

June 16, 2020



## 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

#### Dr. Paul Hyman to Receive Prestigious National Award



Dr. Paul Hyman, LSU Professor of Pediatric Gastroenterology and Nutrition and past Division Head, was recently selected by the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition to receive the prestigious "Margaret Stallings Distinguished Service Award for 2020". The award recognizes excellence and major contributions to child health in the fields of pediatric gastroenterology, hepatology or nutrition.

#### Help Celebrate our Residency Graduates!

Please join in the virtual events listed below to honor our residency graduates and chief residents. Please be sure to release your residents in time to participate in both lunchtime events. We want them to be able to celebrate with and support their peers. Thank you for all that you do for our residents and your help in making this week as special as possible!

# LSU Department of Pediatrics Residency Graduation Week

Resident vs. Faculty Quiz Bowl  
& Chief Appreciation  
Hosted by Shubho Sarkar  
Tuesday, June 16, at 12:00pm  
via Zoom

Meeting ID: 330 263 263  
Password: Isupeds20



Please join us to cheer on your team and congratulate  
Monica and Jordan!

Faculty Team: Andrew Abreo, Hannah Bauer, Tamara Bradford, Ashley Farge  
Resident Team: Michael Caffery, LaTasha Henderson, Katie Procarione, Jamie Yeager

Graduation Part 1:  
Annual Report & Award Announcements  
Special Grand Rounds  
Thursday, June 18 at 12:00pm  
via Zoom

Meeting ID: 330 263 263  
Password: Isupeds20

Graduation Part 2:  
Hello/Goodbye Ceremony  
Friday, June 19 at 5:00pm  
via YouTube Live:  
<https://youtu.be/wa2rWSW33h0>

**Link for Graduation Part 2: Hello/Goodbye Ceremony:**  
<https://youtu.be/wa2rWSW33h0>

## Recent Presentation

Kudos to **Dana LeBlanc, MD** who presented at a virtual conference of the Foundation for Sickle Cell Disease Research last week. She presented *Sickle Cell Disease and COVID-19: Epidemiology and Impact within Louisiana to a national audience.*

## June is LGBTQ Pride Month!

Did you know that LGBTQ youth are more likely than their peers to experience negative health and life outcomes? They are at an increased risk for depression and suicide, bullying, substance use, sexual health risks and homelessness. According to the Human Rights Center's [2017 LGBTQ Youth Survey](#):



- **77%** of LGBTQ teenagers surveyed report feeling depressed or down over the past week
- **95%** of LGBTQ youth report trouble sleeping at night
- More than **70%** report feelings of worthlessness and hopelessness in the past week
- **67%** report that they've heard family members make negative comments about LGBTQ people

### Supporting LGBTQ Youth

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

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

- 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 LGBTQ youth, please contact the Adolescent Medicine Team: Ryan H. Pasternak, MD, MPH ([rpaste@lsuhsc.edu](mailto:rpaste@lsuhsc.edu)) or Carleigh Baudoin, MPH ([cbaud6@lsuhsc.edu](mailto:cbaud6@lsuhsc.edu)).

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### 2020 LSU Pediatric Faculty Wellness Survey- please complete!

For the 5<sup>th</sup> year, Chairman Dr. Raymond Watts is asking our Department of Pediatrics Faculty to complete a brief (4 questions-will take no more than 30 seconds) wellness survey. The survey will collect data during the month of June.

You should have received an email from Survey Monkey to your LSUHSC.edu email. Also, you can get to the survey via this link or QR code below.

Your response is important, especially in these unprecedented times. Thank you for completing.

<https://www.surveymonkey.com/r/ST2XLQJ>



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## **Help LSU Psychiatry Studies Impact of COVID-19 Pandemic on Healthcare Providers**

LSU Psychiatry under PI Dr. Erich Conrad are asking the LSUHSC community to participate in a survey for their IRB-approved study. The project's goal is to better understand the stress and health consequences for healthcare providers so that in a future viral resurgence, UMC and other hospitals nation-wide can create better resources and support systems for healthcare workers.

