New Orleans, Here we Come!

By Emery Chang, MD, NMPRA Travel Advisor

Hope to see everyone at the 2012 NMPRA National Meeting on Saturday, October 20, 2012 at Tulane School of Medicine. Aside from the conference, I’m looking forward to my old haunts since I was a resident at Tulane.

Some of my favorite restaurants: Bayona has fantastic brunch, lunch and dinners. My favorite is Susan Spicer’s take on PB&J, a duck breast sandwich with pepper jelly and cashew butter. I dream about this drippy, flavorful sandwich, usually only available on the weekday lunch menu. http://www.bayona.com/

Dick and Jenny’s is in the Uptown area with a great casual atmosphere with amazing food….http://dickandjennys.com

Best lunch deal during the week is at the very famous Commanders Palace in the Garden District. Reservations are certainly recommended for the daily chef’s two-course meal, 25 cent martinis, and you have to add the bread pudding soufflé. The weekend Jazz brunch is fantastic too! http://www.commanderspalace.com

MUSIC! New Orleans obviously has a rich music culture. Wandering around Frenchman Street at night is hard to go wrong with lots of clubs with great music. Snug Harbor has great people including Ellis Marsalis (father of Bradford, Wynton, etc.) who usually plays on Friday nights. http://www.snugjazz.com

Also there is the Spotted Cat which has a few nightly bands including the Cottonmouth Kings on Friday night. http://www.spottedcatmusicclub.com

If you happen to get there for Thursday night checkout a dive bar called Vaughn’s in the Bywater area. After a quick taxi ride, you’ll hear Kermit Ruffins & the BBQ Swinges, a jazz brass band is there. They start late but are great. Cheap, good beer and between sets usually there is free beans and rice too. http://www.basinstreetrecords.com/artists/kermit-ruffins

And Preservation Hall in the French Quarter is a classic and can’t be missed! www.preservationhall.com

Check out medpeds.org for more information about the 2012 NMPRA National Meeting. Remember suggestions are subject to change and double check that the events will be happening as planned.

Highlights from Regional Conferences

Three successful regional conferences took place over the last academic year. To find out more about what’s been going on in Med-Peds across the nation, turn to page 3.
Volunteers Needed!!

Come to the American Academy of Pediatrics (AAP) National Conference and Exhibition in New Orleans

Himani Divatia, D.O., MP-2, and Allen Friedland, M.D., F.A.C.P., F.A.A.P. Med-Peds Section AAP and Christiana Care Health System, organizers of the Pediatrician Health Day Program

The internal medicine-pediatrics section of the American Academy of Pediatrics is proud to report that the PHD program (Pediatrician Health Day) will return to the exhibit hall at the National Convention and Exhibition in New Orleans, LA. The 3 day event will take place this October 2012, in the exhibit hall of the Ernest N. Morial Convention Center. This program is designed to give individual information and education to pediatricians about their own adult health care needs. We will provide information about adult immunizations, cancer screening, cardiovascular disease, menopause, vitamins, diet, exercise, stress and burnout so that pediatricians attending the conference can better understand what they can do to become healthier. Hundreds of pediatricians have received information from our exhibit booth since our inaugural program in 2009.

Please consider volunteering 1 or more hours of your time to work in the exhibit hall booth. Submit possible blocks of time that you might be available to hdivatia@christianacare.org and afriedland@christianacare.org. We will pair up attending physicians to be with residents and medical students. In September, we will have a conference call to discuss logistics and the materials to be presented at PHD.

We look forward to sharing in this Med-Peds event with you!

HOURS OF PHD PROGRAM:
Saturday October 20: 12:15 PM - 4 PM
Sunday October 21: 10 AM – 4 PM, 5:30 PM – 7 PM
Monday October 22: 10 AM - 2 PM

QUESTIONS?
For any questions, please contact Himani Divatia, D.O. at hdivatia@christianacare.org

Get Your 2012 NMPRA T-shirt!
Pre-order Online (medpeds.org) or Purchase at our National Conference!

