FROM THE CHAIR
IN THE CORNER

Tommy Cross, MD
Chair, Med-Peds Section of the AAP

Wow! It is hard to believe that 2011 is over. This newsletter marks our 1 year anniversary of collaborating within the Med-Peds world by having a combined newsletter. NMPRA (the Med-Peds resident association), MPPDA (the Med-Peds program director’s association), and the AAP Med-Peds Section have been combining forces to put together this newsletter during the past year and hopefully you’ve enjoyed hearing about what is going on in the other organizations.

From the AAP Med-Peds Section viewpoint you’ll find several articles related to activities of the section. You’ll find out information on our upcoming ACP meeting in New Orleans as well as information about the regional meetings coming up in 2012. Additionally, we had a very successful AAP meeting in Boston and many of you were active volunteers with our Pediatrician Health Day, where we offered pediatricians the chance to ask questions of

PEDIATRICIAN HEALTH DAY

Allen Friedland, MD, FACP, FAAP
Program Director, Med-Peds Christiana Care Health System

What a great time we had!!! What an opportunity to teach others, network together and develop skills “on the job” to educate pediatricians regarding the up to date adult preventive health care guidelines. We know the leaders of the American Academy of Pediatrics noticed everyone’s work and that they appreciate the value of med-peds as a career. The notes you

Continued on page 3...
members of our section about preventative screening tests and other intern-
neal medicine issues.

Through the winter, we will be in the midst of recruiting for new Executive
committee members—we have two slots for those in practice and/or aca-
demics and one resident slot available for the upcoming election. A de-
scription of the Section and its committees can be found on the Section’s
website: www.aap.org/sections/med-peds.

Here is a summary of the responsibilities for section executive committee
member within the AAP Med-Peds Section:

- Actively participates in the work of the section.
- Provides thoughtful input to the deliberations of the executive
committee.
- Focuses on the best interests of the Academy and the Section
rather than on personal or constituent interests.
- Works toward fulfilling the section’s goals.
- Reports to the section chairperson.
- Reviews all relevant material before meetings. Makes
contributions and voices objective opinions on issues.
- Attends all meetings and conference calls.
- Volunteers to take the lead in section activities appropriate to
expertise.
- Carries out individual assignments made by the chairperson
and/or staff.
- Works as part of the executive committee/staff team to ensure
that the executive committee’s projects help AAP members,
children, and staff who are responsible for the section’s
programs.
- Represents the section in meetings of other sections,
committees, or organizations as directed by the Academy.
- Serves as spokesperson on behalf of the Academy to the media,
outside organizations, and others as requested by the Academy.
- Focuses attention on the section’s role and how it supports and
fits with the interests of the Academy and its strategic plan.
- Assists the membership committee or its equivalent in the
evaluation of applicants.
- Discusses any activity which may involve a fiscal note with the
chairperson and staff.
- Discloses potential conflicts of interest.

Members of the committee meet twice a year at the Annual Meetings of the
AAP and ACP. If you would like to be considered, or nominate someone
else for this position, please contact Cynthia Peacock, Nominations Com-
mittee Chair at cpeacock@bcm.edu.

Finally, I hope all of you are taking care of yourself. Remember, this is a
great time to take some of your own advice that you have been dishing out
to your patients—begin or improve on a healthier lifestyle with an empha-
sis on taking care of yourself for a change! Begin a new exercise program
or work on ways to reduce stress in your life (I know, I know…for some of
you “thinking about my stress only makes me more stressed.”) J. But seri-
ously, don’t forget to take some time for yourself. You know you deserve
it!

Thanks again to the NMPRA and MPPDA leadership for their concerted
efforts in making this combined newsletter a reality.

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**Med-Peds Community Launches New Website to List PubMed Articles Written by Med-Peds Physicians**

David Kaelber, MD, PhD
Case Western Reserve University

Launched in December of 2011, the Med-Peds Authors Bibliography is an
ongoing collaborative project of the Med-Peds Program Directors’ Asso-
ciation (MPPDA), the American Academy of Pediatrics/American Col-
lege of Physicians Med-Peds Section, and the National Med-Peds Resi-
dents’ Association (NMPRA).

The goal of the Med-Peds Authors Bibliography project is to compile a
list of peer-reviewed literature by Med-Peds trained physicians.

This is a service provided by the Med-Peds community for those inside
and outside the Med-Peds community looking to find research published
by Med-Peds physicians. Because of the inability to search PubMed by
the clinical training of the author, this list is not designed to be inclusive
of all literature published by Med-Peds physicians. It is a listed compiled
by Med-Peds physicians based on their own publication and publications
that they know of of other Med-Peds physicians.

