

Cub Corner

MONTHLY NEWSLETTER

SEPTEMBER / OCTOBER 2023

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Month Edition!

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MOULTON'S MESSAGE

Dedrick Moulton, MD
Pediatrics Department Chair



*Sometimes ignored. Other times
talked over.*

*Sometimes passed up. Other times
not considered.*

*Sometimes lead without
recognition. Other times no
chance to lead.*

*Sometimes sacrifice is too great a
price. Other times not given their
asking price.*

Women in medicine make up more than 50% of medical school enrollees. Despite their increased presence, the culture of medicine has not promoted a nurturing environment to retain women but rather has seen 40% of women exit medicine or transition to parttime
(cont.)



UPCOMING EVENTS >>>>

Wednesdays at 12:00
Grand Rounds
Large Conference
Room, CH

October 17th
State of the
Department
Worley Hall

October 18th - 19th
Dr. Jamilah Hackworth
Visiting Professor from
Cincinnati CH

WELCOME NEW FACULTY!



Dr. Melvin Almodovar
Section Head of the
Cardiac Intensive
Care Division



Dr. Michael Carver
Assistant Professor of
Clinical Pediatrics
Gastroenterology



Dr. Minghua Hao
Assistant Professor of
Clinical Pediatrics
Cardiology



Dr. Raymond Morales
Assistant Professor of
Clinical Pediatrics
Cardiac Intensive Care



MOULTON'S MESSAGE (CONT.)

status. The challenges women in medicine face are many and well documented. It is quite difficult for me to fully understand the “Why” behind those challenges when I consider their amazingly successful track record. There is evidence that has shown women provide better clinical care and save more for health systems than male physicians. Frequently, women are also found to be more collaborative in research and medical education. Women in medicine have managed to perform at this exceptional level while experiencing acts to silence or weaken them. They are told, “don’t complain”, “suck it up,”manup”, “don’t look weak” or “be professional”. So, what’s keeping this inequality/inequity train running? Dr. W. Edward Deming said, “a system is perfectly designed to get the results that it does”. If we desire to improve health outcomes and resolve health disparities, we need a new playbook that ensures women serve in all roles of our field at a level commensurate to their presence, including in roles as decision-making leaders. Sawubona #WomeninMedicine!







The American Medical Association designates the month of September as Women in Medicine Month to celebrate the accomplishments and contributions of women physicians. Through various activities, talks, and initiatives, LSU Pediatrics has had the privilege of acknowledging the remarkable achievements and inspiring stories of women who have made a significant impact in the realm of healthcare.

With encouragement from Dr. Dedrick Moulton, Dr. Bonnie Desselle spearheaded the Women in Medicine Month, honoring the incredible contributions of women in medicine with a series of exciting events throughout the month of September. Sponsored by LSU and Tulane Departments of Pediatrics and Children's Hospital, these events provided a platform for celebrating the accomplishments of women healthcare providers and foster a sense of community among them. Let's take a closer look at the activities.

Women in Medicine Month Kick-off:

On Friday, September 1st, the celebration began with the Women in Medicine Month Kick-off event. Visitors stopped by a table located in the hospital's main concourse which was filled with treats and games, creating a fun and engaging atmosphere right from the start. This event set the tone for a month filled with empowerment and inspiration.

Women's Breakfast Celebration:

Monday, September 11th, marked a special morning as women in medicine gathered for a Breakfast Buffet in the Large Conference Rooms at Children's Hospital. The event provided a wonderful opportunity for networking and camaraderie among female healthcare professionals.

Early Career Women's Workshop:

On Friday, September 15th, Dr. Ann Tilton, a distinguished professor, presented the Early Career Women's Workshop. This workshop aimed to equip young female professionals with valuable insights and guidance as they navigate their careers in medicine.

Keynote Address:

On Tuesday, September 19th, Susan Distefano, an Executive Leadership Coach, delivered a compelling Keynote Address at the Worley Hall Conference Center. Her presentation touched on the leadership gender gap and empowerment strategies, inspiring the attendees.

