



District III Resident Newsletter

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District of Columbia, Maryland, West Virginia, Pennsylvania, Delaware, and New Jersey



Lanre Omojokun, MD
District Coordinator
Children's National
Medical Center
oomojoku@cnmc.org

Welcome all new and returning members of the District III Section on Medical Students, Residents, and Fellowship Trainees (SOMSRFT)! This is an exciting time to be part of the Section, and our District in particular. As you may have noticed, we are no longer the "Section on Residents." The name change reflects our effort to expand our reach across the spectrum of trainees and to provide a professional home for residents and fellows planning to stay active in organized medicine.

I would first like to thank **Tyler Smith, MD**, the outgoing District III Coordinator. Tyler has been a passionate and creative leader in our District for the past two years. We will miss her energy, although we are certain to see her continue in leadership within the AAP. Best of luck to Tyler as an Academic General Pediatrics fellow this year.



Jennifer Wolford, DO, MPH
Ast. District Coord.
(ADC)
Children's Hospital of
Pittsburgh of UPMC
Jennifer.Wolford@chp.edu

We kicked off this year at the **National Conference and Exhibition** in October. At that meeting, we welcomed **Jennifer Wolford**, a 2nd year resident at Children's Hospital of Pittsburgh, as our new Assistant District Coordinator. Jen has already shown great enthusiasm for the SOMSRFT by submitting a resolution at the NCE. The resolution, which proposes reduced NCE registration fees for trainees, was chosen as one of the Top Ten resolutions from our Section!

I cannot go further without mentioning the **advocacy projects** within District III. Our District traditionally has been one of the most active, with motivated members who tirelessly create improvements in their communities. We organized Bone Marrow Registry Drives and Cover the Uninsured Week campaigns last year. We have received some fantastic ideas for this year's **District III advocacy project** – see page 6 for more details. On a national level, the SOMSRFT unveiled this year's advocacy project at the NCE: **Target Tobacco**. You are all encouraged to jump into any of these projects by contacting your program delegate or chapter delegate.

As the holidays approach, I wish you all safe travels and plenty of time for rejuvenation. We look forward to working with you all in the new year to continue as champions for children. Best wishes for a happy and healthy holiday season!

Lanre Omojokun, MD
District III Coordinator, SOMSRFT

IN THIS ISSUE	
Regional Round up	2
National Opportunity	3
Fund your Research	4
AAP tips and bits	5
Advocacy Updates	6
District Contacts	7

Regional Round-up: What are our neighbors working on? ²

During the District meeting at the NCE in October, each resident presented some of the advocacy work and community activities that were successful with his/her program. Each program had found a way to successfully be involved in its community. If you have a new direction that you'd like for your program to grow, consider talking with these residents about their success and advice to get these great ideas off the ground.

Please email Lanre or Jennifer if you have an advocacy project to share!

- ❖ **At St. Christopher's Hospital in Philadelphia**, There is a great **stop smoking** campaign that really works to reduce the barriers for people who smoke to get help. The program has established a dedicated room where participants can use the phone for free to call the stop smoking hotlines. This is a great way to bring the audience right to the resource!
 - ❖ **Al Dupont's Children's Hospital** reported back on a nutrition day program with a focus on **obesity prevention**. This finds dedicated time outside of a busy well child visit to work with interested patients on nutrition education.
 - ❖ Over in New Jersey, **UMDNJ residents** were also tackling obesity as part of their advocacy work. With collaboration of local nutritionists, UMDNJ developed a program entitled, "**A New Way**," to focus on teaching patients and families about redefining their nutrition and daily eating plans. Even the title sounds empowering!
 - ❖ **Marshall University** participated in a program this year to fight obesity by increasing activity. "**Let's Get Moving!**" focused on increasing cardiovascular activity for the participants and also involved some lab work for health screening and research.
 - ❖ **More great updates to follow in future newsletters!**
 - ❖ **CHOP** residents at the district lunch shared a well-established successful program, "**Ballroom Dance for Life.**" This program teaches ballroom dance to the kids living in West Philadelphia. For the participants – who are so focused on the dance steps – a sneaky way to get their heart rate up!
 - ❖ **Monmouth Residents** are strong proponents of the "**Reach out and Read**" program. Additionally, these residents have secured books in **other languages**. Language barriers can so easily be overlooked. These additional books really maximize the benefits of the program.
- *What great things are happening in your program?*
 - *A call for your thoughts on advocacy and what **advocacy in action** is in your program.*
 - *You may be able to share about a **great new initiative** that is taking shape in your program or you may want to share about a colleague, mentor, or role model who **walks the walk of an advocate** with every patient.*
 - *How does that example **influence** your work?*
 - *Share with us what is shaping your **advocacy muscles** at Jennifer.Wolford@chp.edu*

*Did you know that the Nation's Capital is inside District III?
An AMAZING OPPORTUNITY to get involved on the national scene!*

Would you like to learn how to take your commitment to child health care advocacy to a higher level?