We are always looking to add peer-revied, PubMed cited publications to
add to this list. Peer-reviewed, PubMed cited publication can be added to this list as fol-

- Find the references in PubMed
- Select "Send to"
- Select "File"
- Select "MEDLINE" format
- Select "Create File"
- Save the file as "pubmed_result (LASTNAME).txt"

Email the file to bibliography@medpeds.org. The Med-Peds Authors Bibliography is a txt files containing peer-
reviewed, PubMed cited references in MEDLINE format. We choose this
approach for the Med-Peds Authors Bibliography so that MEDLINE for-
mat text (.txt) file could them be downloaded and imported into standard
reference manager software such as EndNote, RefWorks, ReferenceMan-
ger, etc.

If you have questions, comments, or contributions regarding the Med-
Peds Field Bibliography, please email bibliography@medpeds.org.

More information about this project and the current Med-Peds Authors Bibliography file can be found at http://www.medpeds.org/resources/
biblioauthors.asp.
provided about other topics asked by pediatricians will serve as our needs assessment for this project next year. There were 34 volunteers (10 students, 11 residents/fellows and 13 attending physicians) from 20 unique residency programs, private practices and medical schools. Wow!!

I cannot tell you how it makes me feel as a program director to see some of my medical student mentees and my residents interact with pediatricians and display their superb abilities in at least 4 of the 6 core competencies including interpersonal and communication skills, professionalism, patient care and medical knowledge at the PHD exhibit. I can truly say that they showed off some of the “milestones” needed to be a successful med-peds physician.

What you as a student took away from the Pediatrician Health Day Experience

Junaid Niazi, MS4
Baylor College of Medicine

This year at the American Academy of Pediatrics (AAP) Conference, the Med-Peds section of the AAP hosted their second Pediatrician Health Day (PHD), a program aimed at providing individual information and education to pediatricians about their own adult health care needs. In addition to rendering this service, PHD was also designed to showcase the value of Med-Peds to the AAP in a way that was both personal and meaningful.

Informed by the few hours I spent at the booth, I believe that the PHD succeeded in these two endeavors. A number of attendees approached our booth to see what we were about, gather information on how they could best ensure their future health, or pose insightful questions regarding their health or general health topics. While this number may have been small considering the total number in attendance, it was evident that we piqued the curiosity of a much wider audience many of whom simply studied us from afar. Hopefully, simply contemplating our presence at the AAP Conference would cause some within this subset to pause and reflect on their own health. In this way, PHD could have reached a far greater number of pediatricians than could be measured.

As a volunteer, I enjoyed the experience simply for the opportunity to meet and engage the other volunteers who ranged from fellow medical students eager to delve into Med-Peds training all the way to faculty well established in their careers and more than willing to share their enthusiasm for the field. However, the most rewarding aspect was being part of a representative group for Med-Peds striving to promote our cause. I believe the path to change involves starting small and chipping away slowly. PHD exemplified this notion and Dr. Niraj Sharma’s timely and fitting keynote “Advocacy Through Med-Peds” at the NMPRA Conference that same weekend reinforced it.

It was thrilling to embark on my journey of advocacy for my field, my colleagues, and my patients as a member of the Med-Peds family. PHD provided me an unbridled foray into this world—one that I hope was but a microcosm of a most fulfilling career in advocacy—and I look forward to similar experiences at subsequent PHDs.

NMPRA Webmaster Wanted

Like the NMPRA website? Have ideas to improve it? Since our current webmaster is graduating in 2012, we are looking for a new NMPRA Webmaster this year. It will be a year-long position, and the webmaster is a non-voting member of the NMRPA Executive Board, participates in monthly telephone board meetings, and attends the NMPRA National Conference.

Requirements: Experience with website design and HTML coding. ASP and SQL database experience is a plus. Must be a Med-Peds Resident, PGY-1 to PGY-3.

Please email your CV and cover letter with ideas for the website to webmaster@medpeds.org
Update from the Med-Peds Program Directors’ Association

Scott Holliday, MD, FACP, FAAP
President, MPPDA

At the national meeting in Boston, I was excited to tell you that the number of medical student applicants to Med-Peds programs across the country was on par with the numbers from the previous year. What we were seeing in October, however, was a shift toward earlier submission of applications by our applicant pool. Our total number of applicants who had submitted applications to Med-Peds residency programs as of mid-November was 422 – down from 484 in 2010, but up from 374 in 2008. While we as program directors love to see organized applicants with timely completion of applications (just as we love our residents to complete administrative tasks in a timely fashion!), we don’t like the decline in total applicants.

