

October 27, 2020



School of Medicine  
Department of Pediatrics

# LSU Pediatrics Tuesday Tidbits

Welcome to the Department of Pediatrics' weekly email blast designed to deliver important department information straight to your inbox.

Visit our  
website

## LSU Pediatrics Announcements

### Join or Donate to Team Tiger Care!

Marcella Houser and our Tiger Care faculty have created a team to compete in CHNOLA's 2020 Jazz Virtual Half Marathon. Please follow the link below to the team page where you can join the team or contribute donations.

Check out Tiger Care's team fundraising page for the 2020 Jazz Virtual Half Marathon Children's Hospital New Orleans:  
<https://www.classy.org/team/322918>

The team ran 44+ miles collectively so far and are in 3rd place currently! Join, Run, or just Donate and keep the good Tiger Care vibes going!

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### Adolescent Medicine and Gender Health Clinic

Our Adolescent Medicine and Gender Health Clinic addresses the unique developmental and reproductive health needs of adolescents and young adults 10 to 25 years of age. We designed this clinic to ensure primary care and specialty providers have access to the best comprehensive care available to their patients. Our clinicians have over 20 years of dedicated adolescent and reproductive health experience. Our team works to build a strong therapeutic alliance with patients and their families.

**The Adolescent Medicine and Gender Health Clinic provides consultation on an array of health issues facing young people, including:**

- Male and female reproductive health visits
- Evaluation and treatment of menstrual disorders
- Contraception, pregnancy prevention, and options counseling
- Sexually transmitted infection testing, treatment, and prevention counseling
- Gender Health
  - Multidisciplinary care consisting of adolescent medicine, endocrine, psychology, and plastic surgery
- Outpatient medical management of eating disorders
- Outpatient medical management of mild to moderate anxiety or depression
- Sports, school, camp, and work physicals

### Meet Our Team

Ryan H. Pasternak, MD, MPH

Brooke Q. Naranjo, APRN, FNP

### Location

#### CHNOLA Jefferson Highway Health Center

9605 Jefferson Highway Suite E River Ridge, LA 70123

Website: <https://www.chnola.org/locations/childrens-hospital-jefferson-highway-health-cent/>

### Referrals

Epic: CHNO Adolescent Med (Click [HERE](#) to see screenshot of referral)

Phone: 504-738-1604

## Residency News



CH Chief Medical Education Officer Dr. Bonnie Desselle and CHNOLA's Office of Medical Education created the Excellent Team Player / Outstanding Resident Award which recognizes residents who go above and beyond. Dr. Desselle, along with Dr. Sandlin and Dr. Watts, presented the first recipient,

PGY-2 **Margaret Leefe**, with the award. Margaret perform work not expected of her, provides support to her fellow residents, and advocates for patients and their families, all while displaying humility and sincerity. Congratulations, Margaret!



The Pediatric interns attended their first retreat as a class last week. The group joined their chief residents and program director at The Fly.

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## Join the Wellness Zoom Social this Thursday!

Dr. Jerussa Aita-Levy welcomes everyone once again to meet again with our amazing co-hosts and social committee members, Regina Zambrano, Shubho Sarkar, and Jeff Surcouf, for a Zoom Social!

Hope you can join us for an hour for fun!

Time: Oct 29, 2020 05:30 PM CST

Join Zoom Meeting:

<https://link.zixcentral.com/u/9ffac635/-vUSvFoY6xGTops6C2wmKA?u=https%3A%2F%2Flsuhscc.zoom.us%2Fj%2F99923109440%3Fpwd%3DbEc50EE3MmF0QVNIQnhxNFBNYzdTdz09>

Meeting ID: 999 2310 9440

Passcode: 164062

One tap mobile

+13126266799,,99923109440#,,,,,0#,,164062# US (Chicago)

+16465588656,,99923109440#,,,,,0#,,164062# US (New York)

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## Reminder from Assistant Vice Chancellor for Information Technology Regarding Use of Non-LSUHSC Email

We have recently seen a significant increase in compromised accounts being configured to automatically forward mail to external and potentially malicious e-mail addresses. This morning we learned of a possible data breach related to this issue, although we are still working to identify the extent to which LSUHSC may have been impacted, if at all. To protect Office 365 mail clients, Microsoft recently sent an announcement about their own plans to disable auto-forwarding. In accordance with CM-42, which states that "All users of the SYSTEM IT infrastructure shall NOT: Use non-LSUHSC e-mail to conduct

official LSUHSC business unless authorized by the Chancellor,” as well as our compliance training mandating that users not automatically forward mail externally without authorization, external auto-forwarding was blocked for all accounts effective immediately. We thank you for your understanding.

