Greetings everyone and welcome to our Spring 2016 newsletter! The Section continues to thrive, supported by our Section Manager Teri Salus and her colleague Pat Wajda. Thank you both for your ongoing efforts.

Education remains one of our primary missions and to this end our Executive Committee has been busy planning ahead for the upcoming 2016 and 2017 NCE programs. Our thanks go out to Michelle Bailey, outgoing Program Section Chair for her excellent work, and to Melanie Brown who has stepped into the role and coordinated with many of you to craft strong NCE proposals for the 2017 program in Chicago. Thank you Michelle and Melanie for your efforts! I am delighted to have such strong proposals coming out of the Section, and appreciate the efforts and expertise of all who submitted their ideas.

Section membership continues to grow, and I want to thank Joy Weydert and Melanie Brown for their ongoing efforts in this area. We are currently up to 253 members. Please continue to spread the word and help the Section thrive!

Thanks to Section Vice-Chair, Erica Sibinga, for her work on the Pediatrics in Review series. Recent articles from the series are included on page 11.

I am also delighted to relay the news that the Mind-Body Therapies for Children and Youth Clinical Report has received final approval and will be publishing in an upcoming edition of Pediatrics. Thanks to Immediate Past Chair, Sunita Vohra, for leading this effort and to all the contributing authors on a job well done! Next up is our update of the Technical Report on Pediatric Integrative Medicine, which is in its final stages of editing and committee approval.

Tim Culbert is continuing to lead the initiative for creation of a Mind-Body Toolkit, stay tuned for further details! Tim is also coordinating with several Section members who will be in Las Vegas May 17, 2016 at the 2016 International Congress on Integrative Medicine & Health (ICIMH) presenting a preconference seminar on Mind-Body Skills for Pediatric Patients Across the Spectrum: from Conventional to Complementary. I hope you are able to attend if you are at the conference.

It is my pleasure to introduce our three incoming Executive Committee members: Anna Esparham, MD, Sanghamitra (Mitra) Moulik, MD, and Claudia Morris, MD (page 3 & 4). They will take their seats starting November 1, 2016. We are so fortunate to have this great team to carry the Section’s work forward!

I’d also like to welcome our new newsletter editor Kathy Stepien, MD who begins her one-year term with this edition. Kathy is new to the Section and comes from a background in physical therapy, which she practiced for many years prior to studying medicine. She also holds an MA in Philosophy with a special interest in ethics. She attended medical school at the University of Washington School of Medicine and completed her pediatric residency in 2011. She is a board certified pediatrician in private practice in Juneau, Alaska who also has a passion for physician health and wellness. Welcome Kathy!
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You can read her interview of our Immediate Past Chair, Sunita Vohra, on page 8. I’d also like to congratulate our Section Founder, Kathi Kemper, on her newly published book Authentic Healing, Two Harbors Press, Minneapolis, MN and on her upcoming 3rd Edition of The Holistic Pediatrician due out in October of 2016. Congratulations Kathi!

Our work in physician health and wellness is active and continues to provide the Section a wonderful educational platform. There was great interest in the topic at the recent Annual Leadership Forum where I had a chance to speak to AAP leaders on the topic. Many of you are also aware of the national Pediatric Resilience-Burnout Research Consortium that is organizing to study burnout and best preventive approaches in pediatric residents. The Consortium is led by John Mahan, MD and Maneesh Batra, MD through the APPD LEARN program, and several Section members are on the Steering Committee. If you are affiliated with a pediatric residency program and are interested in learning more, please let me know.

On a final personal note, the 3-year national pilot program of the Pediatric Integrative Medicine in Residency program I have been working on, will finish this summer. The pilot sites and our early adopter sites combined now reach over 500 pediatric residents who are receiving curriculum on pediatric integrative medicine alongside their regular training - and we just added our first international site in Germany! It is a true privilege to work with this group, many of whom are Section members.

The field of pediatric integrative medicine continues to gain momentum and I am proud of everyone’s efforts. Remember, we need your help! I encourage you to reach out and get involved. We’d love to hear from you.

Warm regards,
Hilary McClafferty
Welcome New Executive Committee Members!

