

July 21, 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

#### Four Additional Department of Pediatrics Faculty Members Elected to LSU Faculty Assembly



The SOM Faculty Assembly announced the addition of several Clinical Sciences and Basic Sciences faculty delegates recently. Four of our faculty will serve as Clinical Science delegates:

Amy Creel, MD  
Leslie Reilly, MD

Shubho Sarkar, MD  
Elizabeth Wisner, MD

They join other members of the assembly from the department: Dana Rivera, Raegan Gupta, Dana LeBlanc, Staci Olister, Jeff Surcouf, Dania Felipe, Ricardo Gomez, Marci Houser, Pinki Prasad, Regina Zambrano.

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### **LSU Pediatric Resident QI Fair**

Please Zoom in to support this year's Pediatric Resident QI Fair which will be hosted virtually by Dr. Shannon Palombo and Chief Residents Drs. Brandon Fairless and Katie Greer during Noon Conference on July 23rd and 24th.

Residents will be showcasing their QI projects in 5-minute presentations using a standardized template.

LSU Pediatric Resident QI Fair

Date: July 23rd & 24th

Time: 12:00 – 1:00PM

[Zoom Link](#)

Meeting ID: 987 2113 4546

Password: Isupeds20

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### **Nominate Your Colleague for SPR!**

Society for Pediatric Research has a call out for New Member Nominations. Nominate your colleague by July 31! ([information and criteria](#))

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### **Mentoring Opportunity**

Assistant Dean for Undergraduate Medical Education Robin English, MD invites all faculty to consider becoming involved in our students' education as a House faculty member. [information](#), [application](#)

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### **Other Announcements**

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

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](#), [Fellow](#), [Resident](#)).

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

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

## 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.

## FACULTY DEVELOPMENT

*New video monthly*

July Video: *Bedside Teaching Tips*

Want to get the most out of bedside rounds? In only 2 minutes learn about some Do's and Don'ts of bedside teaching in this efficient video. Let's kick off our academic year with renewed dedication to excellence in medical education!

<https://www.youtube.com/watch?v=iiqB-eQcbT8>

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

**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](#))

COVID-19 Visitor Update ([information](#))

## Upcoming Events

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

**8.17.20** - Society for Pediatric Research presents *Gender Equity in the Scientific Workforce: What is the Current State of Pediatrics* ([information and 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. 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](#).

## **Department Anniversaries**

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

Raghubir Mangat, 37 years

Lolie Yu, 35 years

Joy Osofsky, 34 years

Susan Berry, 30 years

Brian Barkemeyer, 29 years

Staci Olister, 29 years

Dana Rivera, 29 years

Betty Lo, 28 years

Bonnie Desselle, 25 years

Jay Hescoock, 20 years

Ricardo Gomez, 17 years

Ryan Pasternak, 15 years

Ken Paris, 14 years

Amy Creel, 12 years

Ernest Siwik, 11 years

Janet Rossi, 11 years

Brent Keith, 10 years

Jeffrey Surcouf, 10 years

Dania Felipe, 8 years

Raegan Gupta, 8 years

William Morgan, 7 years

Luke Wall, 7 years

Marcella Houser, 6 years

Dana LeBlanc, 5 years

Amy Prudhomme, 5 years  
Anna McFarlin, 5 years  
Amanda Messer, 3 years  
Michelle Knecht, 2 years  
Zach LeBlanc, 2 years  
Shannon Palombo, 2 years

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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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