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## COVID Reminders from Dr. Richard DiCarlo

New COVID cases have risen nationally over the last four weeks, and there is concern about another surge as schools resume in person classes and we continue plans for phase III reopening. There have also been some recent positive cases on campus. **This is hardly the time for us to become complacent!** Faculty and staff must strictly adhere to the following:

1. Do not come to work if you have any symptoms that could be indicative of COVID. If your symptoms are moderate to severe in nature, please seek medical attention and COVID testing. If you have questions about when it is safe to return to work, please call the Campus Health Clinic (504 412-1995).
2. Do not come to work if you were recently exposed to someone with COVID. If you have a known exposure to COVID you should self-quarantine for 14 days. You should continue the quarantine even if you have a negative COVID test, as we know that there are 15-20% false negatives. Please follow the campus guidelines: <https://911.lsuohsc.edu/coronavirus/campus-guidelines.aspx> Again, if you have questions about when it is safe to return to work, please call the Campus Health Clinic.
3. If you have a positive COVID test, stay home and notify your supervisor as soon as possible so we can 1) determine if you exposed any other employees who will need to self-quarantine from campus, and 2) disinfect your workspace as indicated. Please also notify the Campus Health Clinic and follow the campus guidelines regarding when it is safe to return to work. <https://911.lsuohsc.edu/coronavirus/campus-guidelines.aspx>

There is ample information about COVID and campus resources on the LSUHSC coronavirus information page <https://911.lsuohsc.edu/coronavirus/>. It is everyone's responsibility to keep the campus, our offices, and our friends and colleagues as safe as possible.

Thanks for your patience and cooperation as we continue to work under difficult conditions.

Richard

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## Other Announcements

Latest edition of LSU SOM's *The Pulse*. ([link](#))

LSU Proof-of-Concept Fund- LIFT2 Round 12 Announcement ([information](#))

Importance of Time Certification ([information](#)) - learn more about why we certify time each month!

Important Notice: P-Card Restrictions on AAP Purchases ([information](#))

Use of Non-LSUHSC Email ([information](#))

CDC COCA Call: 2020-2021 Influenza Vaccination Recommendations and Clinical Guidance during the COVID-19 Pandemic. Find recent COCA talks regarding Covid-19 [here](#). All talks can be indexed and replayed.

New Pre-Review for Grant Proposals service offered by LSU([information](#))

Several Avenues of Stats Support, Education and Consultation ([information](#))

Download the new Department Composites for this academic year!([Faculty](#), [Fellow](#), [Resident](#)).

## FACULTY DEVELOPMENT

*New video monthly*

### October Video: Twitter as an Academic Tool

Dr. Ashoor shares his excellent national presentation on harnessing the power of this social media platform. In this fact filled video (just over 15 minutes), he demonstrates everything from Twitter sign up to uses for advocacy, education, and professional development. Thanks for sharing, Dr. Ashoor!

<https://youtu.be/VvZ1drwD4sk>

If you are interested in other forms of Faculty Development, visit these websites:

- [LSU Pediatrics Faculty Development Page](#)
- [LSUHSC GME Medical Education Development Site](#)

For questions or comments regarding Faculty Development, please contact [Amy Creel](#).

## DIVERSITY, EQUITY, & INCLUSION

*This new section of Tuesday Tidbits will highlight Diversity, Equity, and Inclusion within our department as well as outline events, workshops and lecture series available to faculty, staff and trainees.*

### Pediatrics Faculty Needed to Participate in Faculty Development Sessions

LSUHSC's Health Equity Group along with several basic science faculty are hosting faculty development sessions via Zoom on the below topics:

- Unconscious bias/Implicit bias
- Microaggressions
- Cultural awareness

- Equity vs. Equality
- Inclusivity

Dr. English needs a head count prior to the events so please email her at [rengli@lsuhsc.edu](mailto:rengli@lsuhsc.edu) if you are interested.

November 12, 10 AM to 11:30 AM: <https://lsuhsc.zoom.us/j/91212299645>

November 13th, 1 PM to 2:30 PM: <https://lsuhsc.zoom.us/j/98675650057>

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## **Webinar Series: The Impact of Skin Color and Ethnicity on Clinical Diagnosis and Research**

NEJM Group Education and Applied Knowledge is collaborating with the Skin of Color Society Foundation (a nonprofit with a mission of education, mentoring, and research in skin of color) and VisualDx (the leading visual clinical decision support system) on a series of virtual panel discussions that call attention to health disparities and structural racism in medicine. The free, four-part webinar series, [The Impact of Skin Color and Ethnicity on Clinical Diagnosis and Research](#), will delve into longstanding problems in education, research, and patient care, and will introduce ways to improve outcomes in marginalized patients. Sessions include:

