

THE PERSPECTIVE

FALL 2010

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**Register for the
Conference at the
website:
medpeds.org!**

FROM THE DESK OF THE PRESIDENT BY , JENNIFER MCENTEE, MD MPH

I can't believe another year has already gone by! On behalf of the NMPRA Executive Board, I am excited to welcome you all, especially the new interns, to the National Med-Peds Residents' Association. This year, I am humbled to serve as the 2010-2011 NMPRA President and am excited for another great year for med-peds. We have an amazing executive board this year that is dedicated to serving med-peds residents and promoting our specialty in the ever-changing world of medicine. We look forward to a great year for NMPRA and look forward to creating more opportunities for med-peds residents and students interested in med-peds. Please see Page 4 of this volume of *The Perspective* to learn more about them. This year, we have already hit the road running this fall by planning our national meeting and promoting med-peds as a specialty by lobbying HRSA to include Internal Medicine/Pediatrics in the "primary care" reform legislation. We continue to discuss how we can improve our accessibility to med-students and residents.

As many of you know by now, our national meeting is right around the corner – Saturday, October 2nd, 2010 starting at 4:00 pm. This year, our national meeting is in San Francisco and will be held on the bay at the Waterfront Restaurant. We have been feverishly planning to make this a great national meeting. We have expanded our national meeting this year to include a panel discussion from 4:00- 5:30 pm during which we will



discuss various career paths a med-peds physician can pursue. The panel discussion will be followed by our traditional dinner meeting during which we will present the winners of the 2010 Case Abstract Competition, Advocacy/Community Service Award, and International Travel Grant as well as the 2010 Howard Schubiner and Gary Onady Awards. The highlight of our national meeting will be our keynote address given by Dr. Debra Lotstein from UCLA who will be discussing transitional care medicine - "Leaving the Nest: Adult Health Care Transitions for Youth with Special Health Care Needs." Please see our website for details regarding registration and travel arrangements.

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ANNUAL NMPRA MEETING IN SAN FRANCISCO

The NMPRA Annual Meeting will be at the Waterfront Restaurant on the evening of October 2nd. Our meeting is held in conjunction with the American Academy of Pediatrics National Conference and Exhibition, which is October 2-5th at the Moscone Center. In addition to attending the AAP Conference, NMPRA will have several activities throughout the weekend. On Sunday, October 3rd, the AAP Section on Med-Peds is holding a reception entitled "A Healthy Pediatrician is a Happy Pediatrician." All residents, medical students, and attendings are invited to attend! Read on for details about the weekend's events!



FROM THE DESK OF THE PRESIDENT, CONTINUED

This year we also are proud to award the NMPRA's First Annual International Med-Peds Travel Grant along with our other annual awards. The International Travel Grant will help support a med-peds resident during his/her international elective. We had over 50 submissions and it was very difficult to make this year's selections. We thank all of those who submitted case abstracts, advocacy grants, and international travel grant applications. I continue to be amazed and inspired by the great work you do. Your continued commitment to patient-centered care as well as to your local, national, and international med-peds communities are excellent examples why I am honored to be your colleague. We look forward to your participation next year.

With Alexsey Tentler (our dedicated web-master) returning for another year of service, we hope to continue to make progress in communicating better with our membership via our website. If you haven't checked out our website at www.medpeds.org, please do so; you can find an updated fellowship guide (thanks to countless hours from Dr. David Kaelber), a med-peds job guide, and much more. You can also find us on Facebook and Twitter and various med-peds blogs. Please email us with any additional suggestions on how we can im-

prove the website to better meet your needs.

In an attempt to improve communication between the NMPRA executive board and our membership, we have enhanced our program representative position this past year. This provides us with a direct mode of communication between our membership, individual med-peds programs, and our executive board. We hold quarterly meetings during which your concerns, suggestions, ideas, program updates can be heard and shared at a national level. If you are interested in this position please let your chief and program director know and email Sarah Thornton at secretary@nmpira.org. We promise to get you involved!

We are excited to have you as a member of NMPRA and are looking forward to serving you. If you have any ideas, suggestions, concerns, please feel free to email me at president@medpeds.org or any of the other executive board members (contact information is available on our website). Please let us know how we can better serve you. We look forward to seeing you in San Francisco. Please read on for additional upcoming events!

SAN FRANCISCO HIGHLIGHTS

NMPRA Meeting. Saturday, October 2nd, 4:00-10:00 P.M. at the Waterfront Restaurant in DC. Dr. Debra Lotstein, MD, will be speaking about the growing need for transitional care and transitional practice strategies around the country. Other highlights include presentations by the winners of the Clinical Case Competition and the Advocacy/Community Service Grant recipients. **Register via PayPal at www.medpeds.org.** The cost is \$20 for member residents and students, \$35 for non-members, and \$50 for attendings. Check out the website for information on hotel, airline, and car rental discounts.

