The 2009 NMPRA National Meeting is behind us and I want to thank you all for making it a huge success! We had a great turnout (almost 100 residents, medical students and faculty), an amazing speaker, and impressive award winner presentations. By all accounts, everyone had a great time. We are also happy to announce a very successful Midwest Regional Meeting! There were about 60 attendees present to discuss transitional care and how we as Med-Peds physicians fit into it. If you were unable to make either of those meetings there are still regional meetings to come. Look forward to the first ever Southeast Regional Meeting in Miami, FL (yes...MIAMI!) in February and the Northeast Regional Meeting in Buffalo, NY in April. Trust me, conferences are a great time to meet your colleagues from across the country and learn more about NMPRA and med-peds in general!

With half of the year behind us there is STILL so much more that we hope to accomplish. Here is a brief rundown of our remaining goals for the year:

Increasing NMPRA Visibility — We are continuing in our efforts to make NMPRA a name that people hear and immediately recognize. We are working with our parent organizations to get involved in projects that we previously had not been included, as well as collaborating with student organizations.

Advocating on Behalf of Med-Peds Physicians — Thus far we have been very successful in our lobbying efforts on Capital Hill to ensure that Med-Peds is included as a primary care specialty. However, our work is not yet done. We continue to meet with senators and representatives who are directly involved in developing a health care reform bill, and we encourage you to continue to write and call them as well! See our website for a quick and easy way to make your voice heard and to help us in advocating for our specialty!

Increasing Membership — This year we had record membership renewal and we also welcomed a new Med-Peds Residency Program to the NMPRA family! In an effort to encourage further growth we, as a board, voted to provide membership free of charge for the first year to any newly created Med-Peds program. We are also reaching out to medical schools that are not affiliated with a Med-Peds residency program to help the students establish Med-Peds Interest Groups and to provide them with a means of learning more about who we are as Med-Peds physicians and what we do.

Increasing Involvement — We are working to activate the Program Representative position, so that we have a direct connection between the NMPRA leadership and individual Med-Peds programs across the country.

Continuing to Improve — We are continuing to make improvements to our website to better serve you and we are also continuing to edit and make improvements to our resources. Expect continued updates and improvements to the Fellowship Guide.

Please contact us with any ideas or suggestions! NMPRA is your organization and we want it to work for you. I also want to encourage you all to consider running for office. In the spring we will be electing a new executive board and if you are excited about NMPRA and what we can achieve, I hope that you will run for office. Please feel free to contact any of the current officers to learn more about each of our positions, responsibilities, and time commitment. Lastly, remember that we will be accepting submission for our annual case competition in the late spring as well. Keep that in mind as you see patients. We’d love to learn from a cool case that you have seen. I look forward to hearing from you!
THE PERSPECTIVE

NMPRA NATIONAL MEETING HIGHLIGHTS
BY CYRUS YAU, MD

Every year I look forward to attending the NMPRA national meeting during the AAP National Conference. Not only do I get a chance to catch up on all things Med-Peds, but I also get to reconnect with Med-Peds colleagues of my past, present and future. This year in D.C. was no different. As I was having drinks at the bar during the cocktail hour before our program, I was pleasantly surprised to see my old attending, now a program director at another institution. And although I miss her humor, strength, and energy, I was happy to see her doing marvelously and sharing those qualities with a new group of lucky residents. During the dinner, I clapped with pride to see one of my own UMDNJ co-residents represented among the NMPRA board (yes, that was our table cheering loudly!). And I was inspired by Dr. Dale Newton’s speech, whose entertaining comparisons of the state of Med-Peds forty years ago to the present, made me wonder how Med-Peds will change in the next twenty to forty years. All in all, it was a great meeting in a great city (love the Smithsonian), and I cannot wait to attend next year’s meeting at San Diego (I hear they have a wonderful zoo!).

PHOTO GALLERY

Kierstin C. Leslie, NMPRA President, with the featured speaker, Dale Newton, MD. Dr. Newton, one of the pioneering Med-Peds residents, gave a fantastic talk on the history of Med-Peds.

David Kaelber, MD, Ph.D (left), NMPRA Board Advisor along with Chris Sepich, NMPRA Treasurer, and Dr. Newton (right) at the national meeting.

Nearly 100 residents, med students and attendings enjoyed presentations at the Occidental Restaurant in DC.

Residents and attendings from across the country relaxed together after the meeting.
Thanks for all of the excellent submissions for this year’s Clinical Case Abstract Competition and Advocacy/Community Service Grant! The decision was tough. The following award winners gave presentations at the NMPRA National Meeting in Washington DC on October 17th.

