

DISTRICT IX NEWSLETTER

In this Issue:

- ❖ *An Update:
Recap of this
year's NCE*
- ❖ *Your New
District IX
Leadership*
- ❖ *Resident
Benefits*
- ❖ *Updates from
the Residency
Programs:
-UCSD's new
Process Group
-CATCH
grants in
action*
- ❖ *Living Healthy
through
Residency*
- ❖ *Upcoming
Events &
Resources*

NCE 2009

This year's National Conference and Exhibition (NCE) was held in Washington, DC from October 15 – 20th. It was an exciting event with many educational sessions, poster presentations, and opportunities to celebrate our peers, and work together towards a new advocacy goal. This year's keynote speaker was Alma Powell, who spoke passionately about improving the education of our country's children. The outgoing AAP President, Dr. David Tayloe, gave a rousing speech on healthcare in the United States, noting health care reform at the federal level is necessary, and introducing the Child Health Informatics Center (CHIC) with the goal of establishing a national information technology database. He encourages at least one member from every residency program to be involved. If you are interested in learning more, please contact us or chic@aap.org.



We also learned about this year's SOMSRFT (Section on Medical Students, Residents, & Fellows in Training) Advocacy project, called **ImmuneWise**. The advocacy effort focuses on increasing national childhood immunization rates, from the community to the federal level. We are asking each of your residency program representatives to present an AMR or noon lecture, so you should learn more about this soon. If you would like copies of parent hand-outs teaching them about the importance of vaccines, please let us know. Also, you can visit the new AAP Vaccine Website which contains information about vaccine-preventable diseases, vaccine safety information, and tools and resources to help pediatricians effectively and efficiently administer immunizations in their offices. Visit www.aap.org for more information.



New District IX Leadership

District Coordinators

Thank you to the outgoing District Coordinator, Caroline Castleforte, and Assistant District Coordinator, Christina Robinson, for all of their hard work this past year! The new **District Coordinator** is **Kate Roberts, MD**, and the new **Assistant District Coordinator** is **Jennifer Yu, MD**.

We welcome all comments and suggestions:



Kate Roberts
District Coordinator
kr Roberts@choc.org



Jen Yu
Assistant District
Coordinator
jcy005@ucsd.edu

Kate is a second year resident at Children's Hospital of Orange County, Chapter 4. She is a native Californian, and recently graduated from UC San Francisco medical school. She loves to do anything outdoors, and has a specific interest in childhood obesity.

Jen is a second year resident at UC San Diego, Chapter 3. She is originally from the east coast (New Jersey), and is thoroughly enjoying joining District IX out here in sunny California.

Chapter Representatives

The new Chapter representatives are:

Chapter 1 (Northern California)
Emily Fong & Laura Webb

Chapter 4 (Orange County)
Priya Mahajan

The positions for Chapter 2 (Los Angeles) & Chapter 3 (San Diego) are still available! Please contact us or your residency program representative if you are interested.

Faculty Representatives

Faculty AAP District IX Chairperson is Myles Abbot.

Our faculty AAP-District IX Vice Chairperson, **Dr. Richard Pan**, is currently running for a 5th District California Assembly seat. He is endorsed by AAP-CA. Go to www.panforassembly.com to help send Dr. Pan to Sacramento to represent pediatricians and children!

Resident Benefits

CATCH Grants

The AAP Community Access to Child Health (CATCH) Resident Funds program supports pediatric residents in the planning and implementation of community-based child health initiatives. Grants of up to \$3000 are awarded twice each year and one up to \$12,000 once each year on a competitive basis. They are now accepting proposals for the 2010 cycle. For more information, please check out the website: www.aap.org/catch/residentgrants.htm.

Section on International Child Health (SOICH)

A message from the Section on International Child Health (SOICH): Residents are invited to become a member of the SOICH. You are the future for the health and well being of children all over the world and this is a great opportunity to get involved. Your member benefits to the SOICH include opportunities to participate in the various programs we offer, including the I-CATCH grant, the Haiti Initiative, and soon the International Child Health Network, just to name a few. On-line benefits include the SOICH quarterly Newsletter, two of which review some of the recent best articles on global child health; and our Networking e-mail list, which provides an opportunity for you to communicate with other SOICH members around the world. Joining is easy! Resident dues are \$10.00, and as a new member you will also receive a \$10 certificate redeemable toward the purchase of the SOICH book "Working in International Child Health". Please see www.aap.org/sections/ich for more information.

International Elective Awards

Resident International Elective Awards are granted twice each year, September 15th and March 15th. These awards provide \$500 to resident members who wish to complete a clinical pediatric elective in the developing world. For more information, please check out the website:

www.aap.org/sections/ypn/r/funding_awards/international_travel.html

Research Grants

Resident Research Grants are awarded to residents who initiate and complete research projects related to their professional interests. Grants of \$2000 are available, with an extra \$1000 travel stipend to present results at a professional meeting of their choice. Website: www.aap.org/sections/ypn/r/funding_awards/research_grants.html.