AAP Med-Peds Section Meeting. Sunday, October 3rd, 1:00- 5:30 P.M. at the AAP National Convention and Exhibition (NCE) at the Moscone Center located at 747 Howard St. The theme is "A Healthy Pediatrician is a Happy Pediatrician." Pediatricians spend their lives dedicated to the healthcare of others but rarely consider their own healthcare needs. We will discuss the literature about doctors as patients and the risks associated with self treatment. Pediatricians will become more knowledgeable about current adult screening practices and health guidelines to promote better self health. We will discuss stress and burnout and how this affects your well being. Participants will learn the evidence in relation to aspirin use, cholesterol and blood pressure guidelines, diet and exercise prescriptions and cancer screening for men and women. Risk calculators and tools for screening will be distributed to participants to take home.

LOCATIONS:

NMPRA Meeting

Waterfront Restaurant

Pier 7, The Embarcadero

AAP Med Peds Section Meeting:

The Moscone Center, Room 120

747 Howard Street

NMPRA MEETING HIGHLIGHTS

Panel Discussion: “Paths Traveled as Med-Peds Physicians”

Presentation of Awards

2010 Case Abstract Competition Award Recipients:

1st Annual International Travel Grant Award Recipient:

2010 Howard Schubiner Award

2010 Gary Onady Award

4th Annual NMPRA Advocacy/Community Service Grant

Keynote Speech – Dr. Debra Lotstein

“Leaving the Nest: Adult Health Care Transitions for Youth with Special Health Care Needs”



14TH ANNUAL NMPRA MEETING

SUNDAY, OCTOBER 2ND 4:00 PM

THE WATERFRONT RESTAURANT, SAN FRANCISCO

REGISTER AT: MEDPEDS.ORG

MEET THE 2010 EXECUTIVE BOARD

Jennifer McEntee, MD, MPH

PRESIDENT

Jen is a third-year Internal Medicine/Pediatrics Resident at the University of North Carolina. She was born and raised in Mitchell, South Dakota – home of the world’s only Corn Palace. However, she migrated east for college and attended the University of Notre Dame. Upon completion of her B.S., she received a Masters in Education from Notre Dame’s ACE program while teaching high school biology, chemistry, physics, and theology at a parochial secondary school in Oklahoma City. Following a two-year service/educational commitment, she pursued her dream of becoming a doctor and went to medical school at Tulane in New Orleans. After the devasta-

tion of Hurricane Katrina, she was able to complete her medical training at University of Oklahoma while finishing an M.P.H. at Tulane. She enjoys tennis, volleyball, traveling, photography, and spending a night out with friends in downtown Chapel Hill. She hopes to work in an academic setting and concentrate efforts on teaching and improving public health infrastructure regionally, nationally, and globally. This fall, she is looking forward to being part of a medical team traveling to the independent nation of Georgia and Guatemala to enhance her understanding of the regions’ medical needs while, at the same time, gaining more experience working with various non-governmental associations.

Kim Paisley, MD

PRESIDENT ELECT

Kim is a second-year Internal Medicine-Pediatrics resident at the University of Indiana in Indianapolis. She grew up in rural Alabama and had the pleasure of attending Auburn University where she was a member of the Auburn University Marching Band where she played the trombone. She also participated in the National Board for Alpha Lambda Delta Honor Society. After obtaining a B.S. in Microbiology at Auburn, she then went on to attend medical school at the University of South Alabama in Mobile, Alabama. Here she gained valuable experiences and was introduced to Internal Medicine-Pediatrics. Kim then had the opportunity to move to the Midwest to Indiana and join the largest Med-Peds residency program in the US. In her spare time, Kim enjoys watching movies, cheering for Auburn Football and participating in various

outdoor activities including running, biking, skiing or snowboarding. She also enjoys spending time with her husband and their three dogs. In the future, Kim plans to use Med-Peds in the hospital setting but has not ruled out the possibility of a fellowship. She also plans to use her training in International work. During medical school, she had the opportunity to travel to Ghana, Africa and work in mission hospital. She plans to travel to Kenya through her residency program and hopes to continue to gain experiences in tropical medicine and understanding of other cultures and their healthcare system.



Sarah Thornton, MD

CO-SECRETARY

Sarah was born in rural Eastern Kentucky and then spent her school-age years in West River, Maryland. She graduated from Davidson College in North Carolina with a Bachelor’s Degree in Psychology and a Concentration in Medical Humanities. While in college she had the opportunity to provide medical care to the underserved on mission trips to both Zambia and Nicaragua, which confirmed her desire to pursue a career in medicine. After college she spent two years working in a research lab at Wake Forest University before attending medical

school at the University of Kentucky. In medical school, she was an active member of AMSA and served on the Medical Student Government Association board for four years. Somewhere between playing with children in the hospital playroom and listening to the patients at the VA retell their “glory day” stories she decided that Med-Peds was the right decision for her residency training. As a third-year resident at Georgetown University she is enjoying the diversity and opportunities of Washington DC and of Med-Peds!



