Welcome back!

As the academic year draws to a close, we look back at all the wonderful things our members have accomplished this year. As SOMSRFT members, we have a unique challenge to pursue initiatives and projects that excite us while at the same time moving forwards in our training. Whether in medical school, residency or fellowship we each have an opportunity to apply our individual experiences towards the greater goal of advocating for children.

In the following pages, learn how our members are making differences and be inspired to continue your own work towards the better health of our children.

TEAM
Irina Prelipcean, M.D. District Coordinator
Kate Rooney-Otero, M.D. Assistant District Coordinator
Jennie Berkovich, D.O Director of Communications

Spring into ACTION!
AAP President-elect candidates: Fernando Stein, MD, FAAP & Lynda Young, MD, FAAP

**Essay Question #1**
Fernando Stein, MD, FAAP

How will you as President help the Academy to provide tools to chapters and local members to promote community investment in children?

The formation of imaginative partnerships with commerce, industry, foundations and non-governmental organizations can be fostered and facilitated by the AAP. Individual members and Chapters should be able to partner with the national structure of the AAP to achieve this goal. A variety of services exist within the AAP that are available but not currently easily accessible to the members and Chapters.

Promotion of investment in children begins with the illustration of their needs and the eventual embracing of them by their community. Pediatricians have traditionally been the advocates for children and have the logical opportunity to speak to the needs of children. It is one of my central agenda items to facilitate leadership training and access to Academy services for all members.

The Academy has a Chapter Relations Division in place. I will make better known the skills available in the AAP Staff to help Chapters solve various problems. The AAP should establish a formalized consulting service that is widely publicized and readily accessible to the individual members and chapters. An effective method to support “Best Practices in Chapter Management Concepts” will be to make this service robust in its charge and responsibilities.

For the AAP to adequately represent the reality of its membership, it must gather information about members’ needs, attitudes and opinions. I will work to better manage and strategically utilize the AAP’s data and data systems so that current, reliable, and easily accessible information can be leveraged on pediatricians’ behalf.

**Essay Question #1**
Lynda Young MD, FAAP

How will you as President help the Academy to provide tools to chapters and local members to promote community investment in children?

First, the unified voice of many is louder than many single voices. Building membership in our chapters increases the impact of the voice of advocacy for children. As President, I would encourage efforts to increase our membership at the local level, particularly through the use of social media and other electronic outlets.

Secondly, many physicians and chapters are committed to advocacy but may not know where to begin. We need to make available the “playbooks” on relevant initiatives, like immunization, gun control, health coverage. Such playbooks can detail who to call, how to build collaboration, what the resources are - along with fact sheets and talking points. Thirdly, we need to implement a mechanism to share success stories. I propose that our Academy develop its own version of “Pinterest”. Pinterest is a free website, widely used for people to share ideas. Our members could post stories of successful promotion of investment in children on such an Academy website – for example, a post “Our Chapter was successful in getting legislation restricting access to tobacco products for children and here’s how we did it.” In this way, best practices across the country can be shared for our members to adopt and adapt for their own localities. The use of social media like this creates the opportunity to learn from others, as well as to engage and energize our members.
UF continues efforts to FACE Poverty

by Irina Prelipcean MD

UF pediatric residents and families spent one Saturday afternoon to help clean up Colcough Park and Bivens Arm Nature Park as part of the national FACE poverty campaign. This was a great opportunity for residents to become more involved in the community and make Gainesville a more beautiful place for our children to play. Plus, it made for a good workout and time spent together. Planning committee is organizing a future beautification event in the streets of Gainesville and a food collection event.