Women's Leadership Workshop:

Susan Distefano continued her valuable contributions by presenting the Women's Leadership Workshop, offering insights into energy management and active listening. This workshop provided valuable tools for women in medicine to enhance their leadership skills.

Working Mom's Lunch:

On Thursday, September 21st, Working Mom's Lunch provided a platform for female healthcare providers to discuss the challenges and joys of juggling multiple roles. This event fostered support and understanding among women managing both their careers and family life.

Evening Social Hour:

Later Thursday evening, social gathering awaited



women physicians at The Chloe Hotel. This Evening Social Hour offered an opportunity for attendees to meet and mingle while enjoying beverages and snacks, strengthening the bonds within the community of women in medicine.

Women in Medicine Month Send-Off:

As September came to a close on Friday, September 29th a send-off event was held in the hospital's main concourse. Visitors who stopped by were provided with a delightful conclusion to the month-long celebration with treats and trivia.

This month has been a reminder of the importance of fostering a supportive and inclusive environment for women in medicine as we continue to pave the way for future generations of female physicians and healthcare professionals. LSU Department of Pediatrics has taken the initiative to honor and empower the remarkable women in medicine with a diverse range of events throughout September. These gatherings not only celebrate their accomplishments but also provide valuable opportunities for networking, learning, and building a supportive community among female healthcare providers. By hosting these events, the department recognizes the invaluable contributions of women in medicine and continues to inspire and empower the next generation of female healthcare professionals.



**Peyton Bennett, DO**

Peyton Bennett, DO, currently in her last year of residency, is a dedicated and compassionate physician with a strong passion for emergency medicine and providing treatment for children, especially those with sickle cell disease. Her journey into the world of pediatrics was inspired by her undergraduate experience as a teaching assistant for a kindergarten class, where she discovered the profound rewards of working with children.

Throughout her residency, Peyton's commitment to improving patient care led her to undertake her most significant project: the development and implementation of a clinical pathway for sickle cell pain management in the emergency department. This endeavor aims to enhance the timeliness of pain medication administration for the substantial patient population of those with sickle cell disease. Peyton's hard work has paid off as the project not only has seen success, but it has also earned her recognition locally and nationally. She won the "Best Overall Presentation" award at the LSUHSC Medical School QI Fair and presented at the Foundation for Sickle Cell Disease Research annual symposium. She was also honored by her peers and professors with the Department of Pediatrics Research Award.

As Peyton finishes up her last year of residency with hopes to match into a Pediatric Emergency Medicine fellowship, she is sure to leave behind a legacy of improved care for sickle cell patients. Her resilience, commitment, and passion for pediatric medicine make her an invaluable asset to the field, and her dedication to her patients is truly commendable.

**Alana Sam, MD**

Alana Sam, MD, a spirited and driven 2nd-year resident at LSU Pediatrics, has carried a passion for pediatrics since before medical school. Her love for working with children was solidified during her pediatric rotation, and she finds immense fulfillment in her role, even on tiring days. Alana deeply appreciates the resilience of her young patients and takes pride in helping vulnerable families navigate difficult situations.

Alana has made impressive accomplishments and contributions during her residency. She presented at the regional Southern Society for Pediatric Research Day and soon will travel to Washington DC as the elected AAP delegate for Pediatric Trainees. Additionally, her involvement in the (TCHOUP) program's planning committee has brought her much fulfillment, and she's an active member of the Physicians Underrepresented in Medicine Alliance (PUMA). She also participates as a mentor in a mentorship program for 4th-year medical students and residents. As she actively seeks for ways to enrich patient care, she currently is working on a Quality Improvement project focused on recording mock end-of-life care scenarios for pediatric patients, particularly those with DNR orders, aiming to make the procedures more accessible and understandable.