SOIM would like to welcome our newest members to the executive committee! Their terms start November 1, 2016. Below is a brief background of each member:

Anna Esparham, MD, FAAP
Dr. Esparham is a board-certified pediatrician, integrative medicine physician and medical acupuncturist at KU Integrative Medicine in Kansas City, KS. With compassionate understanding, she empowers the patient through tapping into their innate ability to heal and designs a personalized treatment plan. She utilizes a family-focused and holistic health care approach to help her patients achieve their health and wellness goals through her specialties in:

- Acupuncture and Acupressure
- Nutritional/Dietary Therapies
- Mind-body Therapies, including bio/neurofeedback

She is recognized nationally as a pediatric integrative medicine (PIM) leader and is involved in many projects. She has been instrumental in the development of a PIM CME conference in Kansas City, Kansas. She is currently working on the development of another PIM CME conference in Salina, Kansas and Intravenous Vitamin C Cancer Research CME conference in the fall of 2016. She has been published and presents to several community and medical organizations.

Sanghamitra (Mitra) Misra, MD, FAAP
Dr. Misra is a general pediatrician at Baylor College of Medicine (BCM) with a focus in integrative medicine (IM). As an academician, she has the opportunity to open minds of future physicians to integrative approaches to care. She is the medical director of the Texas Children’s Mobile Clinics which provide healthcare to underserved children. Misra was one of the SOIM educational grant winners in 2012. She created an IM curriculum for pediatric residents that she continues to teach monthly. At BCM, she teaches a course that introduces medical students to professionalism, palliative care, IM, and ambulatory care.

In 2012 as a faculty sponsor, she helped medical students start an official IM Interest Group. In 2014, she published a monograph "A Guide to Integrative Pediatrics for the Healthcare Professional" and completed the certification by the American Board of Integrative and Holistic Medicine. She has spoken at local, regional and national conferences including the AAP NCE on IM. Now in 2016, she has started to publish her IM research.

Continued of page 4
Claudia Morris, MD, FAAP
Dr. Morris, is an Associate Professor of Pediatrics and Emergency Medicine at Emory University School of Medicine. She is also an attending physician in Pediatric Emergency Medicine (PEM) at Children’s Healthcare of Atlanta.

Dr. Morris has a history of NIH, FDA/R01 and industry-sponsored funding, and has led several single and multi-center trials. She has a special interest in nutritional research that targets inflammation and oxidative stress. Her successful research career began with the support of a NIH/NHLBI Young Investigator K23 Research Career Award in 2000 that generated the pilot data to support a clinical trial of arginine therapy (a nutritional supplement) in SCD that recently published with promising results (Morris et al 2013, Haematologica). Dr. Morris is an internationally recognized leader in her field, and was recently awarded her 2nd R01 grant in August 2015. She was also awarded a clinical trials planning grant (R34 from NHLBI) in May 2015 to design a multicenter RCT of arginine therapy in children with SCD and pain, a study that has been endorsed by the Pediatric Emergency Care Applied Research Network (PECARN), which is a federally funded network of academic PEM investigators and hospitals. Due to Dr. Morris’ more integrative approach to the care of her patients, she was recently asked to organize and chair an education session entitled “Time to Consider an Integrative and Complementary Approach to SCD” at the 2016 Foundation for SCD Symposium in Fort Lauderdale, Florida this April as well as an international meeting on SCD in India in 2017.

Holy Encounter

By Anu French, MD, FAAP

As I step over the threshold
I ask to be blessed
Into kind usefulness each day

As I wash my hands
I ask to be mindful
Motivational each day

As I brew my tea
I ask to be humble
Open, receptive each day

As I take the history
I ask to listen keenly
To the story each day

As I recognize the honor
I ask for the courage
To be connected each day

As I feel the healing
I ask for the clarity
To see the wholeness each day

My office, holy space
My journey, holy labyrinth
My patient, holy encounter

As I learn and I love
I offer complete surrender
For the sweetness each day

As I nourish and I flourish
I offer deep gratitude
For the privilege each day
Resilience: A Double-Edged Sword?

Resilience is an important trait in physician wellness, but should we be cautious of seeking too much of a good thing? Taken to the extreme, resilience may predispose a physician to a sense of invincibility, underpinned by fatigue that can foreshadow burnout. The Merriam-Webster definition of resilience (noun) is: the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress. This reminds us that one's capacity to rebound is not guaranteed. The frequency, duration, and intensity of stressors we experience as physicians are significant, and over time living with chronic stress can begin to feel like the 'new normal', leaving us unable to pinpoint where the line between resilience and unrealistic accommodation blurs. Personally, I have spent more than enough time and energy recovering from an exaggerated sense of my own resilience. I now understand that as a preventive tool, resilience is best cultivated mindfully.