Advocacy Initiative at UF Orlando Health

by Sareh Dyer, PGY-3, Melissa Velarde, PGY-2, Sonal Dewan, PGY-1

After going to the AAP conference in 2014, residency programs were encouraged to start reaching out to patient’s needs that went beyond their current medical conditions. The UF at Orlando Health Residency Program was inspired after learning about the socioeconomic struggles and food insecurities that many of our patient’s in Orlando face. As a program we have come together to address these concerns by starting to survey all of our patients at each Well Child visit. The patient’s parents have the option to not fill out the form if it does not seem to apply to them, but they understand that these concerns may apply to others; therefore, we screen everyone in the hope to not miss out on the opportunity to reach out to those in need. As AAP representatives, we have developed a comprehensive survey that screens for socioeconomic struggles, food insecurities, immigration/legal services, early education interventions, learning disabilities, and domestic violence. After we identify the specific areas of needs, we provide the patient’s parents with direct resources that will assist them in conquering these struggles. The survey was inspired by the FACE poverty sample questions, as well as the food vitals provided at the AAP conference. The feedback we have received from patient’s parents, fellow residents, and attendings has been remarkable. We feel that by taking the time to identify these needs we are now truly taking care of the whole individual and we have the AAP to thank for igniting this passion in our program. Our future plan is to further address food insecurities by partnering with local supermarkets in order to obtain gift cards and other items that we can provide to those patients who are in immediate need of assistance. It is exciting to see the changes that we are making as a program and will continue to make in the future.
Together we can FACE factors impacting your child’s health!

We are providing this questionnaire to all the families in our clinic to be able to identify any needs that our families are facing. We understand that not everyone may have the following concerns, and, if that is the case, please feel free to leave the questionnaire blank. But if you do, we want you to know that we are here to help. Please let your doctor know if you have any of the following concerns.

Income:
- Do you have trouble making ends meet? ______
- Are you currently in need of a job? ______

Food:
- Within the past 12 months did you worry about whether your family’s food would run out before you got money to buy more? ______
- Within the past 12 months did you find that the food you bought for your family didn’t last and you didn’t have money to get more? ______
- Will you be able to provide food for your family today? ______

Housing/Utilities:
- Is your housing ever a problem for you? ______
- Do you ever have trouble paying your electric/heat/telephone bill? ______
- Are you currently looking for housing? ______

Education:
- How is your child doing in school? ______
  - Is he/she getting the help to learn what he/she needs? ______
- Is your child in Head Start, pre-school, or early childhood enrichment? ______

Legal Status:
- Do you have questions about your immigration status? ______
- Do you need help accessing legal benefits/services for your family? ______

Personal Safety:
- Do you feel safe in your relationship? ______
- Do you feel safe in your home? ______

Reviewed by Physician: ___________________________ Date: ______________________
The American Academy of Pediatrics (AAP) has reaffirmed its commitment to raise awareness among parents about early language development with its strong stance to promote early literacy in young children beginning at birth. Last June 2014, a collaborative partnership between the AAP, Reach Out & Read, Scholastic and Too Small To Fail, a joint initiative of the Bill, Hillary & Chelsea Clinton Foundation was created to ensure that doctors, parents and caregivers have the information, tools & books that they need in order to promote reading out loud to children each day starting in infancy. More recently in October 2014, an early literacy toolkit was unveiled, Books Build Connections, to achieve the two-fold purpose of providing practical resources for pediatricians and also to provide guidance to families on the importance of talking, reading and singing with their children to promote early learning.

As James M. Perrin, MD, FAAP, president of the AAP commented, “Fewer than half of children younger than 5 years old are read to daily in our country. For 25 years, programs such as Reach Out & Read have been promoting literacy in exam rooms nationwide, and now, even more pediatricians are taking a stand to spread the news more widely through our recent policy, toolkit and partnership with Too Small to Fail.”

In light of this exciting news, the Pediatrics Program at Holtz Children’s Hospital is establishing a new and unique relationship with Reach Out & Read to bring the ideals of early literacy to our hospitalized pediatric patients. In an effort to help close the “word gap” in America, our priority lies in helping to inspire a love for books amongst our most vulnerable children from very low-income families in the hospital setting as a complement to their home environment. Every child under the age of 5 years will receive the gift of a new age appropriate book upon admission. The goal to capture the interest of children at a very early age is critical for early brain development. The integration of Reach Out & Read into the hospital setting provides many advantages including the positive influence and enthusiasm about books across multiple levels of healthcare providers over an extended period of time. Pediatric residents are leading this new initiative and have great potential as motivated physicians entering the field to instill a positive association with books and a love for learning.

