NMPRA Destination: N’awlins!

An Insider’s Guide to New Orleans
By Emery Chang, MD, Tulane Med-Peds

Oooeee! There’s nothing quite like a weekend in New Orleans—whether you spend it crawling up and down Bourbon street listening to jazz music, touring the Antebellum mansions of the Garden District, or visiting the many museums and art galleries, you’re sure to have a unique experience. The Crescent City (so named for the bend of the Mississippi River that cradles it) has had many other names in its long history, such as “The city that time forgot,” the “birthplace of jazz,” and, of course, “the home of Mardi Gras,” and even a short visit will provide you with a satisfying sampler of what this city has to offer.

Don’t pass up a chance to see this great city and spend time with other Med-Peds residents from around the country! Make plans now to attend the NMPRA annual meeting, held in conjunction with the AAP meeting in New Orleans, November 1-5. The NMPRA meeting will occur on Saturday evening November 1st at Mother’s Restaurant, a classic New Orleans Cajun restaurant. There will be a meeting, educational session, and of course, lots of time for eating and socializing. Afterwards, we’ll head to the Quarter for some music and fun.

In an effort to guide you to the local favorites, and to help you avoid the tourist traps, I’ve compiled a few handy lists. Please feel free to send me email me at nmpra@medpeds.org with any questions, or other suggestions.

Hope to see you down here for the AAP and NMPRA meetings! Laissez les bon temps roule!

(Continued on page 2)

NMPRA Annual Meeting Information

What: NMPRA Annual Meeting & Dinner, held in conjunction with the AAP Conference. Plan to meet and socialize with Med-Peds residents and faculty from all over the country.

When: Saturday, November 1st, 2003 at 6:30 PM

Where: Mother’s Restaurant, Next Door– Locals’ favorite restaurant for New Orleans classic cuisine

How: Reserve your place now by emailing RSVP@medpeds.org or going online to www.medpeds.org and choosing the NMPRA Annual Meeting Link. Be sure to include your name and contact information.

Cost: Free to the first 100 NMPRA members to RSVP. Non-Members are $15 each.

NMPRA Website Upgrades

By David Kendrick, MD

In June of 2003, we rolled out an exciting new addition to the NMPRA website (www.med-peds.org). The site has been upgraded to a database-driven system which will greatly enhance our ability to provide services and information to members and others interested in Med-Peds. These new site upgrades enable NMPRA to offer a variety of online directories including membership (both programs and individuals), Med-Peds Electives, and eventually, Combined Fellowship programs.

NMPRA Program & Member Benefits

Each NMPRA member now has a unique Member Update Code that can be used to log into the NMPRA site and maintain a personal member profile. Mem-

(Continued on page 8)
(Continued from page 1)

Need a place to stay? There are many convenient, affordable places to stay in the French Quarter and the adjacent “CBD” (Central Business District). But don’t forget to check out the Garden District’s B&Bs, which are a short trolley ride away, and the other side of the French Quarter in the Marigny area. The AAP Conference website also lists the “official” conference hotels, and many of these are available through their site for a discount. Check out our site at www.medpeds.org and choose the annual meeting link. Follow the instructions to be taken to the AAP’s hotel reservations page. Some other options on a budget with a real New Orleans feel:

- Columns Hotel- Uptown
- The Frenchman Hotel- Marigny

Music? There are dozens of bands throughout the city; the most famous bands tend to be late night affairs. Preservation Hall, Snug Harbor, Spotted Cat, and the Maple Leaf are just a few of the many places for music. Check the Lagniappe circular in the Friday paper or the free Gambit newspaper for listings. To plan ahead, check out www.bestofneworleans.com or www.offbeat.com and choose music for a complete listing of the week’s entertainment. My favorite music venues are:

- Snug Harbor
- Tipitina’s Uptown
- Donna’s Bar and Grill
- The Funky Butt
- The Maple Leaf

Hungry? New Orleans is well known for its food, Cajun, Creole, French, and fresh seafood. Love raw oysters? They are fresh, sweet and only $6 a dozen. If not raw, then have them baked a dozen ways, fried in a Po’Boy sandwich, or BBQ.

In an effort to guide you to the local favorites, and to help you avoid the tourist traps, I’ve compiled a few handy lists . . .