**Clinical Case Abstract Competition**

**Stage IV Non-Small Cell Lung Carcinoma in a 14-Year-Old Girl**

WEN CHUNG, MD AND JENNIFER GERARDIN, MD
MICHIGAN STATE UNIVERSITY

Wen and Jennifer presented the case of a 14-year-old girl with laryngeal papillomatosis from HPV infection acquired via vertical transmission at birth who had a fatally malignant transformation of the pulmonary lesions into non-small cell carcinoma. This case highlights the potential benefit of HPV vaccination for disease prevention.

**Sweetheart: Pericarditis as the Presenting Manifestation of New Onset Type 1 Diabetes**

RAINIA PHILLIPS, MD
BROWN UNIVERSITY PGY-3

Raina presented the case of a previously healthy 18-year-old male who presented with pericarditis as the initial manifestation of type 1 diabetes! It was thought to be secondary to a chemical or autoimmune mechanism.

**Advocacy/Community Service Grant**

**The Refugee Health Promotion Series: Health Education for Interpreters**

SYLVIA LACOURSE, MD
BROWN UNIVERSITY PGY-3

The Refugee Clinic at the Medicine/Pediatrics Primary Care Center in Providence, RI, was initiated this year as a means to provide health services to a large population of refugees. Sylvia’s project is a lecture series designed to increase the health literacy of interpreters as they serve as health navigators in addition to linguistic interpreters for many displaced populations in a complex American healthcare system.

**The Gary Onday Award**

ARLENE CHUNG, MD
NMPRA PRESIDENT 2008-2009

Arlene receive this honor for her extraordinary and lasting contribution to the success of NMPRA and Med-Peds on a national level.

**The Howard Schubiner Award**

JENNIFER PACKARD, MD,
CHRISTIANA CARE HEALTH SYSTEM PGY-4

Jennifer was honored as the resident physician who has made an extraordinary and lasting contribution to the success of NMPRA and Med-Peds at the local level.

The 2009 NMPRA Award Winners pictured from left to right: Raina Phillips, Arlene Chung, Wen Chung, Jennifer Gerardin, and Sylvia LaCourse. (Jennifer Packard not pictured).
When I heard that Med-Peds wasn’t being included as a “primary care specialty” in the health care reform legislation that is being proposed in Washington, DC right now, I was shocked. Med-Peds is the perfect primary care specialty! I thought, surely there is someone else who is taking care of this for us. I’m a busy resident with no political connections who doesn’t know the first thing about how to get a federal bill changed. There’s no way I can make a difference in this legislation, right?

Well, I soon realized that Med-Peds is actually a relatively small community; currently, we have about 1400 residents in training and about 7000 practicing physicians. If we want to be included as a primary care specialty in health care reform and enjoy success as a residency training pathway in the future, we are going to have to band together and advocate for ourselves. Luckily for me, I was in DC for the NMPRA National Meeting and was able to participate in our Med-Peds Hill Day.

On Monday, October 19th, several attendings and residents met with our representatives on Capitol Hill to educate them on what Med-Peds is and why we should be included as a primary care specialty in the reform proposals. I had no idea that meeting with my legislators would be so easy and fun!

While I enjoyed my time in meetings on Capitol Hill, I learned that there is more (surprisingly simple) work to be done that doesn’t require a trip to Washington, DC. So, from one busy resident to another, here is my advice for how you can help get Med-Peds included as a primary care specialty in health care reform:

1. **Send a letter.** To send a personalized letter with pre-drafted facts on Med-Peds to your legislators, go to www.med-peds.org and click on “Contact your Congress Representatives.” This will take you about ten minutes in total.

2. **Meet with your Senators, Congress Representative, or their Health Legislative Aides in person.** Again, this is so easy and can be accomplished without leaving your district. On www.congress.org, it’s simple to identify your Senators and House Representative. A click on their name brings you to a page with both local and Washington DC contact information for each person. Your legislators are probably in your home state frequently. It took me about five minutes from the time I googled “Congress” until I had set up an appointment to meet with the Health Legislative Aide for my Senator.

3. **Be informed and prepared.** The Med-Peds leadership has designed a one-page highlight of Med-Peds facts and summary of the rationale for including Med-Peds as a primary care specialty. Email Niraj Sharma, MD, MPH (nsharma5@partners.org) to get a copy for yourself. Also, the upcoming AAP Med-Peds Section Newsletter will have good information about the issue. When you do have a meeting set up, be confident and remember that you know more about Med-Peds than almost anyone you could meet. This is not a politically charged issue; it is more about education and making sure Med-Peds continues to be a strong and viable pathway for primary care training and practice for years to come.