Docs for Glock Safety

Pediatricians continue to speak up against gun violence across the country. The Florida Chapter of the American Academy of Pediatrics and several individual FCAAP pediatricians are lead plaintiffs in a Federal Court case to overturn the State’s decision to restrict physicians’ First Amendment right to ask about the presence of guns in the home. In collaboration with an independent Los Angeles movie production company called Brave New Films, FCAAP has produced a brief documentary based on the recent gun lawsuit, Firearm Owners’ Privacy Act (colloquially referred to as Docs versus Glocks). It is intended as a “call to action” urging patients, parents, students, community leaders, advocacy support groups, physicians, and healthcare organizations across the country to speak up and prevent the passage of copycat first amendment infringement laws in other States. Check on the short 3-minute video for more information:

https://www.youtube.com/watch?v=hGISfMfIrjc&feature=youtu.be
Attending medical school in the Greater Atlanta Area, it is nearly impossible to ignore the childhood obesity epidemic. Consistently, the epidemic strikes the children in the southeast harder than any other area of the United States. This discrepancy can be attributed to not only a culture that prides itself on fried southern cooking and sweet tea, but also a lack of education on proper nutrition and exercise. With this in mind, GA-PCOM medical students launched the “Children for Healthy Habits Initiative,” which focuses on three key aspects of maintaining a healthy life: 1) Eating a nutritious, balanced diet, 2) Adhering to serving sizes and portion control, and 3) Exercising daily.

The initiative was first implemented at Robert’s Elementary School, located just north of Atlanta in Suwanee, GA. Using the United States Department of Agriculture’s MyPlate as a learning tool, the students were engaged in an interactive lesson, which asked them to first identify healthy foods, and then the associated food group [www.choosemyplate.gov]. The second activity focused on serving size and portion control. The activity required a few child volunteers to measure the presumed amount of sugar in various foods, for example a can of Coca Cola (12 oz). Subsequently, the actual amount of sugar contained in a coke (10.5 tsp or 39g) was revealed. Visually, the kids were stunned by the sugar content. An eight-year-old may not be able to be read a nutrition label, but they can certainly recognize “So much sugar!” Springing from this sugar wow factor, the medical students encouraged the young scholars to make healthier beverage and snack choices - water over soda, Gatorade only after strenuous exercise, and an apple with yummy peanut butter and “fun ant raisins” over a Snickers. Lastly, the kids were educated on the importance of exercise. The lesson began with a united proclamation of “Sixty minutes!,” with the hope of engraining the need for sixty minutes of activity every day. Next, the kids were asked one-by-one to identify “exercise” activities they enjoyed. Then, the kids would respond to each proposed exercise activity by either running in place quickly thereby designating “Yes, that is exercise,” or run in place slowly for “Not exercise.” After running in place with each response, the kids gained both a sense of what moderate exercise should feel like, and the feeling of increased energy that accompanies exercise. Unfortunately for the kindergarten and third grade teachers, the three hundred kids left feeling refreshed and excited about nutrition and exercise.

What is the future of the Children for Healthy Habits Initiative? The initiative is rooted in the Pediatric Interest Group [PIG] on campus, and designed such that as new PIG leadership is elected each year, another local school is added to the program. Additionally, the program is being spread to other PIGs around the country, but particularly those in the southeast, through the AAP Medical Students Subcommittee. Ultimately, the prevalence of childhood obesity remains high, and thus as leaders of the community, it remains important to educate children on healthy habits.
Updates from the Long Range Planning Meeting
Chicago, IL Feb.2015

by Irina Prelipcean MD

Day 1:

- Excited reunion with old friends and meeting new people who are passionate about making SOMSRFT better and bigger.

- Leadership training presented...we all need it! Whether we like it or not, we are viewed as leaders in our communities, so why not act accordingly. Take out message: “Leadership comes from inside out, but impact is measured from the outside in” and “always lead from a point of passion”.

Day 2:

- Filled with intense strategic planning around our identified goals from last LRPM within Child Health, Learning and Growth, Internal Processes, and Member Value workgroups

- Discussion about future national advocacy campaign; for the very first time decided to continue current FACE poverty campaign...with a twist:)

- Tackled restructuring of the SOMSRF Executive Committee

Day 3:

- Introducing the AAP Mentorship program website – fabulous!