Fresh Gulf shrimp and fish are a plenty. Of course, don’t forget to get some gumbo (each restaurant’s is completely different), jambalaya, crawfish etouffee, and red beans and rice. For the sweet tooth, pralines, beignets at Café du Monde and Créme Brule are a must.

- Jacques Imo’s- a wild dinner experience in Uptown. Absolutely worth the wait.
- Inne’s Cuisine- Off the beaten trail in the French Quarter, among the best food in town. St Phillip and Charters
- Felix’s Oyster Bar- my favorite oyster bar. Sit inside, eat oysters and drink Abita beer and watch the foolish tourists wait in line at the ACME Oyster house across the street. Iberville and Bourbon in the French Quarter.
- Café du Monde- great 24 hours for coffee or coco and beignets at Jackson Square
- Commanders Palace- a real New Orleans classic—upscale dining in uptown. The service food and atmosphere are impeccable.

Thirsty? Well, one must have a Hurricane while one is down ere but beware, as they can be quite potent and tends to be the precursor to wild times on Bourbon Street. Open containers are legal in NOLA so it’s very conducive to just wandering around and people watching. My top bars are:

- Pat O’Brien’s- a tourist’s favorite in the French Quarter with a great courtyard and take home hurricane glasses.
- The Pub and the O’s- two very friendly, welcoming gay bars with great music, open 24 hours for the late night clubber and don’t forget Drag Bingo at 6 PM on Thursday, Friday, and Sundays.
- Cat’s Meow- a casual, always hopping karaoke bar on Bourbon St. Be careful, though. Your friends might buy the video of you on stage if you get too wild!

- Any of the Frenchman Street bars in the Marigny including d.b.a., the Spotted Cat, Café Brazil, and the “R” bar.

Need a break from the Quarter? Don’t forget the Uptown area, with dozens of antique shops, bookstores, and funky jewelry and clothing shops, the D-Day museum, the many art galleries on Julia Street (First Saturdays on November 1 with all the galleries having an open house 5-9 PM), Audubon Zoo, and don’t forget about Frenchman Street on the other side of the Quarter for restaurants, cafes and music hangouts.

- Swamp Tours: These come in two varieties:
  1) Academic: Honey Island about 1 hour away via shuttle
  2) Airboats and Alligator-catchin’: Airboat Tours

- D-Day Museum in the CBD near Lee Circle
- Audubon Zoo in Uptown or the Aquarium at Riverwalk
- Cabildo Louisiana Museum in the French Quarter—see where it all began, site if the signing of the Louisiana Purchase.
- “First Saturdays” open houses at the Julia Street art galleries in the CBD near Lee Circle.

NMPRA Pins Now On Sale!

Pin A: $5 and Pin B: $4

Place your order by e-mail at nmpracoordinator@medpeds.org.

(List of contributors and editorial board members provided)
Greetings from NMPRA! The 2003-2004 academic year has begun, bringing with it both promise and opportunity as NMPRA continues to grow in every way. With each successive year, NMPRA has added new members and programs, and has expanded the services it offers. This year should be no exception, and I want to take this opportunity to urge you to get involved. This organization is run entirely by Med-Peds residents who share a common interest in promoting our profession, providing services to residents, and developing a more cohesive Med-Peds community. I am very proud of our new slate of officers, whose credentials and experience will contribute significantly, but we still need your involvement to accomplish many of these goals.

Below, I have listed a few of the major projects that we will be working on this year. I hope that you will review the list and choose one or two that interest you. Please email me at President@medpeds.org with your information and any projects of interest (or any other projects or ideas that you may have), and we’ll include you in these efforts.

Annual Meeting
The annual NMPRA meeting this year will be held in conjunction with the AAP Meeting in New Orleans on November 1, 2003. We are planning a dinner, meeting, and educational session for this year at a classic New Orleans restaurant. Please let us know if you are interested in attending and/or working on the annual meeting committee.

NMPRA Website
The NMPRA website, www.med-peds.org is easily the most popular Med-Peds website on the internet, with monthly hit counts routinely above 20,000. We are working diligently to keep the contents fresh and up-to-date, but this is a major task—any members interested in assisting with writing, web-design/programming, or just updating of existing content would be welcomed. Be sure to read all about the exciting changes to the NMPRA web site in the article “NMPRA Website gets an Upgrade” on page 5.