To learn more, go to www.med-peds.org or email Dr. Niraj Sharma at nsharma5@partners.org.
SMILES FOR THE HOLIDAYS

Welcome to New Orleans, where each weekend brings the possibility of a new party or festival to attend! Celebrating the Holidays is no different for the majority of us down here. As we approach the Season, many of us are reminded of how fortunate we are to spend time with our loved ones and participate in the tradition of gift exchanging. Here in New Orleans, seeing how nature can impair a community has reminded us of how important it is to give back to the region in which we live. The Med-Peds residents at Tulane are back in full swing to do this for our community here!

As Med-Peds physicians, caring for adults and children within the hospital and clinic setting is a daily job. In an area still recovering and rebuilding several years after Hurricane Katrina, we feel it is our responsibility to expand this concept to the community and help in any way we can. This year, we are providing “Smiles for the Holidays” to the youth at Covenant House and at clinics around the community. Covenant House is a crisis center and shelter providing homeless, runaway, and at-risk youth with food, shelter, clothing, medical attention, counseling, and educational assistance. It is our largest residential facility for homeless youth in New Orleans.

For the past month we have been collecting donations through our “Smiles for the Holidays” Toy and Clothing Drive. The toys and clothing collected will be distributed to various clinics and shelters around the area, including Covenant House. We are continuing the New Orleans tradition of festivity by bringing our youth at Covenant House a Holiday Party with gifts, snacks, song, and dance. For some, this will be their first memory of spending the Holidays off the streets and surrounded by people who care.

This year during the Holidays, let us remember all that is warm about the Season. And no, it is not just the weather down here in sunny New Orleans! In true Med-Peds fashion, it is the initiative in caring for our adults and children who need it the most.

Happy Holidays to you all!!
MONEY MATTERS: HOLIDAY GREEN
BY EMERY CHANG, MD, NMPRA TRAVEL ADVISOR AND PAST-TREASURER

So, the holidays are upon us and man — that shopping list looks long!

The web can be your friend. It’s easy to shop online when you have a few free moments. Besides saving yourself a trip to the store, you can often save money on taxes. Plus, many websites are offering free shipping for purchases.

Earn airline miles and hotel points for shopping at many of the same websites that you’d already be using. You usually earn a few miles per dollar spent and it doesn’t cost anything extra. For example, for the Delta Skymiles shopping partners include apple.com, bestbuy.com, macys.com and hundreds of other sites; start from the skymilesshopping.com website. Hilton also has a program, which you can find at hiltonhonorsearningsmall.com. Mypoints.com is another independent program where you can earn points for gift cards.

Though gift cards can be easy, they have their own pitfalls. Often there are expiration dates and fees charged. Also, people might get stuck with a card from a store they don’t really like. Market research show that 10% of cards aren’t used and when they are, people over-spend. Monetary pre-paid cards from credit card companies such as American Express have dropped the monthly fees but still charge a purchase fee. I’m a fan of just good old fashioned cold, hard cash.

If cash is tight, often creating something, such as a holiday baked good, can be a more personal and inexpensive gift.

If you travel internationally, spend time looking for good holiday presents. These often tend to be more unique, hard-to-find elsewhere, and cheaper than stuff at the local mall.

As always, check with your personal financial advisor before making any serious decisions. Remember neither I nor NMPRA are financial or legal experts.

Med-Peds Fellowships
Thinking about a fellowship? Check out the newly updated Med-Peds Fellowship guide at www.medpeds.org.

Med-Peds Jobs

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!
The Perspective

AAP Med-Peds Section Corner:
AAP NCE 2009 Recap
By Jacqueline Meeks, MD

Celebrating 40 years of Med-Peds at the American Academy of Pediatrics National Conference and Exhibition (AAP NCE) this year was a time of reflection, service, advocacy, and reunions. Dr. Dale Newton, one of the first Med-Peds residents in the country, recounted his experience as a “mixed” resident and discussed the “now and then” of Med-Peds. Major Med-Peds milestones include having ACGME Med-Peds accreditation, a majority of Med-Peds trained program directors, increased Med-Peds mentorship, and national Med-Peds organizations. Interest in Med-Peds training remains strong as the number of medical student applications for med-peds residencies was higher than last year at this time in the interview season and the number of AOA applicants for Med-Peds training programs remains steady.

Pediatrician Health Day was a program in the exhibit hall sponsored by the Med-Peds section that provided attendees with one-on-one information regarding topics such as cancer, cholesterol, and osteoporosis screening. We had a great turn-out of volunteers and several of our fellow pediatric colleagues were able to benefit from this service. We anticipate hosting this program on a yearly basis at the AAP NCE.