Section of Hospital Medicine (SOHM)

A message from the Section of Hospital Medicine (SOHM): Are you tired of assessing milestones in 15 month olds who hate you, completing asthma action plans, or prescribing Tamiflu? For those who need a break from the ordinary, this year the AAP SOHM will again have three \$500 travel grants for the pediatric hospital medicine conference in Minneapolis, July 22-25th, 2010. This grant is for residents interested in inpatient medicine. You must be a resident at the time of the conference to be eligible. Please send CV and letter of interest to Niccole Alexander at NAlexander@aap.org. Questions or comments can be directed to the Resident and Young Careerist Subcommittee Chair, D. Corey Lachman, MD at clach79@gmail.com.

Deadline is 2/15/2010.

Updates from Residency Programs

UC San Diego starts a Process Group to address the residents' emotional needs

Samantha Lewis, a 2nd year resident, shares this update: As pediatric residents we take care of critically ill and dying patients, confront child abuse and neglect, and negotiate intense family dynamics. As residents we are often working so hard to take care of our patients that we don't have time to process all of these issues and how they may be affecting us, and in turn, patient care. I was inspired to start a process group to give the residents in my program a safe time and space to deal with the complex and emotional issues that come up on rotations such as NICU, PICU, Hem/Onc and wards. My inspiration came from a grand rounds talk that brought up topics of stress, burn out, and depression among physicians at all levels of training, from medical students through attendings. The idea for starting a process group gained momentum as I gathered support from my program director, chief residents, the leaders of the UCSD Physician Wellbeing Program, and some of the Hem/Onc and palliative care attendings. The next step was writing a vision statement and questionnaire to send to the residents to gauge interest in the group. I have received positive feedback from the residents and anticipate that the process group will be a valuable addition to our program.

CHOC Children's starts a preventive dental program with fluoride varnish

Tracy Peck, a 3rd year resident, noticed many of her patients had poor oral health, many with decaying teeth, and many of whom had never seen a dentist. She wrote a CATCH grant to address this issue, and was awarded \$12,000 to implement her program. Her plan is to have residents and attending apply preventive fluoride varnish at well child visits. We are just beginning this program, and we'll let you know how it goes. You go Tracy!

If you have any exciting updates going on in your program, please let us know so we can tell everyone about it! We're all in this together, and we have lots to learn from each other.

Living Healthy Through Residency

This is a new section we created to help promote realistic healthy habits in residency— let us know if you like it! Please contact jcy005@ucsd.edu if you have any insights and want to contribute to this section.

As we're all well aware, residency is a busy time. However, being a pediatrician is not only about getting the correct diagnosis, but also about being a good role model. We cannot in good conscience tell our patients to cut down their TV viewing time to less than two hours a day, and increase their activity time to 30-60 minutes a day, while we sit back and watch another episode of House (I mean, it's *almost* like studying, right?). It's all too easy to get home from a long day at work and veg on the couch.

One thing that impresses me is the sheer energy of my fellow residents at UCSD. Some residents are part of a running club that meets up 2-3 times/week. Other residents take weekly hip hop, ballet, and pilates classes. Others are training for half-marathons, and have completed the San Diego Triple Crown (running all three San Diego half-marathons in one year). We also plan to run the Disney Land Half Marathon next fall together (let us know if anyone else is interested!). For me, back in New Jersey, it was easy to make excuses to stay inside and not be active outside ("there are 2 feet of snow, and I can't get my car out of the driveway," or "it's raining so hard there's a river running over the sidewalk"), but California's weather is beautiful year-round. So no excuses; get some of your friends together and go for a hike, jog, or whatever activity makes you happy, and make your patients proud!

Contact your district officers

District Coordinator

Kate Roberts, MD
Pediatric Resident
kroberts@choc.org
CHOC Children's

Assistant District Coordinator

Jen Yu, MD
Pediatric Resident
icy005@ucsd.edu
UC San Diego

Upcoming Events

Chapter 1 (Northern California)
Breaking the code to a successful practice
December 5th, 8am – 4:30pm
www.aapca1.org

Chapter 2 (Los Angeles)
Clinical Pediatrics
February 11-14th
www.aapca2.org

Chapter 3 (San Diego)
Advances in Pediatrics 2010
March 26-28th
www.aapca3.org

Resources

Resident AAP website
www.aap.org/sections/resident

District IX Resident Website
www.aap.org/sections/resident/districtix.htm

YP Connection
The YP connection is a Facebook-like website that is put together by the young physicians section.
www.aap.org/sections/ypn

Kris Calvin, AAP-CA CEO's Three for Thought Blog
Kris Calvin writes updates on important news. It's a great way to stay up to date on important topics. You can also join her listserv to get updates on the Academy's political involvement.
www.aap-ca.org/news/blog.html