Scholarships/Awards
Currently, NMPRA offers two $1000 scholarships to members each year, the Howard Schubiner Award and the Gary Onady Award. These scholarships have been funded by Astra-Zeneca for the last two years. The applications for the scholarships are available in the spring of each year and a panel comprised of NMPRA members and advisors select the winners.

Publications
Over the last few years, NMPRA has compiled an impressive list of publications and information for the Med-Peds community. Some of this literature has been created independently, and some has been the result of the combined efforts of NMPRA, the Med-Peds Program Directors Association, the Med-Peds Section of AAP, and others. These publications include the Med-Peds Job Guide, the Combined Fellowship Guide, Med-Peds 101, and this newsletter, the Med-Peds News. We are seeking members to serve as editors for the updating of these important publications, as well as authors who are interested creating new publications of interest to the Med-Peds community.

This organization is run entirely by Med-Peds residents who share a common interest in promoting our profession, providing services to residents, and developing a more cohesive Med-Peds community.

Med-Peds Marketing
As you are surely aware, Med-Peds is a relatively new specialty in a healthcare industry that is notorious for slow change. All of us have experienced the often frustrating task of explaining our scope of practice to patients, to ancillary care, and even to other physicians. This frustration becomes an outright problem when insurance companies and hospitals fail to recognize our combined expertise. NMPRA has always worked to “get the word out” about Med-Peds, especially through our website. However, this year we hope to make a concerted effort (in combination with the other major med-peds organizations) to market our specialty to the lay public and the medical community. The goal of these efforts is to expand awareness of our specialty and to open doors for med-peds residents in new areas.

Med-Peds Recruiting
One of NMPRA’s primary goals is to aid programs with recruiting. Obviously, new residents are the life-blood of our organization, and a good Med-Peds match is good news for NMPRA as well as for the Med-Peds community. Thus, an entire section of the NMPRA website is targeted towards recruiting medical students to our specialty. This portion of the site includes recruiting brochures and information for use by Med-Peds programs, a directory of Med-Peds electives, and even an Ask-a-Med-Peds resident feature. This year we want to update and expand these offerings with the help of interested residents.

Med-Peds Jobs
NMPRA hosts the only job-board on the internet dedicated exclusively to Med-Peds positions. This job board has grown by leaps and bounds over the last year and we view it as a significant benefit to members. We are seeking residents to help solicit jobs and job-related links for the NMPRA Job Site.

There are many other projects and activities planned for the year, and, as always, we are open to suggestions from you. This year promises to be a great one for NMPRA, and I hope that you will be an active part of this important organization!
This past year has been a wonderful year for NMPRA. We have achieved many milestones, both internally and externally. Our membership, at over 500 members, is the largest it has ever been. Internally we have tripled the size of the Executive Committee, formed the NMPRA Advisory Board, established strong ties with the Med-Peds Program Directors’ Association (MPPDA) and the American Academy of Pediatrics Med-Peds Section, and developed a new electronic infrastructure. In addition, we ended the year with a balanced budget, set 1-year, 3-year, and 5-year goals, and adopted our mission statement: A resident driven organization dedicated to providing information, opportunities, and programs to current and future Med-Peds residents.

More visibly (and more importantly) to most of you, have been all of our external accomplishments. Some of these include the first ever the Med-Peds Fellowship Guide (www.medpeds.org/fellowship_guide.htm), the greatly expanded Med-Peds Job website (www.medpeds.org/jobs.htm), in addition to the revised Job Pamphlet (www.medpeds.org/pamphlet_jobs.htm), and the return of the popular Specialists for Child and Specialists for Adults lapel pins (www.medpeds.org/pins.htm).

For medical school students, we compiled a unique list of Med-Peds Electives (www.medpeds.org/electives.htm) and began a successful Ask-a-Med-Peds-Resident webpage (www.medpeds.org/electives.htm).

Additionally, we produced a quarterly newsletter (www.medpeds.org/news.htm), selected two sets of NMPRA Award winners (www.medpeds.org/awards.htm), and conducted a national meeting (www.medpeds.org/national_meeting.htm). The NMPRA website, located at www.medpeds.org and www.med-peds.org, has become the primary place on the web for information about Med-Peds and received over 20,000 hits per month.

