

June 30, 2020

**LSU Health**

NEW ORLEANS

**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

#### Dr. Diego Aviles named Chair of the LA National Kidney Foundation Medical Advisory Board



Congratulations to Nephrology Division Chief Dr. Diego Aviles who was named **Chair of the Medical Advisory Board for the Louisiana National Kidney Foundation**. His role will be to oversee the grant applications submitted to the Foundation which mainly support junior investigators. Dr. Aviles will serve a 6-year term. As a past recipient of this award, Dr. Aviles is honored to serve as the MAB Chair.

**Dr. Aviles also learned this week of his designation as a NephCure Specialist.** This web-based resource was created by the NephCure Kidney International Organization which supports education and research efforts for children with glomerular diseases. The NephCure Specialist program was created to address the importance of connecting patients with rare glomerular diseases to experts earlier in their diagnoses.

#### New Academic Year Promotions

Congratulations to our department faculty members who received a promotion in this new academic year, effective July 1st:

**Ryan Pasternak, MD**

Ambulatory  
Professor

**Amanda Dumas, MD**  
Ambulatory  
Associate Professor

**Dania Felipe, MD**  
Endocrinology  
Associate Professor

**Brent Keith, MD**  
Gastroenterology  
Associate Professor

**Kiran Mallula, MD**  
Cardiology  
Associate Professor

**Christy Mumphrey, MD**  
Neonatology  
Associate Professor

**Regina Zambrano, MD**  
Genetics  
Associate Professor

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## 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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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.

## Recent Publications

Check out Dr. Alexis Morvant's three most recent publications:

- Miller EG, Weaver MS, Ragsdale L, Hills T, Humphrey L, Williams CSP, **Morvant A**, Pitts B, Waldman E, Lotstein D, Linebarger J, Feudtner C, Klick JC. Lessons Learned: Identifying Items Felt to Be Critical to Leading a Pediatric Palliative Care Program in the Current Era of Program Development. Journal of Palliative Medicine. [Link to article.](#)
- **Morvant A** and Humphrey L. Pediatric palliative care specialists can support colleagues during pandemic. AAP News Article, June 23, 2020. [Link to article.](#)
- **Morvant A**. Pediatric Palliative Care (What Do I Do Now Palliative Care) 1st Edition. Edited by LB Ragsdale and EG Miller. [Link to Book Chapter.](#)

## 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,

## CHNOLA Announcements

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

## Upcoming Events

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

7.3.20 Independence Day Holiday

## 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 Hospital's bi-weekly bootcamp class is back in-person on Thursdays! Starting Thursday, June 18, Krewe du Crossfit's free **Thursday** classes for Children's Hospital and LCMC Health employees will be in-person and not casted on Zoom. **Tuesday** classes will remain virtual and accessed through this [Zoom link](#). **Saturday** classes start at 9:30am and costs \$10 (combined yoga and bootcamp). Saturday Zoom info: zoom ID: 930503841, password: krewe.

**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](#).

## Rebecca Taliancich Performs at Rivertown Theater



Congratulations to **Rebecca Taliancich**, Pediatrics/EM and Fellowship Coordinator, who recently performed the title role in Rivertown Theater's *The MeeMaw Mystery Theater Presents: The Case of the Jambalaya Liar*. Rebecca unleashed her inner yaf as the hilarious MeeMaw who likes British murder mysteries but can't understand what they're saying. So MeeMaw wrote her own murder mystery in the style of an old radio show, where the characters are from New Orleans and talk that way! The show was live streamed on Saturday, June 27. The theater hopes to host a few socially-distanced shows in the near future. You can find more information on the show and get tickets [here](#).

## 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