Please see more information below and complete the survey [here](#).

# We want to hear from you!

[Anonymously](#) share your experiences about COVID-19 related work stress and coping responses.

**Who:** Healthcare providers (including but not limited to nurses, physicians, medical assistants) with direct patient care during the COVID-19 pandemic . All Departments eligible. Must be at least 18 years old to participate.

**Why:** Healthcare providers may face extreme stress during pandemics. We want to know about how you have been managing stress and how you have coped with this substantial stressor.

**When:** Available now! The survey takes 20-30 minutes.

**Your anonymous responses can help improve supports for healthcare workers like yourself.**  
***Your experiences matter.***

**Take the anonymous survey now:**

Scan this QR code or go to

**[https://is.gd/covid19survey\\_umcno](https://is.gd/covid19survey_umcno)**



Your responses will be completely anonymous. This study is in conjunction with the LSU School of Public Health and LSU Psychiatry Department. Contact [kbeite@lsuhsc.edu](mailto:kbeite@lsuhsc.edu) or [rwiede@lsuhsc.edu](mailto:rwiede@lsuhsc.edu) for more information.

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## COVID-19 UPDATES

**Please check your emails each day, especially communications from Dr. Watts - lots of info to share, can only do by email.**

LCMC Telehealth ([information](#))

LSUHSC's COVID-19 Page ([website](#))

CHNOLA's COVID-19 Page ([website](#))

Mentored Career Development (KL2) Program in Clinical and Translational Science ([information](#))

PAS Neonatology Summer Webinar Series ([information](#))

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

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

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

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

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## Several Avenues of Stats Support, Education and Consultation

Dr. Stuart Chalew has put a helpful list of statistical support resources together for the department:

1. Online free modular basic medical stats course through LSU CITI program free to all LSUHSC students, residents, fellows faculty. Register with your LSU CITI user ID and password. Can work through modules at your own pace.
2. Formal Stats course through LSU - contact Dr. Donald Mercante for info and times.
3. Louisiana Clinical and Translational Science Center (LACATS) supports early statistical consultation for LSU and Children's - <https://www.lacats.org> Need to register/apply through SPARC website through link on <https://www.lacats.org/>. Brian Melancon 225-763-2980 can help with navigating SPARC. Usually LSU applicants get assigned to an LSU stats faculty through LACATS.

Dr. Chalew can help with navigating LACATS issues for LSU DoP members and those seeking support from LACATS for projects at Children's Hospital.

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## Resident Class of 2020 Spotlight

*The COVID Pandemic has certainly changed many aspects of our daily lives and will affect how we typically celebrate our graduates via a large Hello-Goodbye Ceremony. Each week, leading up to their final days of training, our residency team will highlight the graduating residents. Please join us in celebrating these excellent pediatricians at the departmental level...give them some shout outs in the hallway over the next few weeks! We thank all of our "almost graduates" for three wonderful years of dedication to their patients, their peers, and to LSU Pediatrics/Children's Hospital. You will do GREAT things, and we will miss you all.*

## Cullen Clark, MD



From: Louisville, KY

College: Hanover College

Medical School: University of Louisville School of Medicine

After Graduation: Nationwide Children's Hospital and Ohio State Medical Center, Columbus, OH

Talents: Not to brag but I've gotten really good at making Greek Yogurt in the past few years.

Interesting Fact: Prior to medical school I played the drums in a couple of bands that toured the country.

Advice you wished you'd known during residency. It took me way too long to realize how much of residency and medicine relies on a team. You cannot do everything alone, you need a good team to help you both at work and away from work. When you accept the help of those who share your goals and want you to succeed, it makes everything easier. This is not for your own well-being but also that of your patients.