None of these activities would have been possible without the entire NMPRA Executive Committee and the NMPRA Coordinator. I have been very fortunate to work with this dedicated group of individuals. As I end my term, I am more excited than ever about NMPRA and its future, and the ways in which NMPRA can help us as residents. Thanks for a wonderful year!
NMPRA Election Results and Board Members for 2003-2004

By David Kaelber, MD, PhD, NMPRA Immediate Past President

The offices of President-Elect, Secretary, and Treasurer all ran unopposed this election cycle and so the three candidates running for these offices were elected. In addition, the outgoing NMPRA Board of Directors unanimously nominated Tommy Cross for another one-year term at the NMPRA Non-Resident Advisor. The composition of the 2003-2004 NMPRA Board is shown in the inset, and short bios on each officer are shown below.

**NMPRA Board of Directors for 2003-2004**
- President: David Kendrick, MD
- Secretary: Kim Granwehr, MD
- Treasurer: Emery Chang, MD
- President-Elect: Heather Toth, MD
- Immediate Past President: David Kaelber, MD, PhD
- Non-Resident Advisor: Tommy Cross, MD, MPH
- NMPRA Executive Assistant: Cheryl Dempsey

David Kendrick, MD, who served this past year as President-Elect, is now the NMPRA President. Born and raised in rural Oklahoma, he attended the University of Oklahoma, earning degrees in Chemical Engineering and Medicine. He began his Med-Peds training at the University of Oklahoma Health Sciences center and transferred to Tulane after his wife, Christie, matched for residency in New Orleans. He is currently a fourth-year and Chief Resident. David has served in several leadership positions for the Oklahoma State Medical Association, the Tulane Housestaff Association, and as a NMPRA Executive Board member last year. He has developed several software applications to facilitate communication and education in medicine, and following residency he hopes to pursue a fellowship in Medical Informatics. In the meantime, David and Christie have thoroughly enjoyed New Orleans, where they have learned a great deal about medicine, second-line parades, Mardi Gras, Jazz-Fest, the fine art of assembling costumes from household items, and the intricacies of dining in the South’s gastronomic capital.

Kim Granwehr, MD, is NMPRA’s incoming Secretary. She was born in southern California and was raised and attended college in Idaho, where she earned a Bachelor of Science in Biology. The East Coast beckoned and she moved to Maryland to attend medical school at The Johns Hopkins University. Her Med-Peds career began in chilly Rochester, New York and will end in sweltering Galveston, Texas where she moved when her husband Bruno accepted a fellowship position. She is currently a new mother, a fourth-year and Chief Resident, and an active member on multiple committees such as the Resident Council, the Graduate Medical Education Committee, and the Residency Recruitment Committee. She is looking forward to the year as Secretary.

Emery Chang, MD, re-elected to serve a second one-year term as Treasurer, is in his third year of residency at Tulane. He is looking forward to another year as NMPRA continues to grow and expand member benefits. He is originally from Minnesota, and living in the Big Easy has been great! He’s enjoyed the great music, laid-back attitude, and continues to play volleyball, the violin, and working on his turn-of-the-century “shot-gun” house.

Heather Toth, MD, who will assume the NMPRA Presidency for 2004-2005, is currently a third year resident at the Medical College of Wisconsin. She completed her undergraduate training with highest honors at the University of Wisconsin-LaCross, completing a double major in Spanish and Pre-Professional Medicine. She studied abroad in Valladolid, Spain, and volunteered for six months at a Maternity Hospital in Veracruz, Mexico. She continues to volunteer in her local community as well as in Central America. Her interest in NMPRA began as a medical student via the NMPRA website (www.med-peds.org) and she is excited for the future of Internal Medicine-Pediatrics!

David Kaelber, MD, PhD, after finishing his term at NMPRA President, is now in his final year of residency at Case Western Reserve University, MetroHealth Medical Center. He grew up in Rockville, Maryland and completed his undergraduate degree in Electrical and Biomedical Engineering at Duke University. He attended medical school at Case Western Reserve University. While at Case Western, he also completed a Master of Science and Doctorate degree in Biomedical Engineering. After completing his residency, David will stay on as the Med-Peds Chief Resident, and he plans on pursuing an academic career. His wife, Kristin Kaelber, is also a Med-Peds resident.