As we look to examine the reasons for the decline, there are always going to be natural ebbs and flows to the number of students going into any specialty from year to year. But a 15% decrease is beyond what we would anticipate through normal variations. Last year, we had quite a few Med-Peds applicants who did not match into Med-Peds residencies – despite being qualified to do so. It is no wonder, then, that fewer students would put themselves at that risk and apply to Med-Peds programs. So, where do we go from here?

As Med-Peds residents, practitioners and program directors, we know the value of Med-Peds training. Over the years, we have done a good job of “telling the Med-Peds story”. We’ve had an active North Eastern program directors’ group traveling through the region to discuss Med-Peds with students and to encourage residents already training in Med-Peds. We have had teams of Med-Peds residents, practitioners and program directors giving talks to schools without Med-Peds programs, teaching students about our training pathway. And, we have had an increase in the number of Med-Peds Interest Groups at our medical schools throughout the country. We’ve worked to increase the numbers of applicants, but those numbers cannot be sustained if we do not have an adequate number of residency spots to accommodate them. So we need to do more.

Part of our strategy for continued success, must be support of existing Med-Peds residency programs. GME funding is currently at risk in congress – and programs without strong advocates are at risk if institutional funding decreases. We must all make an effort to speak up for GME funding at the federal level and encourage our categorical program colleagues to do the same. But not only with federal funding, we should work to make sure we are supporting struggling programs at all levels. To that end, the MPPDA has initiated a Med-Peds Residency Program Consultation Grant to fund program director visits to programs having difficulties and provide recommendations and solutions for the issues at hand. We also need to vocally advocate for Med-Peds programs with the ACGME and the ABP and ABIM to avoid regulatory barriers to the growth of Med-Peds. We want to make sure that all of our existing Med-Peds programs not only survive, but thrive. But we also need to work to increase the number of Med-Peds training spots across the country. Some programs have increased the number of positions they offer through the match. This is a good start. Yet we still have several medical schools and many institutions that train residents without Med-Peds training programs. We need to re-double our efforts to make connections with students at Med-Peds-unrepresented schools. The voice of students requesting Med-Peds and the loss of high-caliber students going to other institutions is the best way to encourage institutions to consider adding Med-Peds programs.

As we look toward promoting Med-Peds on the national level, we have a great deal of talent and passion in our three Med-Peds organizations (NMPRA, AAP Section on Med-Peds and MPPDA). Let’s work together to promote interest in Med-Peds – from students, to medical schools, to training institutions.

We would like to thank the following volunteers for helping to make the Med-Peds Pediatrician Health Day (PHD) 2011 a success!

Veda Koneru
Brian Lee
Himani Divatia, DO
Rebecca Cook, MD
Jennifer Gauntt, MD
Karla Testa, MD
Amanda Gittus, MD
Steven Scofield, MD, FAAP
Alex Djuricich, MD, FAAP
Russ Gombosi, MD, FAAP
Junaid Niazi
Scott Holliday, MD, FAAP
Joshua Rein
Jennifer McEntee, MD
Sarah Thornton, MD
Arlene Chung, MD
Jonathan Tolentino, MD
Jennifer Chuang, MD
Ron Williams, MD
Sarah Goldberg, MD
Tim McClung
Morgan McDonald, MD, FAAP
Marylee DiIling, MD
Colleen Keough
Tony Pastor
Brandon Allport
Edward Iglesia
Joyce Lippe, MD, FAAP
Binney McCague, MD
Kate Kessler, DO
Vidya Raju, MD
Jan Flesche, MD
Allen Friedland, MD, FAAP
Michael Donnelly, MD, FAAP
Tommy Cross, MD, FAAP
Experiences and Impressions from PHD: Med-Peds Residents’ Perspectives

Sarah Thornton M.D., PGY4, Georgetown University Hospital
Jennifer McEntee, M.D., PGY 4, University of North Carolina
Jenn Gauntt M.D., PGY-2, Christiana Care Health System
Himani Divatia, D.O., PGY-1, Christiana Care Health System

Thanks to everyone for another successful year of the ‘Pediatrician Health Day Program’ at the 2011 American Academy of Pediatrics Conference in Boston, MA. This program once again enabled us to see the true essence of Med-Peds and put our knowledge into practice while helping our Pediatric colleagues. As residents, we were able to take part in the PHD program by inviting Pediatricians to visit our booth and teaching them on the updated recommendations regarding their own health care. We discussed adult preventative health, and shared with them the most up-to-date, evidence-based screening guidelines. Many of the pediatricians attending the conference were pleasantly surprised at our initiative, and honestly grateful for our efforts in improving their own health. Physicians often need reminders to keep track of their health in the midst of being busy caring for patients. Visits to the booth varied from picking up a pamphlet of current recommended screening guidelines, to asking specific questions about the recent changes in screening practices, learning the evidence behind these new recommendations, and addressing personal concerns.