Healthy resilience can be learned, and it can be taught to others. It is typically characterized by specific traits that include: a strong sense of purpose; an internal focus of control; ability to accept current reality, tempered with a sense of optimism; realistic goal setting; emotional awareness; strong social connections; openness to challenges; flexibility; strong problem-solving skills; identification as a survivor rather than victim; the ability to ask for help; consistent self-care; and the ability to keep stressful events in perspective. Building resilience is a critical life skill, especially in the practice of medicine. If cultivated thoughtfully and applied as a guiding principle by individuals, within institutions, and across the broader culture of medicine, a common goal of healthy resilience can help us shape a professional culture that promotes wellbeing and eschews burnout. To this end, let’s use the term resilience with clear intent, and model an approach to resilience that is based on self-awareness and a desire to promote a healthier practice of medicine through all levels of training and practice. Be resilient! Mindfully.

Opportunities for SOIM Members — Healthychildren.org

AAP’s parent resource website, HealthyChildren.org, is welcoming SOIM to write articles of 500-750 words to help create a section on integrative medicine/CAM topics.

Each article can be taken from the Pediatrics in Review Integrative Health/CAM articles and reformatted/rewritten at the 8th grade level. Access to the PIR articles are outlined here.

HealthyChildren.org’s team will edit your piece once you have a rough draft.

Each article shouldn’t take more than an hour, and if you are interested and this resonates with you, please email Anna Esparham (aesparham@kumc.edu).
2016 Education

Sunday, October 23
1:00 pm - 4:00 pm
H2108: Pediatric Integrative Mental Health and Section on Early Career Physicians: A Whole Person Approach to Addressing Serious Mental Health Problems Across the Continuum of Care

8:30 am - 9:15 am
F2035: Biofeedback and Hypnosis: Fact or Fantasy

5:00 pm - 5:45 pm
F2192: Nutritional Supplements: Do Patients Really Know What They Are Taking?

Saturday, October 22
8:30am-10:00am
S1053: Heavy Petal A to Z: Herbs and Arnica to Zingiber in the Pediatric and Adolescent Patient

5:00-5:45pm
F5350: Integration of the Mind Body Connection into Clinical Practice
2017 National Conference & Exhibition
Chicago, IL – September 16-19

NCE Proposal Submitted (not yet approved as the NCE Planning Group meets in June….stay tuned!)

5984 Ayurvedic Principles, Approach, and Applications in Patient Care (Saini, Lad, Sharma)
5985 Play Prescriptions in Pediatrics: Building Resilience Through Free Play and Teaching Playful Self-Care Skills (Culbert)
5986 Managing Burnout with Mind-Body Practices (Kemper)
5987 Self-Compassion in Medicine: A Guided Meditation (Stepien)
5988 Physician Wellness? You Got This. (Stepien)
5989 Embracing the Moment: Mindfulness to Promote Resilience for Children, Adolescents, Families, and Health Providers (Vo, Bertin)
6024 The Anti-Inflammatory Diet: From Evidence to Practice (Barsky)
6030 The Scientific Integration of the Mind Body Connection into Clinical Practice. (Breuner)
6032 Top 10 Herbs - Are They Safe in Kids? (Breuner)
6033 Updates on Integrative Medicine in Adolescents (Breuner)
6034 Section on Integrative Medicine and Council on Sports Medicine Fitness Program
6060 Biofeedback: Fact or Fantasy (Breuner)
6222 Resilient Healers: The Role of Self-Hypnosis in Self-Care (Andrew Barnes and Robert Pendergrast)
6285 Physician Health and Wellness: Maximizing Wellbeing in the Mid-Career Clinician (McClafferty)
6286 Physician Health and Wellness: Advanced Coping Skills (McClafferty)
6338 Physician Health and Wellness: Unique Risk Factors for Women in Medicine (McClafferty)

COSPONSORING the following with the Section on Administration and Practice Management:
Practice Transformation-Mastering the New Environment
Practice Transformation-Organizing Change, Payment Reform, and New Technology
Integrating Mental Health

COSPONSORING the following with Council On Foster Care and Kinship Care:
Doctor Heal Thyself: Secondary Trauma and Self-Care for the Pediatrician
Surviving Change in the Health Care System: How to Care for Patients and Build Personal Resilience
Member Spotlight

Sunita Vohra, MD, FRCPC

Sage advice from esteemed pediatrician Dr. Sunita Vohra: “People can feel alone in their work. Take heart. Interested colleagues are right around the corner.” This advice arises from her experience as Director of The Integrative Health Institute (IHI) at the University of Alberta (uab.ca/ihi). Started in 2014 with 60 faculty scholars, it has now bloomed into a provincial-wide endeavor with over 130 members working on research and teaching in integrative, traditional, and indigenous health.