A Student’s Perspective
by Kenshata Watkins, MS4, Howard University College of Medicine

Recently I stepped on the city bus destined for a volunteer experience, wearing my medical school’s t-shirt. The bus driver said, “You study medicine? What kind of doctor are you going to be?” I stopped, always pausing before answering this question because of how often I feel misunderstood after explaining. The older ladies in the front were waiting for my answer, but more importantly, everyone was waiting for the bus to continue on its journey. I took the risk. “I’ll be trained so that I can see both adults and children. It’s called Med-Peds.” First, the puzzled look from my interviewer. Next, came the “a-ha” moment. He exclaimed with a loud laugh, “Family medicine! Why didn’t you just say so?” He eases off the break and we’re off. I smiled and took my seat. No longer do I attempt to explain the intricacies of residencies and licensing or Med-Peds doctors’ unique roles in primary care. Why? Because experiences have made me all the wiser.

This year I attended the Med-Peds Northeast Regional Conference held at the University of Maryland. There, physicians said things I’d only thought before and are practicing medicine in the same ways I desire. They chose their career path for reasons similar to my own. The conference disclosed information that was extremely accessible to students too! From the first speaker to the last, I truly felt at home in a room full of people I’d never met before. Don’t get me wrong, I saw the possibility of being overwhelmed as well. However, I also felt the presence of strong mentorship in the room. Additionally, I discovered that physicians may eventually choose one specialty or the other after residency. All in all, I left with the sense of there being something special in Med-Peds that can be hard to find in other specialties—an ever evolving community. The conference confirmed the reasons I was drawn to Med-Peds: its inherent patient-centered dynamic nature, wealth of opportunity, rigorous training, and the myriad of kindred spirits it brings together.
Highlights from our Regional Meetings

Midwest Meeting

Med-Peds residents, attendings and students participated in three NMPRA Regional Meetings this year. Thank you to all who hosted and took part in these enriching experiences.

From APGARS to Mini-Mental Status and Everything in Between

-Elizabeth Yanni, MD

On April 28, 2012, over 40 medical students from across California, Nevada, and Arizona gathered to attend the third annual Western Regional Med-Peds Conference held at the University of California, Irvine. This year’s conference was co-hosted by Loma Linda University and the University of Southern California. Judging by the number of medical student attendees, the conference was hailed by many as a resounding success. Over 20 residents and 15 faculty members from the four med-peds programs in the western region gathered to celebrate a specialty that they not only love, but wanted to share with eager medical students trying to decide upon their future specialty. We were honored to have nationally renowned Dr. Allen Friedland as our key note speaker, followed by multiple speakers highlighting their experiences in Med-Peds. Throughout the day, both students and residents were impressed with the presentations, the case submissions, and especially the air of enthusiasm and excitement that seemed to pervade the auditorium. Students had an opportunity to attend a program directors panel where they learned about the criteria for application and curriculum overview, while residents attended a post-graduate panel and discovered the numerous fellowship and primary care opportunities available upon completion of their training. The day ended with a relaxing social in Newport Beach. This year’s conference was unique in that medical students played an integral role in learning about the specialty of Med-Peds and hopefully deciding to pursue it as a future specialty. As one student so thoughtfully stated after the conference, “Thank you for such a wonderful opportunity. The drive from Arizona was totally worth it since I feel like I have found my peeps!”

Successful 2012 Midwest Regional Meeting Brings the Barriers in Transition Care into Focus.

-Andrew S. Nickels, MD

With the increase in chronic diseases and disabilities in pediatric patients, transitioning these patients to adult providers is a growing challenge. The NMPRA Midwest Regional Meeting, held on May 12, 2012 at the University of Chicago, focused on the barriers of transition care and tools to improve the process. Transition care focuses on the vulnerable period between adolescence and adulthood in which patients graduate from pediatric to adult providers. This time is particularly challenging for individuals with chronic disease or intellectual disability. This transition often brings changes in insurance status, decision making capacity, styles and location of care, and personal levels of responsibility.

Dr. Rossi-Foulkes, Med-Peds program director at University of Chicago and faculty organizer of the meeting, is a Med-Peds champion of Transition Care. Dr. Rossi-Foulkes invited Dr. Jeffery Arnett, PhD to give the keynote address, discussing his expertise in the new field of “Emerging Adulthood.” As an international figure in adolescent development, Dr. Arnett has multiple books on the topic, edits the Journal of Adolescent Research, has had numerous media appearances including NBC’s The Today Show, and was featured in a 2010 cover story in the New York Times Sunday Magazine. His lecture focused on the psychological development of adolescents and highlighted the sociological changes related to the way we develop independence in the modern world. The meeting also highlighted multiple subspecialists’ perspectives on models of transition care that are being developed throughout the Midwest.