MEET THE 2010 EXECUTIVE BOARD, CONTINUED

Chris Thrash, MD**CO-SECRETARY**

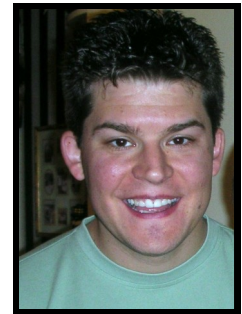
Chris was born in Birmingham and raised in the small town of Albertville, AL. He attended Auburn University where he received a B.S. in Chemical Engineering. From Auburn, he moved back to Birmingham to attend medical school at the University of Alabama –Birmingham. He received his M.D. in 2009. After spending his whole life in Alabama, he made the decision to move west for residency. He is currently a second year combined Internal Medicine-Pediatrics resident at UCLA. He hopes to complete his residency and join a primary care Med-Peds practice. He also has interests in pediatric nephrology, hospitalist medicine, and palliative care. In his free time,

Chris enjoys playing on the beach, grilling out, playing basketball and Frisbee, jogging, and watching Auburn football. He is excited about the upcoming year in NMPRA.

**Chris Sepich, MD****TREASURER**

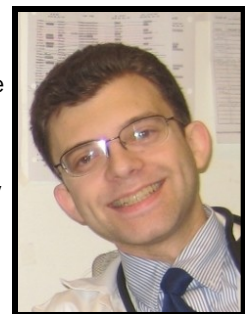
Chris was born and raised in Raleigh, North Carolina. He received a B.S. in Biology at East Carolina University in Greenville, and then he stayed to complete a combined M.D./M.B.A. degree at East Carolina University. He is now in his third year of Combined Internal Medicine and Pediatrics training at the University of Louisville. He has been married to Jody, an Internal Medicine-trained hospitalist in Louisville, for

six years in October. They have a five-year-old son and a daughter. He enjoys golf, playing poker with friends (when he has the time), and is a strong follower of the Denver Broncos (he drives an ORANGE Xterra).

**Aleksey Tentler, MD****WEBMASTER**

Alex Tentler was born in Chernihiv, Ukraine, and immigrated to the U.S. with his family at the age of ten. Growing up with a grandfather who was a physician, he planned from an early age to go into medicine. He has settled in Rochester, NY, where he went to the Rochester Institute of Technology, graduating with a B.S. and M.S. in Biomedical Computing and Computer Science. Afterwards, he went to the University of Rochester Medical School, where he volunteered for the student-run free clinic and was involved in research about new technologies in medicine and about physician-patient interaction. Throughout his undergraduate and medical education he also worked as webmaster for various departments and organizations. He is currently a PGY-3 in the Medicine-Pediatrics program at the University of Medicine and Dentistry of New Jersey

(UMDNJ) in Newark, where he is enjoying himself thoroughly. He enjoys his work (on most days) and loves the people he is working with. He enjoys hiking, computer programming, table tennis, and learning about the history and philosophy of various cultures, among many other things. His plans for the future, at this point, include being in a position where he can have a clinical practice, while simultaneously teaching students and residents, as well as doing research in the technological, integrative, psychosocial, chronic illness, and preventative fields of medicine.



MEET THE 2010 EXECUTIVE BOARD, CONTINUED

Kierstin Leslie, MD

IMMEDIATE PAST PRESIDENT

Kierstin Cates Leslie was raised in Montgomery, Alabama, and is the fourth of six children. She attended the University of Alabama at Birmingham for college, where she majored in Spanish. After finishing her undergraduate degree sooner than expected, she worked as a Spanish interpreter for an insurance company and interpreted at the Jefferson County Health Department while applying to medical school. She chose to attend the University of Alabama (UAB) for medical school and was active as Vice-President of her class and in both regional and national positions in the American Medical Student Association and the Student National Medical Association. She worked to help found the student-run free clinic at UAB, the Medical Spanish Club, and UAB's Annual Student Wellness Week. She also created UAB's Med-Peds Student Interest Group, which has helped to more than triple the num-

ber of medical students applying to med-peds residencies over the past two years. Kierstin chose to stay at UAB for residency and couldn't be happier with the training she is receiving. She is currently a PGY-4 and is involved in the Pediatrics House Staff Council and with the CERT (Creating Effective Resident Teachers) program. She is currently working on a master ins health administration.