Alana's future plans involve practicing general pediatric outpatient care in New Orleans, a community she loves. She is deeply committed to diversity and inclusion work and is passionate about mentorship. Her prior research on gun violence, initiated during medical school, remains a priority, and she intends to implement it further during her residency, marking her as a dedicated, involved, and forward-thinking pediatrician.



Anna Simon, MD

Anna Simon, MD, a driven and ambitious third-year resident, had her passion for pediatrics ignited early in life. Having a close relationship with her sister, who has special needs, she admired how their family's general pediatrician played an integral role in their lives, motivating her desire to work with children and their families.

Anna's commitment to providing care extends to serving the Hispanic-speaking population in New Orleans that she sees in clinic weekly. Leveraging her bilingual abilities, she provides valuable care to this significant community. With Venezuelan roots, her cultural connection enriches her medical practice.

One of Anna's notable accomplishments is her commitment to revamping the Hematology/Oncology curriculum. She collaborates with fellows and staff to create comprehensive resources, including spreadsheets and articles, aimed at benefiting residents and medical students. Her goal is to provide accessible materials filled with practical tips, tricks, and valuable insights, that will ultimately benefit medical education for future learners.

Anna's goals for the remainder of her residency include solidifying and expanding this project. Beyond that, she hopes to match into a Hematology/Oncology fellowship and ultimately build a career in an academic setting where she can actively contribute to medical education. Anna's dedication to pediatric care, passion for teaching, and commitment to continuous improvement make her a valuable asset to both her community and the field of medicine.



Kanya Singhapakdi, DO

Recently, Kanya Singhapakdi, DO, a third-year cardiology fellow, had the opportunity to attend and present a poster at the 8th World Congress of Pediatric Cardiology and Cardiac Surgery, an international conference that attracted physicians from around the globe. She presented on a case that draws attention to the imperfections of medical technology and advocating for the importance of clinical reasoning and expertise.

Kanya noted a particularly interesting session at the conference that focused on management and leadership within the field of cardiology. Kanya learned valuable strategies for dealing with challenging personalities and engaging in difficult conversations—skills that will undoubtedly serve her well in her future career. Additionally, she was introduced to the emerging field of preventative cardiology.

Kanya's proactive approach to professional growth has led her to participate in several regional conferences, yet the scale of this one, on its international level, proved unparalleled, offering fresh and innovative insights that will undoubtedly shape her future practice.

Looking ahead, Kanya has plans to pursue a career in general outpatient cardiology where she looks forward to building lasting relationships with her patients. As a young specialty, pediatric cardiology offers endless opportunities for innovation and growth, and Kanya is excited to be on the frontier of this ever-evolving branch of medicine. Her journey continues to enrich our medical community, and we look forward to her future contributions in pediatric cardiology.

Research Fellowship Research Council Kickoffs their First Session

The ACGME program requirements identify fellow scholarly activity as a core component of an effective educational environment. Each fellow must design and conduct a scholarly project under the guidance of a mentor and a scholarship oversight committee.

Earlier this month, LSU Pediatrics kicked off the first Fellowship Research Council session of many as faculty and fellows gathered to evaluate and share research progress. This council is made up of faculty members with diverse viewpoints, knowledge and expertise who aim to provide fellows engaged in research with valuable input and feedback on research strategies and analysis.

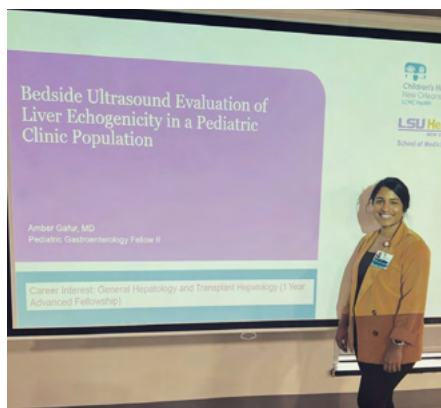
Dr. Amber Gafur, a second year Pediatric Gastroenterology fellow, and Dr. Kathryn Cyrus, a second year Neonatal-Perinatal fellow, were the first to present in front of the research council. Dr. Gafur presented on Bedside Ultrasound Evaluation of Liver Echogenicity in a Pediatric Clinic Population. Dr. Cyrus presented on Parental Values in the NICU.