Med-Peds physicians are ideally positioned to enhance the care of this vulnerable population. The University of Chicago Department of Internal Medicine/Pediatrics has launched a new Transition Care website, found at http://transitioncare.uchicago.edu. In addition to presentation slides from the meeting, the website has resources related to the insurance and legal aspects of Transition Care. Thank you to everyone who attended this hugely successful meeting! Over 90 care providers attended and 12 excellent poster submissions highlighted a wide range of care issues. The meeting was not all business, with residents gathering the...
Why you should swing by Houston on your way to New Orleans

by Marylee Dilling, MD
Baylor College of Medicine Internal Medicine/Pediatrics, PGY4

Answer: Baylor College of Medicine and Texas Children’s Hospital will be hosting the 13th Annual Chronic Illness and Disability Conference: Transition from Pediatric to Adult-Based Care!

As med-peds physicians, we are well-versed in the disease processes affecting both children and adults. We are fortunate enough to be able to care for our patients from cradle to cradle. But there aren’t enough of us! So what happens to many adolescents with chronic illnesses and disabilities once they turn 18? Are they really being transitioned as we would all hope? Anecdotally, the answer is no. We can all tell stories of failed transition—the 23-year old woman with lupus who presents to the ER after a 5-year hiatus from the healthcare system now oliguric and with a potassium of 7. The 40-year old man with Down syndrome who comes to an urgent care with dyspnea at rest and 3-pillow orthopnea. And now mounting research in the field is revealing data that support our stories.

So tell your pediatric colleagues who are headed to AAP about this great conference. More importantly, tell your medicine colleagues. Because as John Madden reminds us, it’s only a touchdown “if the quarterback throws the ball in the end zone AND the wide receiver catches it.” And tell your social workers and nurses!

Come hear more about said mounting research at the Healthcare Transition Research Consortium Research Day on Wednesday, October 17. Onstead Auditorium, 3rd floor of MD Anderson’s Mitchell Basic Science Research Building at 6767 Bertner Avenue in Houston, Texas.

The conference itself is Thursday and Friday, October 18 and 19, same location.

Credits are as follows:
- 12.75 AMA PRA Category 1 credits
- CNE contact hours
- Social Work continuing education units (11.5 hours, including one hour in ethics)
- The presentation, “Legal Issues in Transition”, has been designated by BCM for 0.75 credit of education in medical ethics and/or professional responsibility

FOR MORE INFORMATION
For more information and to register, check out www.BaylorCME.org/CME/1463
Wow, summer is drawing to a close as I write this. Our youngest child is heading off to college and we’re joining the growing number of my generation with “empty nests.” For some, you’re just starting on your nest and for others you’re still trying to figure out how to leave your parent’s nest. This is a time of year for me where I tend to reflect on how fortunate I am and try to take stock of what I view to be a truly wonderful existence.

Hopefully this summer you have had some time to relax and enjoy life in the midst of all of your clinical and home demands. We are a very diverse group and I expect many of you have varying expectations and concerns about what lies ahead with the next election cycle upon us. I do think Med-Peds is situated to ride the waves of “whatever happens” pretty well. We’ve always been a very unique and diverse group from the day we chose to learn and succeed in two very different disciplines. Most of us are very good at “adapting” and learning how to navigate through new experiences and obstacles. Most of us have learned to persevere against some pretty good odds. Hang in there! Here’s a big pat on the back for doing such a great job when many times you felt unappreciated or overwhelmed.

I hope many of you can take a Fall break and make it to the AAP’s National Conference and Expedition in my old stomping grounds, New Orleans. The city is thriving, vibrant, and certainly knows how to throw a good party. Allen Friedland has put together a great program again for this year that you can read more about in this newsletter. Also, please plan to attend our annual reception as well and meet up with old and new friends.

My term as Chair of the Section ends with this upcoming AAP meeting so this is my last newsletter article from the “Chair in the Corner.” It has been a great honor for me to serve you in this capacity for the last 4 years. I have met some amazing people and developed deep friendships over the last 10 years on this committee and I look forward to continue to see you at future AAP and ACP meetings as our paths cross again. I am so excited to leave the Chair in the outstanding hands of Allen Friedland. Allen is indeed one of those great friends that I speak of. I must acknowledge Katy Lerman and Jackie Burke—both amazing women on the AAP staff—who somehow managed to keep me in line the last 4 years as our Section managers (although it seems that 1 year with me, led Jackie to bail to other committees!). I cherish those relationships greatly and am truly a much better human being because of my interactions with all of you out there that have helped grow the Section to be the 2nd largest section in the AAP.