The PHD program reminded our Pediatric colleagues to stay current with their own health. The benefit was undoubtedly double-sided. Besides being a great review of the new data, this program allowed residents to work with medical students interested in Med-Peds as well as our advisors and mentors in NMRPA. We were able to meet and network with pediatricians of various backgrounds; several were even trained as Med-Peds. Our attendees were excited to talk with young Med-Peds physicians and eagerly asked about finding local Med-Peds physicians in their communities to whom they could comfortably refer their young adult patients. It reminded us of the strong role Med-Peds physicians play in transitional care, and the ability to continue building relationships and providing continuity of care. Overall, the PHD program was a wonderful opportunity for Med-Peds medical students, residents, as well as attendings to share important health screening knowledge. Our Pediatric colleagues were interested in learning more about how they can improve their health and appreciated our time and commitment to the Medical Family. We look forward to expanding upon this program each year while we continue to offer a unique Med-Peds service to the American Academy of Pediatrics.

Pediatrician Health Day

Joy Lippe, MD
Staff Physician, Cincinnati Children’s Hospital Medical Center
Clinical Instructor, University of Cincinnati

Walking through the massive exhibit hall at the 2011 AAP NCE, I ventured into the designated AAP area, gazing at the website and bookstore areas – and then my eyes fell on a sign stating “Pediatrician Health Day” – and the smiling, enthusiastic, welcoming group of people standing next to it. While immediately pleased that I had found the booth I would be working at myself later that day, I was instantly impressed by the group of Med-Peds attendings, residents, and medical students gathered there, all from different parts of the country, and all bringing a wealth of knowledge and caring to the AAP.

No other booth at the exhibition focused on the importance of physicians taking good care of themselves. And when I had my opportunity to work at the booth, I consistently heard from pediatricians (as well as physicians’ family members who were touring the exhibit hall), “how nice that you’re providing us this information” and “what a great resource!” Everyone appreciated having the useful handout on recommended preventive health care, complete with resources for further information, and while many gave a slight chuckle when they saw the “Stress Self-Assessment” on the back of the sheet, I believe they likely took that self-assessment later, and in that way helped identify not only their stress level, but how well they are dealing with the stressors in their lives. Quite a few people also had a question for us – some had multiple questions – and the creators of Pediatrician Health Day had really made a comfortable environment that facilitated being able to chat with people about the evidence for fish oil, or how much Vitamin D they should be taking, or what their cholesterol goals would be.

Working at the booth was also a wonderful opportunity for me to interact with Med-Peds attendings, residents, and medical students from across the country. Having recently completed my residency, it was so fun to be able to talk with residents – many in their 3rd and 4th year – about future plans, and the excitement and enthusiasm of medical students always energizes me. It was a great opportunity for networking as well, with many Med-Peds colleagues as well as AAP Leadership, as several AAP Leaders stopped by our booth.

Being part of Pediatrician Health Day was an excellent experience, and I hope to be able to participate again in the future!
**Thursday, April 19, 2012**

**Driven to Distraction: Adult Attention-Deficit Disorder—Fact or Fad?** (MTP 117)  
*Psychiatry*

**Date/Time:** 4/19/2012 (2:15 PM - 3:45 PM)  
Be familiar with the basic diagnostic approach and useful tools to diagnose attention-deficit disorder in adults, and recognize when coexisting conditions are present.  
Be familiar with several of the pharmacologic and nonpharmacologic options for treatment and be able to initiate medical therapy in patients.

**Professor:** Steven M. Scofield, MD, FAAP

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**Saturday, April 21, 2012**

**Healthy Internist Is a Happy Internist, A** (WSO 010)  
*Career and Professionalism*

**Date/Time:** 4/21/2012 (2:15 PM - 3:45 PM)  
Be able to complete a self-assessment inventory about one’s own stress level.  
Become more familiar with the signs and symptoms of burnout.  
Compile strategies and resources to prevent physician burnout.  
Understand the evidence behind different organizations’ recommendations related to screening for common types of cancer, such as breast, colon, and prostate.

**Moderator:** Allen Friedland, MD, FAAP, FACP  
**Co-Moderator:** J. Thomas Cross Jr., MD, MPH, FAAP, FACP

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**Friday, April 20, 2012**

**Med-Peds Reception**  
*Time-TBD*