1. **“Structural Racism and Racial Bias in Medicine,” Wednesday, October 28 at 1:00 pm ET:** Focused on identifying health disparities and highlighting solutions to address this issue, such as medical education, more training and funding, and fast-tracking research publication. Panelists include Susan C. Taylor, MD, Henry W. Lim, MD, and Maritza I. Perez, MD; the discussion will be moderated by Susan Saulny.
2. **“Hair Disorders in People of Color,” Thursday, November 12 at 1:00 pm ET:** Focused on the external and systemic diseases that can cause hair loss, and the need for physicians to understand the effect of ethnicity on the significance and cultural meaning of hair loss to better treat this critical problem. Panelists include Ncoza Dlova, MBChB, FCDerm, PhD and Andrew F. Alexis, MD, MPH; the discussion will be moderated by Amy McMichael, MD.
3. **“Pigmentary Disorders and Keloids,” Wednesday, November 18 at 1:00 pm ET:** Focused on sharing the latest research and treatment options on the breadth of pigmentary disorders and how these are often signs of systemic disease, causing serious psychological and social ramifications. Panelists include Seemal R. Desai, MD, FAAD, and Donald A. Glass II, MD, PhD; the discussion will be moderated by Pearl E. Grimes, MD.
4. **“COVID-19 Comorbidities and Cutaneous Manifestations of Systemic Diseases in Adults and Children,” Wednesday, December 2 at 1:00 pm ET:** Focused on the challenges of recognizing systemic diseases in melanin-rich skin types, and using skin signs of Covid-19 morbidities to demonstrate the need to improve diagnostic accuracy and efficiency in patients of color. Panelists include Lynn McKinley-Grant, MD, FAAD, Candrice R. Heath, MD, and Ginette A. Okoye, MD.

**To register**, please visit: <https://specialevents.nejm.org/impact-of-skin-color-and-ethnicity-on-clinical-diagnosis-and-research/>.

## CHNOLA Announcements

**Construction Update:** Important Corridor Changes, ED Phase 2 Relocation, and Elevator Access to Inpatient Floors ([information](#), [map](#))

Latest edition of CHNOLA Employee E-News ([link](#))

**From the Clinical Trials Office:** I-ACT for Children: Mentor and Mentee Application Announcement ([information](#))



Come get your CHNOLA Hat! With the recent high employee response to their Employee Engagement Survey, CHNOLA is giving out hats to employees (including LSU Pediatrics!) as a gift. Please pick up your hat in Kelly Allerton's office.

## Upcoming Events

### Grand Rounds

*For those who prefer an Outlook Calendar Reminder for Grand Rounds, please [click here](#) for directions that walk you through creating a recurring reminder.*



**Children's Hospital**  
New Orleans  
LCMC Health

## Virtual Pediatric Grand Rounds

Wednesday, October 28, 2020  
Noon-1pm

### “Pathogenesis of COVID-19”

Jay K. Kolls, MD  
Professor of Medicine and Pediatrics  
John W. Deming Endowed Chair in Internal Medicine  
Director, Center for Translational Research in Infection and Inflammation  
Tulane School of Medicine  
New Orleans, Louisiana

Please join Pediatric Grand Rounds from your computer, tablet or smartphone:

**Zoom link:** <https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success>

**Meeting ID:** 990 1076 2984, **Passcode:** 018428

**One tap mobile:** +16465588656,,99010762984# US (New York)  
+13017158592,,99010762984# US (Germantown)

Note: This is a live activity. The link is only valid from 12-1:00 pm and the presentation will not be recorded for CME or CEU credit. Please sign in with your full name and credentials in order to receive credit.

Objectives: At the conclusion of this activity, participants should be able to:

1. Review and discuss COVID-19 pathogenesis including genetic risk factors.
2. Review and discuss pre-clinical models of the disease.
3. Review and describe how these models can inform vaccination and therapeutic strategies.

Intended Audience: This activity is specifically directed towards the pediatrician, but it is open to all other interested physicians, residents, medical students and allied health professionals.