Both fellows did an amazing job, and we look forward to seeing their progress!

Biostatistical Support for LSU Pediatric Research

In response to increased research initiatives within the department, LSU Pediatrics has welcomed Dr. Zhide Fang into its ranks as the department biostatistician. Dr. Fang received his PhD in statistics from University of Alabama and has performed work on a variety of research focus areas such as developing novel statistical methodologies for analyzing genomic data and developing efficient algorithms for Big (Streaming) Data.

Dr. Fang's role will be key in providing comprehensive research support to our faculty, residents, and fellows on a variety of topics such as study design, data analysis, and data entry. With his expertise in biostatistics, he will play an impactful role in advancing our research endeavors, ensuring that data analysis and interpretation are conducted with precision. His skills and knowledge will undoubtedly enhance the quality and impact of the already impressive research occurring within LSU Pediatrics.





WHO DAT?



Pinki Prasad

PLLSC NCORP
Representative



Earlier this month, Dr. Pinki Prasad, Associate Professor in the Hem/Onc division, was welcomed as an NCORP representative with the Pediatric Leukemia and Lymphoma Steering Committee (PLLSC). Dr. Prasad will serve a 3-year appointment beginning on October 1st.

The PLLSC was established in 2011 and its members include representatives from the Children's Oncology Group, pediatric and medical oncologists and other specialists, translational scientists, biostatisticians, patient advocates, and National Cancer Institute (NCI) staff. Together, these representatives work address areas of unmet clinical need, important unanswered clinical questions, and potential new approaches to disease treatment.

Congratulations, Dr. Prasad, on this great honor!

Elizabeth McDonough

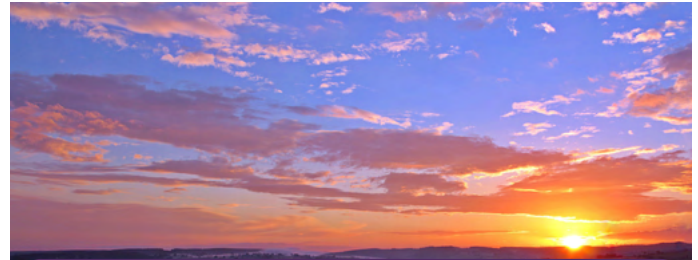
Co-Director of
Preclerkship GI
Curriculum



Dr. Elizabeth McDonough, Assistant Professor in the Gastroenterology division, has been appointed as Co-director of pre-clerkship GI curriculum. In this position, Dr. McDonough will use her medical expertise to oversee the content of lectures, clinical cases

and testing for the pre-clerkship GI course for second year medical students. She will be the clinical co-director alongside a basic science co-director.

Congratulations, Dr. McDonough, on your appointment!



WELLNESS

“Wellness goes beyond merely the absence of distress and includes being challenged, thriving, and achieving success in various aspects of personal and professional life.”

-TAIT SHANAFELT, MD
Chief Wellness Officer, Stanford Medicine

Tips for Decreasing Burnout and Increasing Joy on the Job

- Taking personal responsibility for self-care, happiness, pursuing hobbies and engage in things outside of medicine
- Set time each week to pursue a duty at your practice that you enjoy (20%)
- Take your entire vacation time
- Maintain a healthy diet and exercise
- Have meaningful conversations to your spouse or significant other
- Avoid delay-gratification

- Jerussa Aita-Levy, MD, Chief Wellness Officer

CHALLENGE

Choose one of the above tips to implement into your daily routine this month. Let us know which you choose and how it goes!

[Share here with Microsoft Forms](#)

DEI

PUMA: Physicians Underrepresented in Medicine Alliance



LSU Pediatrics Physicians Underrepresented in Medicine Alliance (PUMA) was established in 2020 by a small group of pediatric faculty members who shared a common goal of creating an inclusive environment where all trainees and faculty feel a sense of belonging. Comprised of residents, fellows, and faculty members from CHNOLA, Tulane and LSU, this alliance does just that.