Evaluation Highlights: He is a great role model for the interns and students on the team with regard to practicing evidenced-based medicine and always seeking a deeper understanding of the rationale for clinical decisions. He incorporates teaching into his daily routine very nicely and it was clear that his interns and students appreciated his efforts in this regard. Excellent leadership skills. He is an asset to the department.

## Nick Sausen, MD

From: North Branch, MN

College: University of Minnesota

Medical School: University of Minnesota

After Graduation: Peds ED at University of Minnesota Masonic Children's Hospital and Adult ED at Hennepin County Medical Center, Minneapolis, MN

Talents: trivia, innovative omelets or experimental smoothies, covering long distances on bike or foot

Interesting Fact: I've identified 875 different species of birds while traveling



Advice you wished you'd known during residency. You cannot predict the future, but anticipation and preparation are good alternatives

Evaluation Highlights: Nick has a good knowledge base and takes excellent care of patients. He anticipates problems well. Nick was exceptionally caring and hard working. He was willing to do whatever needed to be done to

complete the necessary work. Hard working, responsible, takes the initiative, thorough, knowledgeable, proactive, good rapport with patients, gets along with staff and team.

## FACULTY DEVELOPMENT

*New video monthly*

June Video: *Teaching Medical Students*

This video provides tips for teaching medical learners in the clinical setting. Teaching can be simple, efficient, and effective. Let's all review these tips to ensure we continue to provide excellence in clinical education.

<https://vimeo.com/89625533>

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](#).

## CHNOLA Announcements

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

CHNOLA EPIC Updates:

Storyboard Update - May 20th ([information](#))

Storyboard is coming to EPIC May 19<sup>th</sup> ([information](#))

- [Storyboard ABCs](#)
- [Storyboard Anesthesia Crosswalk](#)
- [Storyboard Surgery Crosswalk](#)
- [Ambulatory Storyboard Crosswalk All Users](#)
- [Storyboard Inpatient Crosswalk](#)
- [Storyboard ED All Users](#)

Discontinuation of COVID Transmission Based Precautions ([message](#), [information](#))

MyChart Care Companion Home Monitoring Program ([information](#))

IP Provider: MyChart Home Monitoring Program ([information](#))

## Upcoming Events



## No Grand Rounds this week; lectures will resume in August.

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**6.16.20** - Resident vs. Faculty Quiz Bowl // Chief Appreciation, 12:00pm via [Zoom](#), Meeting ID: 330 263 263, Password: Isupeds20

**6.18.20** - Graduation Part 1: Award Announcements & Annual Report Special Grand Rounds, 12:00pm via [Zoom](#), Meeting ID: 330 263 263, Password: Isupeds20

**6.19.20** - Graduation Part 2: Hello/GoodBye Ceremony, 5:00pm, link: <https://youtu.be/wa2rWSW33h0>

## 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. Dr. Amy Creel has created a shared file of **Childcare Resources** that can be accessed by all in the department. Please review, use and edit as you'd like! ([information](#))
2. Remember LSUHSC **Campus Assistance Program** (CAP) is here to help! ([information](#))
3. A great article about grief in this new version of our world ([information](#))
4. CAP's Advise on Dealing with Stress ([article](#))
5. 7 steps to help doctors reduce stress during the COVID-19 outbreak ([link](#))

**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>.

**Bootcamp Class:** Children's is offering a FREE virtual boot camp class on Tuesdays and Thursdays at 5:30pm if there is at least 5 people signed up. There will also be a Saturday class that will cost \$10. Attend [here](#).

### 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 Peds/EM Resident Dr. Cullen Clark and his wife Kelli on the birth of their baby girl, Mary Elliot Clark who was born on June 5. "Ellie" and mom are both happy and healthy. Best of luck to Cullen and his family as they move to Ohio!

## Department Anniversaries

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

Leone Coe, 28 years  
Steffan Sernich, 13 years  
Tabitha Washington, 8 years  
Elizabeth Alonso, 6 years  
Shubho Sarkar, 3 years  
DeShonda Jolly, 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

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