Dr. Vohra leads a unique, interfaculty institute including members who represent the full spectrum of disciplinary backgrounds such as medicine, nursing, pharmacy, engineering, arts, education, agriculture and nutrition, among others. The areas of study are placed into broad groups that include natural health products/functional foods; traditional/indigenous/Aboriginal health; and mind-body therapies (e.g., mindfulness meditation, arts-based therapies). The work of IHI Scholars spans from neonatal challenges to palliative care; from the subcellular to the sociocultural.

From their website: “IHI Scholars have considerable depth and breadth of expertise in integrative, traditional, and indigenous health. They pursue excellence by creating and disseminating high quality, meaningful research, teaching and mentoring future scholars and clinicians. They facilitate collaborations between the academic, industry, and public institutions that are important stakeholders in serving the public's interest in health and wellness. IHI serves as a hub for interdisciplinary research and education, promoting innovative ways to study, apply, and promote evidence-informed patient-centered health care.”

Past Chair of the AAP section of SOIM, Dr. Vohra has also been inducted as a fellow of the Canadian Academy of Health Sciences, one of the highest honors for any member of the Canadian health sciences community. She (modestly) describes the successes of the IHI as a “right time, right place” phenomena. Her achievements encourage us all to consider what are our “right time, right place” opportunities as we work to support evidence-based integrative care.

Kathy Stepien, MD, FAAP

Dr. Stepien is our newest newsletter editor. She has nearly 30 years of experience in healthcare. Her first career was in physical therapy, which she practiced for many years prior to studying medicine. She holds an MA in Philosophy with a special interest in ethics. Dr. Stepien attended medical school at the University of Washington School of Medicine and completed her pediatric residency in 2011. She is a board certified pediatrician in private practice in Juneau, Alaska.
Family Engagement Initiatives Update

Family Engagement Background

The AAP has established the following core principles for family engagement, which help guide its work:

1. The family is the principal caregiver and the center of strength and support for children.
2. The AAP recognizes that perspectives and information provided by families, children, adolescents, and young adults are essential components of collaborative decision-making in the delivery of high quality, safe, and compassionate care. Patients and their families are integral partners of the health care team.
3. The AAP recognizes the value of diversity among patients, families, and pediatricians. The delivery of care within the context of appropriate physician knowledge, understanding, and appreciation of cultural and population distinctions take into account families’ experiences, beliefs, values, actions, customs, and unique health care needs.
4. Recognizing, valuing, and building on the strengths of individual children and families and empowering them to discover and communicate their own strengths, build confidence, and partner in making choices and decisions about their health care is vital to optimal health and development.
5. To promote improved patient, family, and physician experiences and outcomes, the AAP encourages and supports family engagement in its core competencies of education, practice, research, and advocacy.

While the AAP has a long history of engaging patients and families in its activities, more concerted efforts have taken place over the past several years with the inclusion of a family engagement measure on the AAP organization-wide Balanced Scorecard. Efforts around family engagement have been coordinated by 2 primary groups: (1) the FamilY Partnerships Network, and (2) a staff Family Engagement Workgroup. Below is an overview of each group as well as ideas for what your group can do related to family engagement.

FamilY Partnerships Network (FPN)

The FamilY Partnerships Network was officially established in May 2014 meeting (the Y is capitalized to represent youth and young adults), and is designed to be a resource for Academy members regarding the importance of patient and family-centered care and the roles for families in health care and in health care redesign. The mission of the AAP FPN is to represent family and youth perspectives, lead and facilitate youth and family engagement, and support ongoing youth and family involvement at the local, state and national level.

The FPN is governed by a 7-member Executive Committee (including a youth representative), which provides leadership to FPN activities. Currently, there are approximately 50 participants of the FPN, which include representatives from national family organizations, as well as those who serve as family advisors to AAP committees, councils, sections, chapters, or other initiatives. An application is currently being developed to engage other youth/family representatives in the FPN. AAP leadership has identified the following criteria for participation in the FPN:

- Family members, youth, and caregivers who are currently participating or have previously participated in an advisory capacity to an AAP national or chapter level effort (including family affiliate members to AAP Section/Councils).
- Family members, youth, and caregivers who are currently, or have been previously engaged, with an AAP member or member practice on quality improvement, medical home, or local child health advancement activities, including members of family advisory committees within hospitals or practices.
- Representatives from national, State or Regional family organizations.

