

November 24, 2020



School of Medicine
Department of Pediatrics

LSU Pediatrics Tuesday Tidbits

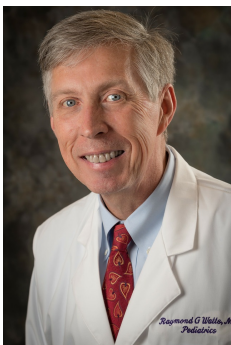
Welcome to the Department of Pediatrics' weekly email blast designed to deliver important department information straight to your inbox.

Visit our
website

LSU Pediatrics Announcements



Thanksgiving Message from the Chair...



Thanksgiving is a uniquely American Holiday. We set aside one day a year, in late November, to give thanks. Although the story I learned as a young kid in the 1960s of the first Thanksgiving is probably not exactly true, the idea itself is brilliant. Pause, take a breath, celebrate our many gifts and give thanks.

Like all the rest of 2020, Thanksgiving this year is different. Zoom or Facetime to share with family. Anxiety about the pandemic, politics, and football.

Nevertheless, I encourage everyone to simplify the event. Just pause, take a breath and give thanks.

I will give thanks for my health, my family, my community. I will give thanks for my God-given talents and the ability to use them for good. I will give thanks for all our scientific colleagues, public health officials and those who are charting us a course out of the pandemic. I will give thanks for all our healthcare worker colleagues, frontline service workers, police, firefighters, EMS and the military.

Most of all, I will give a profound thanks for each of you. Your work, dedication,

perseverance and importance are not invisible to me. The LSU Department of Pediatrics is doing its part. I am proud of you and thankful to lead you. Happy Thanksgiving. Geaux LSU Peds.

Ray

Raymond G. Watts, MD



Transgender Awareness Week (November 13-19) & Transgender Day of Remembrance (November 20)

Transgender and gender expansive youth are at a greater risk for experiencing violence, bullying and depression. They encounter discrimination and lack of acceptance throughout their community, including at home and school.

Transgender Awareness Week, observed annually in November, was created to help increase the visibility of transgender people and enhance awareness of the issues they face.

According to GLSEN's 2017 School Climate Survey

- **85%** of transgender students were harassed or assaulted at school because of their gender
- **83%** of transgender students felt unsafe at school because of their gender
- **51%** of transgender students were unable to use the name or pronoun that matched their gender
- **59%** of transgender students had been required to use a bathroom that did not match the gender they live every day

In 2020 alone, 36 transgender and gender non-conforming people have lost their lives due to anti-transgender violence. The majority of the victims were Black or Latinx ([Human Rights Commission](#), 2020). Transgender Day of Remembrance, observed annually on November 20, honors the lives of these victims and the many that came before them. For more information visit:

<https://www.glaad.org/tdor>.

Supporting Transgender and Gender Expansive Youth

Healthcare providers have unique opportunity to positively impact the lives and futures of transgender and gender expansive youth by fostering a safe, welcoming environment and providing evidence-based, culturally competent care.

There are a lot of resources out there, but here are a few to get you started:

- Human Rights Commission: [Supporting and Caring for Transgender](#)

Children

- Advocates for Youth: [Create Safer Spaces for LGBTQ Youth](#)
- GLESN: [Pronoun Guide](#)
- Physicians for Reproductive Health: [LGBTQ Essentials](#)
- Society for Adolescent Health and Medicine (SAHM): [LGBTQ Health Clinical Care Resources](#)
- Video: [Voices of Transgender Adolescents in Healthcare](#)
- [LGBTQIA+ Glossary of Terms](#)
- [Genderbread Person v4.0](#)

If you are interested in additional resources and information on supporting and caring for transgender and gender expansive youth, please contact the Adolescent Medicine Team: Ryan H. Pasternak, MD, MPH (rpaste@lsuhsc.edu) or Carleigh Baudoin, MPH (cbaud6@lsuhsc.edu).

2020 Holiday Book Drive

LSU Healthy Tigers Initiative

Presents

Holiday Book Drive 2020



DECEMBER 1 2020 - JANUARY 8, 2021

DROP OFF BOXES LOCATED IN THE
RESIDENTS' LOUNGE, DOCTORS' LOUNGE,
OR ADMINISTRATIVE OFFICES ON STATE
STREET

BOOKS WILL GO TO KIDS FIRST TIGERCARE
CLINIC

**DONATE BOOKS FOR AGES 6 MONTHS -
ADOLESCENTS. BOARD BOOKS PREFERRED.
MONETARY DONATIONS MAY ALSO BE MADE
IN PERSON OR BY VENMO TO @NIKITAXLAL.**

FOR INQUIRIES, E-MAIL NIKITA AT NLALCH@LSUHSC.EDU

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

November Video: Zoom Tips for Teachers

In this season of Thanksgiving, I'm thankful for our amazing faculty and our dedication to excellence in education! This is a very short (under 3 minutes!) video with 10 quick tips for ZOOM. Most of us are attending lots of Zoom meetings and teaching sessions, so this month and for a few to come let's use this space to focus on improving our experience and that of our learners.

<https://www.youtube.com/watch?v=8TIII8MRtS0>

Please send any suggestions or areas of faculty development need to acree1@lsuhsc.edu.

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.

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:

“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

Urgent COVID Reminder

Enhanced Safety Efforts: Because of the troubling uptick in COVID cases across Louisiana, CHNOLA is emphasizing renewed efforts to protect our workforce as we enter these important next few weeks. [Read about their enhanced safety efforts here.](#)

Construction Update: 1st Floor Corridor & Elevator Access Changes ([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](#))

EPIC Upgrade [information](#), [11.11 Upgrade Improvements](#)
[Ambulatory Upgrade](#), [ED Upgrade](#), [Inpatient Upgrade](#), [Secure Chat Guidelines](#)
[11.11.20 Canto and Haiku Upgrade](#)



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

There will be no Grand Rounds this week due to the Thanksgiving holiday. See you next week!

12.21.20 - American Pediatric Society and Society for Pediatric Research present a Virtual Chat Webinar Series. *Academic Skills: Of Grants and Publications*, 4:30pm CST ([information](#), [registration](#))

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](#))

Why Our Heroes Need to Prioritize Sleep([article](#))

Generational divide: 4 ways physician burnout differs by age ([article](#))

5 Ways to Combat Burnout ([article](#))

In 'Together,' Former Surgeon General Writes About Importance Of Human Connection ([5-minute listen](#))

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](#).

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: Do you want to increase your strength and improve your cardiovascular fitness? Are you new to exercising, or a seasoned veteran? We have a program for you! Every Tuesday, Children's is offering FREE Krewe du CrossFit bootcamp classes from 5:30-6:30 p.m. outside the Conference Center. Class is open to all Children's employees and members of the medical staff. This one-hour interval training bootcamp is for all skill levels and no experience is necessary. These classes will help you to gain confidence in your athletic abilities and increase your capacity for stamina, strength, flexibility, and balance. Please [this signed waiver](#) and a water bottle with you to your first class. We look forward to seeing you there!

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](#).

New Addition

Congratulations to PGY-3 Pediatrics Resident Aaron Kala and his wife, Meg, on the birth of their baby boy Isaac who was born on November 16 at 6:29am. Isaac weighed 7 lbs, 13 oz and measured 20 3/4 inches. Welcome to the world, Isaac!



Department Anniversaries

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

Colleen Bodet, 17 years
Emily Masoumy, 1 year
Dedrick Moulton, 1 year

Looking for old newsletters?
View the *Tuesday Tidbits* archive on the department's website. ([link](#))

Submit information to the next Tuesday Tidbits

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