- Individual meetings of the strategic planning workgroups to delineate goals for this year- many exciting things coming your way such as leadership training for all residents, guide for graduating residents regarding job/fellowship application process

- Emotional goodbyes for those graduating residents who will leave SOMSRFT and join SOYP...truly blessed to be part of an awesome group of people who really care!
National Updates

- Disaster Preparedness Survey

Since disaster preparedness training is not standardized in residency, we are evaluating resident’s disaster preparedness training, as well as comfort level related to taking care of children during times of disasters. Please take a few minutes to complete the survey. Your 5 minutes of time will greatly help to collect the most accurate data on residents and disaster preparedness. Please email me with any questions – Shana Godfred-Cato, DO.

- Adolescent Immunization Courses

The AAP has developed 2 online courses on adolescent immunizations to help you improve rates in your practice:

  - Adolescent Immunizations: Office Strategies - This course provides strategies that pediatric offices can use to optimize their adolescent immunization efforts and improve their adolescent immunization rates.

  - Adolescent Immunizations: Strongly Recommending the HPV Vaccine - This course will discuss strategies for strongly recommending the HPV vaccine and will offer information to help pediatricians address their patients’ concerns about the vaccine.

  - To access these courses, please visit: http://pedialink.aap.org/visitor and click the Continuing Education tab.

  - The American Academy of Pediatrics has developed an Adolescent Immunization Flip Chart to help pediatricians hold productive conversations with parents about vaccines due during adolescence. If you would like to receive one for use in your office, please complete the survey at: https://www.surveymonkey.com/s/HJ89322.

- Ready, Set, ADVOCATE - Who’s speaking up for children?

  - Inaugural and state of the state addresses offer a quick look at governors’ top line priorities and are a great way for your chapter to identify shared interests, make a connection, and offer your expertise. The AAP Division of State Government Affairs has been listening in to what governors are saying, and we’re keeping track of some things you’ll want to know in our Who’s speaking up for children? resource. So take a look, make a connection, and contact your governor! Kids are counting on you.

- Materials on Early Childhood Development

The CDC Learn the Signs. Act Early. program provides free resources and materials for pediatric clinicians to distribute to patients or include in waiting areas, including milestone checklists, brochures and flyers. These materials are also available in Spanish.

- Developmental Screening in Practice

Are you interested in using standardized developmental screening tools to improve screening for developmental delays in your practice? Check out the Birth to 5: Watch Me Thrive! guide for primary care providers, which includes information about healthy development, developmental concerns, how to select an appropriate screening tool, where to go for help, how to talk to families, and tips on how to best support children.
The Annual Leadership Forum is a meeting of the leadership of the AAP where resolutions are discussed and voted on, that will influence future policy and advocacy efforts of the AAP. For those of you who attended NCE, SOMSRFT debated and voted on resolutions came up with our own top 12. These 12, along with a five other resolutions sponsored by SOMSRFT members were represented at the Annual Leadership Forum, and we are excited to say that 16 of the 17 passed!! Congratulations to the authors of the resolutions that passed, and the section will now be working with you to start the work on making the action part of the resolutions into reality. Below are the resolutions authored from members of our sections, congrats (starred resolutions were sponsored by SOMSRFT):