I hope you have a prosperous Fall and can reacquaint yourself with what is meaningful and important in your life,

Tommy

Tommy is a best friend of med-peds. He is not afraid to let anyone (and we mean anyone) know that our training is special. Tommy encourages us to believe in ourselves and to be inclusive to representatives of all med-peds organizations. His meetings are fun and start in the board room and end onto the dance floor. Thank you for your everlasting love of us as individuals and us as a specialty.
Meet the 2012-2013 NMPRA Board!

President- Dr. Benjamin Kinnear
Ben was born and raised in a little slice of heaven on Hwy 55 south of St Louis called Barnhart, MO. He stayed in the area to attend St Louis University where he studied Chemistry and Theology. He also helped found SLU’s first a cappella group - the Bare Naked Statues. After a post-collegiate year off filled with Biochemistry research and backpacking Europe, he migrated 100 miles west to the University of Missouri, Columbia for medical school. He served as class VP and AOA president before joining the Med-Peds family at the University of Cincinnati. He currently is a PGY-4 and lives in the ‘Nati with his wife and 10 month-old daughter. He will stay on as Med-Peds chief next year, with future career interests including medical education, critical care medicine, and transport medicine. Ben’s personal hobbies include travelling, running and playing terrible guitar for his daughter...

President Elect- Dr. Tony Pastor
Tony was born and raised in Houston, Texas. After spending most of his early school years in all boy catholic school, he attended Johns Hopkins University where he studied Molecular Neuroscience and attempted to quickly figure out how to interact with this new gender no one had told him about. During his time in Charm City he picked up running (a necessary survival skill in Baltimore) and has completed 3 marathons. He returned to the great state of Texas to attend medical school at Baylor College of Medicine and is currently a PGY-1 at Baylor. His interests include Infectious Diseases, LGBT health, baking cookies from a store bought package, and fishing...for compliments.

Treasurer- Dr. Katie Jacobson
Katie is a second year med-peds resident at UNC Hospital. She grew up outside of Milwaukee, WI and went to college and medical school at the University of Wisconsin- Madison. She is a Badger through and through! =) Med-peds brought her all the way down to the South and she wouldn’t change a thing! Not only is she learning about medicine, but she is also learning about southern barbecue and foreign phrases like “do all y’all want to have a comin’ to Jesus?”

Co-Secretary- Dr. Cuoghi Edens
Cuoghi was born in Memphis, TN but really calls New Mexico home. She attended the University of New Mexico for undergrad where she obtained degrees in both Art History and Chemistry and also spent a year abroad in England. She stayed in New Mexico to complete medical school where she was involved in a number of student organizations, committees, and was elected a member of AOA. After enjoying the years of desert sunshine and healthy doses of Vitamin D it was time for a change; Cuoghi joined the Meds-peds family at the University of Michigan where she is currently at PGY-3. She plans on going into primary care. In her spare time she enjoys traveling, exploring Michigan, hanging out with her dog, knitting, and is known to shower her co-residents with homemade baked goods.

Co-Secretary- Dr. Sarah Cox
Sarah was born and raised in Costa Mesa, CA. Unlike most people from California, she found herself traveling eastward to Baylor University for undergrad where she majored in University Scholars. She studied abroad in Maastricht, Netherlands and spent summers traveling as much as possible before heading even further east to Washington, DC where she began her career as a medical student at Georgetown University School of Medicine. During medical school, she served on class council, co-led the HOYA Clinic that serves DC’s homeless families, and participated in AOA and various highly esteemed organizations such as the Seinfeld Medical Interest Group. She joined the Med-Peds family in 2011 when she began her intern year at Georgetown. She enjoys spending time with her husband, family, friends and puppy. She also enjoys cooking, gardening and traveling.
Join us for the upcoming
2012 NMPRA Southeast Regional Meeting
Saturday, September 29, 2012
10 am-5pm (Registration at 9:30 am)
Duke Hospital North, Room 2001
Durham, NC

The University of North Carolina at Chapel Hill Med-Peds Program along with the Med-Peds Programs at Duke University and East Carolina University invite you to join us for an engaging and dynamic day of Med-Peds speakers and networking highlighting the versatility of Med-Peds physicians!