J. Thomas Cross, JR., MD, MPH graduated from Tulane Medical School in 1988. He completed a combined Internal Medicine-Pediatrics residency at the University of Arkansas and Arkansas Children’s Hospital, then a combined Med-Peds Infectious Diseases fellowship in Little Rock, Arkansas. He served as the Med-Peds Program Director and as an attending in Infectious Diseases at Louisiana State University from 1994-2002. He left academic medicine for a career in medical publishing and currently is “roughing it” in Colorado Springs, CO, where he is Vice President of Education the Med-Study Corporation. He is a past-President of the Internal Medicine-Pediatrics Program Directors Association (MPPDA) and served on HRSA’s Advisory Committee on Training in Primary Care Medicine and Dentistry from 1999-2002. He remains active in residency issues and is the NMPRA Non-Resident Advisor.

Cheryl Dempsey, our new Executive Assistant, will be replacing Renee Gaines, our NMPRA Coordinator for the past two years, as a non-voting member of the NMPRA Board of Directors. She was introduced into the world of Med-Peds as Tulane University’s Med-Peds Program Coordinator. She is a native New Orleanian and over the years has lived and worked in Austin, TX, Kailau-Kona, HI, and the Napa Valley region of northern California.

**WANTED:** Two At-Large Representatives to the NMPRA Board of Directors

**To Apply:** Email your CV and request to President@MedPeds.org

**Deadline:** Applications must be received by 11/15/2003

---

**OPPORTUNITY FOR INVOLVEMENT**

**Deadline:** Applications must be received by 11/15/2003
Attention Med-Peds Residents: Update your NMPRA Profile now!

To take advantage of all of the benefits of NMPRA membership, you will need to be sure that your NMPRA member profile is up to date. Updating your member profile is easy and can be done several ways. To log in and update your profile do one of the following:

1. You should have received a welcome email with your (or your program’s) membership renewal. This email contains a link directly into your personal profile, as well as instructions for logging in manually. You may proceed directly to ②.

2. If you are unable to locate the email message, you may go to www.med-peds.org and choose “NMPRA Membership Information (Renew).” You will be taken to a screen with information for program members and individual members. Under the heading of INDIVIDUAL MEMBERS, choose the link labeled “Individual Membership Login” (②) and you will be taken to a screen where you can enter your Membership Update Code to log in(②). If you have forgotten your update code, you can enter your email address in the appropriate box and have the code emailed to you(③). If for some reason, the email address in our database does not match the one you enter, you will have the opportunity to send an email to the NMRPA coordinator, who will send your login information via email(④).

Once you have logged in, you will be presented with a screen containing your membership information (⑤). Simply choose the update button (⑥) and make the desired changes to your information (⑦). Once you are finished, click submit (⑧) and you will be returned to the NMPRA home page. You should receive an email confirming your changes in the next few minutes.
In order to ensure that your program’s listing in the NMPRA Online Program Directory is accurate and up to date, you’ll need to log in and verify the information. Updating this program profile is easy, involving only a few steps. To log in and update your profile do one of the following:

1. You should have received a welcome email with your program’s membership renewal. This email contains a link directly into your program’s profile, as well as instructions for logging in manually.

2. If you are unable to locate the email message, you may go to www.medpeds.org/Membership/ProgramLogin.asp where you should choose your program from the drop-list and enter your Program Update Code to log in (1). If you have forgotten your update code, you can enter your program’s email address in the appropriate box and have the code emailed to you (2). If for some reason, the email address in the NMPRA database does not match the one you enter, or your program does not appear in the list, you will have the opportunity to send an email to the NMPRA coordinator, who will send your login information via email (3).

Once you have logged in, you will be presented with a screen containing your program’s information (4). There are two types of information to update:

- Program information such as description and addresses (5) and,
- Individual Member information (6), listed below the Program information. To create a new member, simply choose the “Add New Members” button (7). To update an individual member of the program, choose the “update” link to the right of the person’s name (8). Be sure to review your program’s membership list to make sure that all new interns are listed, and that all members have an email address.