RETURNING BOARD MEMBERS & ADVISORS

• **Med-Peds Program Association Representative**

Allen Friedland, MD
Christiana Care Health System

• **NMPRA Board Advisor**

David C. Kaelber, MD, PhD
**Case Western Reserve University/
 MetroHealth System**

• **NMPRA Board Travel Advisor**

Emery Chang, MD
UCLA Medical Center

• **NMPRA Adjunct Faculty Advisors**

Jeffery C. Bates, MD
Texas A&M University

Michael Donnelly, MD
Georgetown University

• **NMPRA Coordinator**

Cheryl Dempsey
**Tulane Med-Peds Residency
 Coordinator**

AAP MED-PEDS SECTION CORNER: BY TOMMY CROSS, MD, MPH, FAAP, FACP

Greetings from the AAP Med-Peds Section....

Well, it is almost Fall 2010 and I think we are all still waiting to see what exactly will happen with Health Care Reform. The Medicare reimbursement mess showed how unsettled the current political environment is. Hopefully, most of you as residents and fellows weathered that bump in the road OK—I know for a lot of practitioners it was a cash flow nightmare. If new items come up, we'll try to keep you informed via our listserve or on our webpage. For many of you who are graduating this year, I know it is an uncertain and scary time trying to wade through all of the implications for a practice you may join in July 2011! The good news is that being Med-Peds provides you a vast array of opportunities and potential collaborations to investigate and pursue.

I and my executive committee are very excited to be working closely with NMPRA and the MPPDA (program director group) to provide a united "Med-Peds" front. We are having discussions about combining our efforts on newsletters and other future events and we would be very interested in cosponsoring some of NMPRA's regional meetings and help provide speakers and materials for those conferences.

As far as the AAP Med-Peds Section goes, we are gearing up for the October AAP National Conference and Expedition in San Francisco. Allen Friedland has put together a great program looking at our own health issues as physicians as well as ways we can improve our own health and our patients (more in this newsletter). We'll have our reception on Sunday evening after the Med-Peds Section program and I hope you can make it to that as well—as you all know your organization, NMPRA will be joining us again and we look forward to having all of the Med-Peds residents join us at this meeting. NMPRA is also having its own meeting on Saturday afternoon/evening of the NCE and I highly recommend that you attend their program if you get a chance (more details in the newsletter). Finally we'll also be having our annual poster presentation and competition during the NCE with viewing of the posters at our section meeting and reception.

NMPRA is an extremely vibrant and exciting organization and us "older folk" are excited to begin the process of working more closely with all of you. Please feel free to contact us if you need advice, mentorship, or just someone to talk to—believe it or not, sometimes it does us good too to talk to you—you energize us about our careers and you challenge us to keep our own goals and objectives within sight. We have lots of members and resources in all 50 states and are more than happy to assist those of you just starting out on your career or fellowship trek. Good luck and have an exciting and prosperous year!

Tommy Cross, MD, MPH, FAAP, FACP

Chair, Med-Peds Section, American Academy of Pediatrics

Email: tcross@medstudy.com

JOIN THE AAP SECTION ON MED-PEDS

The American Academy of Pediatrics (AAP) Section on Med-Peds is the group within the AAP that supports our specialty. All Med-Peds residents and attendings, as well as interested students are invited to join this section. To become a member, you must first be a member of the AAP. For residents, most Pediatrics training programs provide this free of charge.

This year, the AAP Section on Med-Peds has waived any additional fees to join the section. Check out the website at <http://www.aap.org/sections/med-peds> and follow the links to become a member. It takes less than 3 minutes!

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



REGIONAL INVOLVEMENT!

SAVE THE DATE TO ATTEND YOUR REGIONAL MEETING THIS YEAR!



Southern Conference
April 16th, 2011
Houston, TX
 Sponsored by Baylor and UT Houston



PROGRAM REPRESENTATIVES

The Program Representative is a position available through NMPRA this year. We are asking every Med-Peds Residency Program to elect one resident to this position in an effort to foster awareness of NMPRA programs and increase communication between the NMPRA executive committee and every Med-Peds resident. The Program Representative will receive direct communications from the NMPRA executive committee and act as a channel for bringing ideas and happenings from individual residency programs and regions to national attention. Please contact your program director if you have interest in serving as a program representative!



15th Annual NMPRA National Meeting
October 15th, 2011
Boston, MA

NMPRA: THE NATIONAL MED-PEDS RESIDENTS' ORGANIZATION

A resident driven organization dedicated to providing information, opportunities, and programs to current and future Med-Peds residents.

For general questions about NMPRA,
 e-mail nmpra@medpeds.org

To contribute to the next *Perspective*,
 e-mail secretary@medpeds.org

Edited by: Chris Thrash, MD

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