<table>
<thead>
<tr>
<th>Resolution</th>
<th>Author</th>
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<tbody>
<tr>
<td>Eliminating Funding Caps on Pediatric GME*</td>
<td>Maryam Shambayati (D-VII)</td>
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<tr>
<td>Tooth Brushing with Fluoride Toothpaste in Schools and through WIC Program*</td>
<td>Natalie Schellpfeffer (D-V)</td>
</tr>
<tr>
<td>Addressing the Legal and Mental Health Needs of Undocumented Immigrant Children*</td>
<td>Peter Cooch (D-IX)</td>
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<tr>
<td>Equality in Vaccine Storage*</td>
<td>Jessica Simkins (D-VI)</td>
</tr>
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<td>Ban Over the Counter Diet Pill Sales to Children</td>
<td>Shana Godfred-Cato (D-VII)</td>
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<td>Prevent Marijuana Exposure for Children</td>
<td>Shana Godfred-Cato (D-VII)</td>
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<tr>
<td>Smoking Even Outside Harms Children*</td>
<td>Marcial Oquendo (D-VII)</td>
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<tr>
<td>Share Rooms, Not Beds</td>
<td>Bethany W Carnes (D-IY)</td>
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<tr>
<td>Identifying At Risk Youth by Creating Safe and Confidential Environments</td>
<td>Jenna Klotz (D-IX)</td>
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<tr>
<td>Youth Right to Independently Consent for Human papillomavirus (HPV) Vaccination</td>
<td>Sherry Shenoda (D-X)</td>
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<tr>
<td>United Food Policy Statement*</td>
<td>Peter Reed (D-I)</td>
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<tr>
<td>Screening and Toolkit for Poverty*</td>
<td>Aimee Grace (D-III)</td>
</tr>
<tr>
<td>Training Pediatric Residents in Long-acting Reversible Contraception (LARC) Methods*</td>
<td>Aisha James (D-I)</td>
</tr>
<tr>
<td>Disaster Preparedness Curriculum in Resident and Fellowship Training Programs</td>
<td>Shana Godfred-Cato (D-VII)</td>
</tr>
<tr>
<td>Resident and Medical Student Membership in all Sections and Councils*</td>
<td>Ashley Lucke (D-VII)</td>
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<tr>
<td>Restructure the AAP Board of Directors*</td>
<td>Justin Schreiber (D-III)</td>
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**2015-16 SOMSRFT Resolution Process**

Is there something that gets you upset that you wish you could change?

Is there a topic you wish the AAP would focus its efforts on?

Do you want to shape AAP policy?

*Submit a Resolution for the next year!!*

All you need is an idea of something you want to change and we will help you make it into a resolution!

Contact the chairs of the Resolution Task Force with your idea and we will connect you with someone to make it into a resolution:

- Justin Schreiber (SOMSRFT Secretary)-schreiberj@upmc.edu
- Angela Sandell (District II Coordinator)-asandell@buffalo.edu

Please send your resolution ideas by May 30th!!!!
Learning and Growth Workgroup – Introduction and Update

Sameer Vohra, MD, JD and Jennifer Gerardin, MD
Learning and Growth Workgroup Co-Chairs

During a bitterly cold weekend in Chicago in February 2014, leaders of the American Academy of Pediatrics Section on Medical Students, Residents, and Fellowship Trainees (AAP-SOMRSFT) decided on four workgroups that would define our strategic plan for the years moving forward. The first workgroup, Child Health, would augment the Section’s advocacy campaign by providing metrics to measure its success. The second workgroup, Member Value, would work to make sure that members were receiving their desired benefits from the Academy. The third workgroup, Internal Process, would work to create a more efficient and effective leadership structure for our Section. The final workgroup, titled Learning and Growth, would serve a very different purpose. The workgroup would work to fill educational voids in our medical training system.

Medical trainees in the United States are provided with an elite education focused on learning the necessary skills to become outstanding clinicians. However, our medical educational system often leaves the newly formed physician without some of the business and leadership skills necessary to thrive in their personal and professional lives. The Learning and Growth Workgroup has an ambitious agenda to help our members gain these very skills.

Managing the financial stresses that come the moment we graduate medical school or residency is not easy. The complexity of the system can be daunting, and extra resources and guidance is needed. The AAP has partnered with USI Affinity to provide you with resources to better understand the complex financial system. The Learning and Growth Workgroup is working with USI Affinity to promote a Financial Wellness Month this summer where we will release videos and other content to help with your financial needs.

It is no secret that medical students, residents and fellowship trainees also experience leadership challenges daily while working in hospitals and communities. Placed in a position where we must lead from non-traditional positions of power, trainees are required to lead from the middle. At this year’s National Conference and Exhibition, AAP-SOMRSFT leaders will pose a Leadership Challenge. Having successfully piloted our leadership training sessions in our SOMRSFT Executive Committee, the Workgroup will provide you with the tools and resources to learn how to lead from the middle. We will also provide you with leadership truths that you can use in every facet of your life. Your decision to become a pediatrician makes all of you leaders. Our hope is that we can give you some tools to make you great ones.

These efforts are just the beginning of a new focus by the AAP-SOMRSFT to provide our members with the tools and resources that they need to succeed in all facets of their professional lives. We encourage you to contact us if you have any ideas or suggestions to help serve you better. Thank you for all that you do to help our children stay health and well.