Continued on page 9
Family Engagement Initiatives Update (Continued)

Some current activities include:

**National Committee Pilot Project**: The FPN is leading a 2-year pilot project that involves adding a youth/family liaison to 4 national AAP committees. The committees were selected through a Request for Applications process and include: Committee on Hospital Care, Committee on Pediatric Emergency Medicine, Committee on Practice and Ambulatory Medicine, and Committee on Psychosocial Aspects of Child and Family Health. Youth/family liaisons are currently being identified. The FPN will work with these committees to orient their new liaisons and provide support throughout the pilot project. Evaluation will also be conducted to identify gaps in the orientation process, and to better understand the benefits of youth/family liaison engagement in national committee work.

**Fathers Roles in Child and Family Health Webinar**: The FPN will be co-hosting a Webinar in collaboration with the Committee on Psychosocial Aspects of Child and Family Health on the important role that fathers play in child and family health. This Webinar will be held on Friday, May 6 at 1 pm EDT/noon CDT. Presenters will include Dr Michael Yogman (COPACFH Chairperson), Greg Schell (FPN Executive Committee member), and Michael Hannon (FPN Executive Committee member). An announcement about the Webinar will be circulated once available.

**Staff Family Engagement Workgroup**

This group includes staff representatives from nearly every AAP department who meet on a monthly basis to advance efforts related to the AAP Balanced Scorecard objectives on family engagement and to share information and resources. FPN co-chairpersons also participate in monthly meetings to ensure coordination of activities.

The staff workgroup developed a comprehensive repository of family engagement initiatives taking place across the AAP. It serves multiple purposes including use as an accessible, one-stop-shop resource summarizing the breadth and depth of past and present activities and a source for information to report to AAP leadership. An update of the repository and refinement of the information gathering process for same is planned for this year.

The staff workgroup also developed a guidance document for staff and others on considerations for and approaches to family engagement in AAP groups/projects. This guidance provides the basis for a 2-part series of interactive sessions for AAP staff designed to equip them with knowledge, information and tools to make decisions regarding appropriate involvement of families and/or youth in their work and guidance and direction related to moving forward with same. Sessions will take place in April and May of 2016.

On January 14, 2016, Brad Thompson, MA, LPC, Co-Founder of The HALI Project provided an all staff Professional Development Workshop “How Do Families Matter?” focused on the important role of families in pediatrics. The session was standing room only, inspiring, and extremely well-received by a diverse group of staff.

**What You Can Do**

- Consider how your group might engage youth and families in your work. Examples of possible opportunities include requesting a formal family liaison or seeking family review/input on a policy statement or an activity. A multitude of other opportunities exist, as well.
- Reach out to the FPN and/or the staff Family Engagement Workgroup for advice or consultation.

For additional information about the FPN or the Staff Family Engagement Workgroup, contact Sunnah Kim at skim@aap.org or Michelle Esquivel at mesquivel@aap.org.
**Pediatrics in Review Update**

SOIM continues to have an ongoing series in the journal *Pediatrics in Review* (PiR). Editors of the PiR CAM series is Erica Sibinga, MD, FAAP, while Teri Salus is the coordinator of the complementary and alternative medicine (CAM) series.

Recent publications include:
- [Integrative Approaches to IBS (April 2016)](#)
- [Yoga (October 2015)](#)
- [CAM Utilization (March 2014)](#)
- [Pediatric Fibromyalgia (Dec 2014)](#)

Articles in development include the following topics:
- Effects of Hypnosis and Guided Imagery for Pediatric Pain (submitted for publication)
- Probiotics
- Anxiety and Acupuncture
- Biofeedback
- Oncology
- Irritable Bowel Syndrome
- Juvenile Rheumatoid Arthritis
- Child Nutrition

Thanks for all of our members for your continued support! If you are interested in submitting an article, please contact Teri Salus ([tsalus@aap.org](mailto:tsalus@aap.org)) and Erica Sibinga ([esibinga@jhmi.edu](mailto:esibinga@jhmi.edu)).

For more information on the AAP Section on Integrative Medicine, please visit our website by clicking [here](#).
Welcome New and Rejoined SOIM Members

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