Federal health care reform is placing an emphasis on primary care specialties. Our meeting in Washington, DC gave us a strategic opportunity to send representatives to Capitol Hill to further promote Med-Peds as a primary care specialty. Having Med-Peds listed as a primary care specialty will allow for Med-Peds physicians to be included in federal loan repayments grants, billing reimbursements, and training grants. We encourage you to be involved on a local level through talking with or writing letters to your senate and house representatives.

Residents and attendings volunteered together at the Pediatric Health Day during the 2009 AAP NCE.

A joint reception sponsored by the Med-Peds section and NMPRA was an opportunity to rekindle old friendships while making new ones. The Med-Peds section sponsored a second annual clinical case competition this year. During the reception, we showcased 10 poster presentations. We had two clinical case competition winners: Christine Kim, MD, Robyn Kuroki, MD, Stephanie Zia, MD, and Breck Nichols, MD, MPH from Los Angeles County-University of Southern California Medical Center who presented a case titled “Congenital hypothyroidism”; Jeffrey David Solomon, MD and Justin Uhl, MD from University Hospitals Case Medical Center/Rainbow Babies and Children’s Hospital, Case Western Reserve University who presented a case titled “Lost to Follow-up: Heart Failure in Adult Congenital Heart Disease”. Stemming from the clinical case competition, the Med-Peds section will be creating an online public library of Med-Peds cases that can be used for educational and promotional purposes. We should have 5 cases posted in our online library by the end of December at http://www.aap.org/sections/med-peds. Med-Peds has come a long way and we have much to look forward to. More and more regional Med-Peds meetings are being held, so get involved and be a part of shaping the future of Med-Peds.

American Academy of Pediatrics
Dedicated to the Health of All Children

Jessica Wilson, Medical College of Wisconsin PGY-4, asking a question of the speakers’ panel at the Med-Peds Section meeting during the AAP NCE.

Jackie Meeks recently completed her term as the resident member of the AAP Section on Med-Peds Executive Committee. Benny McCague is the new Med-Peds Section resident representative. Congratulations, Benny!
GET INVOLVED IN NMPRA!

The National Med-Peds Residents' Association is a resident driven organization dedicated to providing information, opportunities, and programs to current and future Med-Peds residents. Want to get involved? Read on to see where you fit in!

PROGRAM REPRESENTATIVES

The Program Representative is a new position available through NMPRA. 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. To learn more, or to become your program’s representative, email president@medpeds.org.

ADVOCACY/COMMUNITY SERVICE GRANTS

NMPRA annually awards 1-2 grants of $500-$1000 to Med-Peds residents who seek to improve the lives of children & adults in their communities through an advocacy or service project. In the spirit of fostering service and advocacy, applicants should propose the design and implementation of a broadly-defined project that addresses the needs of both children and adults in their community. Grant recipients present their project at the NMPRA Annual Meeting and have their work highlighted in The Perspective and the NMPRA website. Applications will be due in the Spring of 2010. Details are on the website at www.medpeds.org.

INTERNATIONAL HEALTH GRANTS

New this year! NMPRA will be awarding International Health Grants for international medical projects. Watch the website and future newsletters for updated information on the details and deadlines for this new program and how it could help your next overseas endeavor.

CLINICAL CASE ABSTRACT COMPETITION

All residents are invited to submit abstracts of noteworthy Med-Peds clinical cases for the Annual Med-Peds Clinical Case Abstract Competition. Two cases will be chosen for oral presentation at the NMPRA Annual Meeting. Cases should be interesting clinical presentations pertinent to Internal Medicine and should also display significant educational value to the Med-Peds audience. Cases that have been previously presented locally (but not regionally or nationally) may still be submitted. Abstracts will be due in the Spring of 2010 for presentation at the NMPRA Annual Meeting in San Francisco in November 2010. Be on the lookout for good cases! More details are at www.medpeds.org under Residents: Grants and Awards.
THE PERSPECTIVE

UPCOMING NMPRA MEETINGS
SAVE THE DATE TO ATTEND YOUR REGIONAL MEETING THIS YEAR!

Southeast Conference
Saturday, February 27th, 2010
Miami, Florida
Hosted by the University of Miami

Northeast Conference
Saturday, April 17th, 2010
Buffalo, New York
at the
New York State Center of Excellence in Bioinformatics & Life Sciences
Buffalo-Niagara Medical Campus

14th Annual NMPRA National Meeting
November 2nd, 2010
San Francisco, California

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: Ashley R. Karpinos, MD

For more information: www.medpeds.org