**Featured Topics:**

- **Dr. Dale Newton** (East Carolina University, Greenville, NC) *Keynote Speech: A Med-Peds Historical Perspective*
- **Dr. Allen Friedland** (Christiana Care Health System, Newark, DE) *A Virtual Tour of Child Product and Food Safety*
- **Dr. Russell Harris** (UNC-CH, USPTF, Chapel Hill, NC) *A Primer on Prevention and Screening Guidelines for Adults and Children*
- **Dr. Richard Chung** (Duke, Durham, NC) *Hot Topics in the Transition from Adolescence to Adulthood (Bullying/Cyberbullying, Predicting Cardiovascular Risk in Adolescents, and Novel Substances of Abuse)*
- **Health Reform & What it Means for Primary Care Physicians**
- **Panel Discussions on Med-Peds Global Health & Different Careers in Med-Peds**
- **Med-Peds Question & Answer for Medical Students**

**Registration**

**Only $10 for faculty and residents, $5 for medical students!!!!**

**Registration deadline September 25th at midnight!**

*Registration fee includes lunch and refreshments!*

*Social hour to follow in Downtown Durham!*

Check our conference website for updated information and registration information: [http://www.medpeds.org/about/southeastregionalmeeting2012.asp](http://www.medpeds.org/about/southeastregionalmeeting2012.asp) Contact us for questions at nmprasoutheastregional@gmail.com
Med-Peds Community Launches New Website to List PubMed Articles Written by Med-Peds Physicians

by David Kaelber, MD, Allen Friedland, MD and Michael Aronica, MD

In addition to the Med-Peds Bibliography of articles ABOUT Med-Peds, we have created and launched a Med-Peds Bibliography of articles WRITTEN BY Med-Peds physicians about all other topics.

Launched in December of 2011, the Med-Peds Authors Bibliography is an ongoing collaborative project of the Med-Peds Program Directors’ Association (MPPDA), the American Academy of Pediatrics/American College of Physicians Med-Peds Section, and the National Med-Peds Residents’ 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 other Med-Peds physicians.

We are always looking to add peer-reviewed, PubMed cited publications to add to this list.

Peer-reviewed, PubMed cited publication can be added to this list as follows:

• 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 format text (.txt) file could them be downloaded and imported into standard reference manager software such as EndNote, RefWorks, ReferenceManager, etc.

MORE INFORMATION

More information about this project and the current Med-Peds Authors Bibliography file can be found at http://www.medpeds.org/resources/biblioauthors.asp.

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

AAP Experience!
Section on Med-Peds Program
October 21, 2012, 1:00 - 6:30 pm
From the Head to the Bed--Issues of Importance to Pediatricians
Moderator: Allen Friedland, MD, FACP, FAAP

Pediatricians will learn the most up to date guidelines and basics of concussion recognition, diagnosis and management. Participants will be introduced to the most cutting edge approaches to the creation of a concussion management program in any given community. The session will also address the various forms of sleep apnea, the behavioral insomnias of childhood and the problem of hypersomnolence while providing a primary care focused approach to the evaluation and management. Finally, participants will be introduced to basic concepts in primary care mental health and will learn the prevalence of these problems and techniques to uncover what is bothering the patient. We will review how a mental health visit differs from a typical primary care visit and learn specific techniques drawn from cognitive behavioral therapy and short-term supportive psychotherapy. Participants will practice these skills with case studies. We will review the use of psychiatric medications in primary care pediatrics and ways to communicate effectively with mental health professionals around referrals.

SCHEDULE OF EVENTS

⇒ 1:00 PM Concussion Management in the Adolescent Population
   Hayley Queller, MD, FAAP
⇒ 2:00 PM From Bed to REM: Core Topics in Pediatric Sleep Medicine
   Russell Gombosi, MD, FAAP, FACP
⇒ 3:00 PM A Practical and Philosophical Approach to Treating Common Mental Health Problems in the Primary Care Pediatric Setting
   Betsy Toll, MD, FAAP
⇒ 5:15 PM Posters and Reception
Get Your 2012 NMPRA T-shirt! Pre-order Online (medpeds.org) or Purchase at our National Conference!

Spread the word about Med-Peds by wearing your 2012 NMPRA T-shirt for Only $15!