kaiser Permanente Southern California (Los Angeles) Program
- White Memorial Medical Center Program
- Los Angeles County-Harbor-UCLA Medical Center Program
- UCSF/Fresno Program
- UCLA Medical Center Program
- Children's Hospital of Orange County Program