PUMA aims to create a welcoming and supportive culture, which is an essential ingredient for successful training, professional sustainability, and compassionate healthcare delivery. PUMA is committed to uniting and supporting one another and believes that by growing workforce diversity, patient health and well-being will ultimately improve.

At the heart of PUMA's identity is the belief that unity and mutual support are the pillars upon which a thriving healthcare community stands. They celebrate and support members of the community across all areas of diversity including, but not limited to, race, ethnicity, religion, sexual orientation, socioeconomic status, gender, and disability.

PUMA member and second year resident at LSU Pediatrics, Dr. Alanna Sam, regularly participates in PUMA activities.

"This alliance allows relationships and mentorship to blossom and thrive. It provides us with a community and is really amazing", Dr. Sam explains.

Through their efforts in mentorship, education and scholarly activity, community outreach, and social engagement, PUMA fosters collaboration and a sense of belonging across CHNOLA, Tulane, LSU, and the greater New Orleans community.

CLINICAL

Hyundai Hope on Wheels Donation



The LSU Pediatric Hematology/Oncology department proudly kicked off National Pediatric Cancer Awareness Month with a \$100,000 Impact Award from Hyundai Hope on Wheels. This grant will benefit over 1,000 children in Louisiana and the Gulf South, who receive care at Children's Hospital New Orleans

for cancer and blood disorders each year.

The funds will assist families with expenses related to food

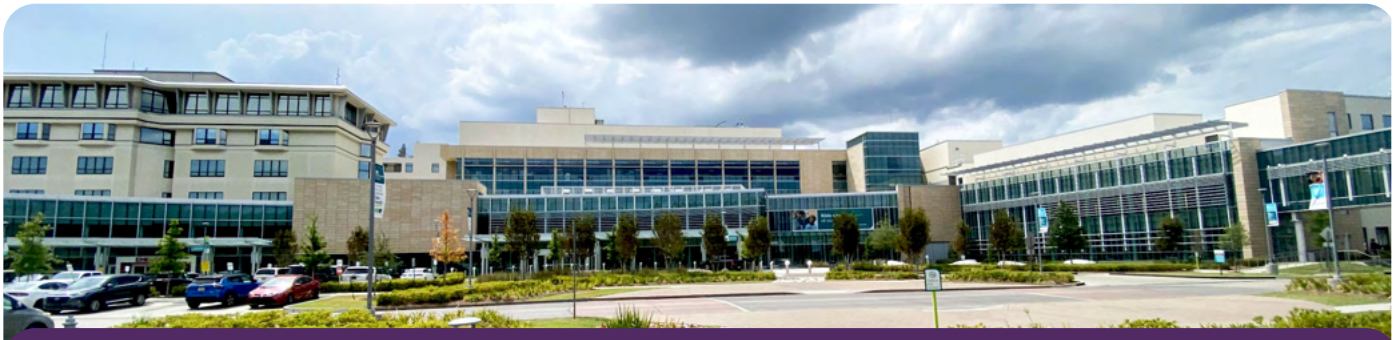


and housing, enhance the hospital's cancer research database, and support Child Life programming, including therapeutic activities for cancer patients.

President and CEO of Children's Hospital New Orleans, Lou Fragoso, commented on the commendable efforts of the Hematology Oncology team:

"Our Hematology Oncology team is second to none in creating an environment of hope, support and comfort for children receiving treatment for cancer or blood disorders and their families, most of whom spend months, even years in treatment with us here," Fragoso shared, "The generous grant from Hyundai Hope on Wheels helps us amplify their impact."

In a heartwarming gesture, patients were invited to leave handprints on a Hyundai vehicle that has since traveled the nation during Pediatric Cancer Awareness Month, awarding \$25 million in grants to children's hospitals across the United States.



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