CME Statement: Children's Hospital is accredited by the Louisiana State Medical Society to provide continuing medical education for physicians. Children's Hospital designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU Statement: Children's Hospital is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**LSU Health**  
NEW ORLEANS  
School of Medicine  
Department of Pediatrics



**Tulane University**  
SCHOOL OF MEDICINE  
Department of Pediatrics

### Join Grand Rounds through the Zoom Portal:

<https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success>

Meeting ID: Meeting ID: 990 1076 2984, Passcode: 018428

One tap mobile: +16465588656,,99010762984# US (New York)  
+13017158592,,99010762984# US (Germantown)

**11.18.20** - UAB Center for Clinical and Translational Science - Specific Aims Intensive AND Grant Proposal Development Academy ([information](#))

**11.1.20** - Application due for free Genomics for Social Scientists - New Epigenetic Data Course ([information](#))



**11.21.20** - 22nd Annual Frontiers in Diabetes Research Conference:  
"Obesity, Diabetes and COVID-19 – elucidating the bidirectional links"  
([information](#))

## Department Wellness

Department Wellness Ambassador Jerussa Aita-Levy, MD and the Wellness Committee have compiled a list of helpful links and resources. Please take this time to focus on your wellness!

1. Remember LSUHSC **Campus Assistance Program** (CAP) is here to help! ([information](#))
2. A great article about grief in this new version of our world ([information](#))
3. CAP's Advise on Dealing with Stress ([article](#))
4. 7 steps to help doctors reduce stress during the COVID-19 outbreak ([link](#))

**Wellness Break: 3 Ways Your Mind Makes You Miserable (And How to Stop It Today)** Dr. Jerussa Aita-Levy recommends reading our last Wellness Grand Rounds Speaker Dr. Gail Gazelle's emails and blog posts. Dr. Levy found one of Dr. Gazelle's recent [posts](#) helpful and wanted to share it with the department. You can also watch Dr. Gazelle's weekly wellness talks on her [Facebook page](#).

**Recent Wellness Grand Rounds:** Dr. Gail Gazelle gave two important, immensely helpful lectures. If anyone missed it, check out her slides here ([Grand Rounds, Noon Conference](#)). Dr. Gazelle included a free resource for our department: She leads a weekly Zoom clinician support group called "Helping Clinicians Thrive During COVID-19." The group is for physicians and advanced practice clinicians like you to build community and resilience during this time. Sessions are on Wednesdays, 3:30-4:30 PM CST. Click the link below to download a calendar attachment or simply join us at <https://zoom.us/j/92100651837>.

**Need child care? Touro's got you covered.** Touro has re-opened its Kids Activity Center and they are generously accepting children of LCMC Health employees (ages 5-11). The Kids Activity Center is open from 6:30 am - 7 pm.

**CHNOLA Bootcamp Class:** Children's Hospital's bi-weekly bootcamp class is back in-person on Tuesdays and Thursdays! Beginning Tuesday, September 8, all bootcamp sessions on Tuesdays and Thursdays will be in-person outside the Conference Center. The time will remain 5:30 - 6:30 pm.

**CHNOLA Yoga:** We're bringing back Zoom yoga with Dr. Amy Henke! Classes will be Wednesdays from 5:30 - 6:30 pm. Children's Hospital Psychologist, Dr. Amy Henke will be leading free Zoom Yoga classes for employees and staff. No experience is necessary! Classes are suitable for beginners and designed to encourage moving at your own pace with an emphasis on mindfulness, relaxation, and somatic stretching. <https://chnola.zoom.us/my/amyhenke>  
Zoom ID number: 867 947 2744

## Free apps and websites to keep you physically and mentally fit:

**Peloton App:** stream spin, run, walk, strength, stretching, bootcamp, yoga and meditation over an extended 90 day trial ([information](#)).

**Pure Barre OD:** 60 day free trial with Code: EXTENDED TRIAL ([information](#))

**Shira Kraft, Pilates Instructor:** 30 minute session on youtube ([information](#))

**Beachbody:** Free sample workouts ([information](#)); also offering a free 14-day trial of their on demand service.

### **Yoga:**

Yoga with Adriene ([YouTube channel](#))

Fight Master Yoga ([YouTube channel](#))

Fitness Marshall ([YouTube channel](#))- for those who like dancing

Yoga for Kids! Cosmic Kids Yoga ([YouTube channel](#))

### **Meditation:**

**Free Headspace Plus** for all US Healthcare Workers ([information](#)) Use this meditation tool to de-stress to get a healthy perspective.

**Ten Percent Happier:** ([information](#)) free access to app for healthcare workers

Find more discounts and freebies for healthcare workers including resources for mental and physical health [here](#).

## Department Anniversaries

The following employees celebrate another year with the department this month. Thank you for your continued service to LSU Pediatrics!

Stuart Chalew, 23 years

Hanh Rimmer, 21 years

Kelly Allerton, 13 years

Hannah Bauer, 1 year

LaTasha Lewis, 1 year

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Looking for old newsletters?

View the *Tuesday Tidbits* archive on the department's website. ([link](#))

Submit information to the next Tuesday Tidbits