Simply choose the update button below the information you wish to change and you’ll be taken to the update screen where changes can be made.

Once you are finished, click submit and you will be returned to the Program Details page. From there, you can click “Exit Program Update” to be returned to the NMPRA home page (9). You should receive an email confirming your changes in the next few minutes.
(Continued from page 1)

bers can log in at any time (see the instructions in the inset, below) and update their personal profile information, which includes name, email addresses, mailing address, phone number, list-server subscriptions, etc. It’s important for members to keep this information up to date, so they don’t miss out on NMPRA events and opportunities. Similarly, each Program has been given a Program Update Code that the program director or coordinator can use to update the program’s profile. A program’s profile consists of the program contract information, including an email address and a link to the program’s home page, a description of the program, the number of residents per year in the program, as well as the number of program faculty and alumni. This Program Profile is used to populate the online Program Directory.

NMPRA Program directory
As a part of this new service for NMPRA members and programs, we have created an online program directory which can be searched by visitors to www.med-peds.org and allows them to communicate directly with Med-Peds programs via email or the program’s home page. We have provided this directory as a service to the med-peds community to facilitate communication, organization, and recruiting. This database provides a one-stop-shopping destination for medical students and others searching for Med-Peds programs.

Perhaps the best thing about this new directory is that each program can maintain and update their own directory listing. Changes can be made at any time, from any location, ensuring that the information is always kept up to date.

Med-Peds Electives Directory
Increasingly, Med-Peds programs around the country are offering Med-Peds electives. In an effort to help pair medical students with these electives, NMPRA has created an online Med-Peds Elective directory. Soon, programs will be able to post their available Med-Peds electives and update the directory listing as often as needed. The Electives Directory provides each program with the ability to create a custom listing explaining the parameters of the elective, and providing links to the program’s web site and email for further information. Medical students can search the directory of programs, and call or email directly for more information.

Combined Fellowship Directory
Seeking a combined fellowship program can be a difficult task. Realizing this, NMPRA published the first Combined Fellowship Guide last year. In order to continue to provide support for residents in this area, we are working to complete an online Combined Fellowship Directory which will be available to NMPRA members. Combined fellowship programs will have the ability to post their combined fellowship positions to directory, and NMPRA members will be able to search through the listings of combined fellowship programs, and email directly for information.

We thank our NMPRA Member Programs! Without you, we could not exist!

Baystate Medical Center Springfield, MA
Case Western Reserve University (MetroHealth) Cleveland, OH
Greenville Hospital System Greenville, SC
Harvard University Boston, MA
Loma Linda University Loma Linda, CA
Louisiana State University Medical Center New Orleans, LA
Marshall University Joan C. Edwards School of Medicine Huntington, WV
Marshfield Clinic- St. Joseph’s Hospital Marshfield, WI
Rush-St. Luke’s Medical Center Chicago, IL
St. Joseph Mercy/University of Michigan Ann Arbor, MI
St. Louis University St. Louis, MO
Saint Vincent’s Medical Center New York City, NY
Tulane University New Orleans, LA
University of Minnesota Minneapolis, MN
University of Rochester Rochester, NY
Yale-New Haven Medical Center New Haven, CT

These Programs have renewed their memberships for 2003-2004 (as of 9/19/03). Has your program renewed?

To view the latest active program list, go to www.medpeds.org/Membership/ResidencyDir.asp

To renew your program’s membership, go to www.medpeds.org/Membership/Membership_Renew.htm

A Word About Privacy
NMPRA holds the privacy of its members in the highest regard. Membership information is kept in a secure database, and will not be sold or distributed to anyone outside of NMPRA. We all receive too much junk mail (electronic and otherwise) and NMPRA does not wish to contribute further to the problem.

Please let us know if you have any questions or suggestions regarding these new web-based services—we hope that you find them a useful addition to your residency experience.

Contact NMPRA:
Please note our new address & phone number:

NMPRA
c/o Cheryl Dempsey,
NMPRA Executive Assistant
Department of Pediatrics
1430 Tulane Avenue, SL37
New Orleans, LA 70112
Phone: 504-588-5458
Fax: 240-209-2150
NMPRA@medpeds.org