The American Academy of Pediatrics (AAP) has scheduled its next one-day Advocacy Training for pediatric residents on **Wednesday, February 18, 2009 from 8:30am to 4:00pm in Washington, D.C.**

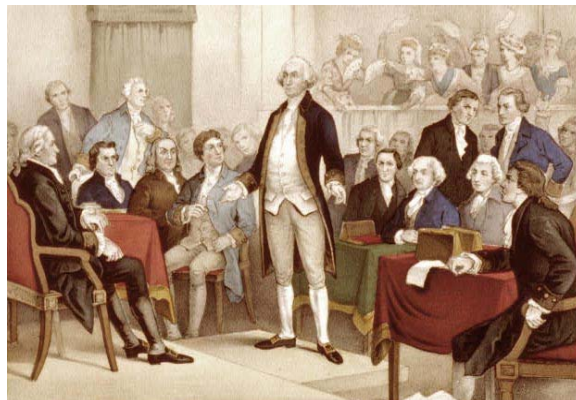
Hosted by AAP's Department of Federal Affairs in Washington, DC, "Advocacy Day" has been part of the Academy's initiative to **increase advocacy participation and skills among residents.**

Advocacy Day participants receive a full morning of advocacy training, including learning basic skills and discussing one in-depth child health legislative issue. The afternoon is spent meeting with congressional offices to present the issue and put new advocacy skills to use. **Space is extremely limited**, and participation will be reserved on a first-come, first-serve basis. *There is no cost to attend Advocacy Day, and breakfast and lunch will be provided.* We do ask that if you have already participated in Advocacy Day, you leave the spaces open for others who want the opportunity. When RSVP'ing, please include the following information:

- Name
- Email Address
- Institution
- Mailing Address
- Daytime Phone Number

In addition, courtesy of the AAP Friends of Children Fund, this year, we are very fortunate to offer financial assistance to a select number of residents to cover the travel and housing costs to attend this training. To apply for one of these scholarships, RSVP for Advocacy Day or for more information about AAP's Resident Advocacy Day, **please contact Kerry Turner, AAP Department of Federal Affairs, 202-724-3315, or kturner@aap.org today!**

Source: <http://aap.grassroots.com/resources/09AdvocacyDay.pdf>



Are you a resident interested in research?

4

Apply for the AAP Resident Research Grant Program Deadline: FEBRUARY 27, 2009

In an effort to enhance the development of research skills among physicians in training, the American Academy of Pediatrics (AAP) administers the Resident Research Grant (RRG) Program. This program is designed to give pediatric residents with limited research experience an opportunity to initiate and complete research projects related to their professional interests. Grants of \$2000 are available.

All completed applications, which include the Resident's Application Form, Resident's Proposal Form, letters of support, and biographical sketches, must be submitted by February 27, 2009.

PROGRAM DESCRIPTION

The American Academy of Pediatrics Resident Research Grant Program is designed to give pediatric residents with *limited research experience* an opportunity to initiate and complete research projects related to their professional interests. Grants of \$2,000 are available to qualifying residents. Projects may be related to the full spectrum of child health research, such as behavioral sciences, biomedical sciences, epidemiology, health services, perinatal/neonatal health, prevention, public health, quality improvement, quality measurement, or basic laboratory-based science. Residents must conduct their research under the supervision of a mentor within their own department or with other basic, clinical, or social scientists within the resident's institution.

Research projects can be conducted for a maximum of 2 years and should be completed during the residency program.

The Committee on Pediatric Research Subcommittee considers each application in light of the following criteria: proposed methodology, significance of the topic, feasibility to complete during residency, and relevance to the resident's career goals.

Priority is given to resident applicants who have limited research experience after medical school and to proposals most likely to advance the resident's research knowledge, skills, and interest. Dual degree applicants (MD and PhDs) are unlikely to be funded unless the proposed research is a major departure from their dissertation. **One goal of this program is to encourage residents with limited research experience to apply and to begin academic careers in research.**

IMPORTANT DATES
February 27, 2009 –
Deadline for application
and research proposal.

July 31, 2009 –
All applicants will be notified and research
grants will be awarded.

For questions, write to Jeannine Hess or
call 800/433-9016, ext. 7876.

jhess@aap.org

source:
www.aap.org/sections/ypn/r/research2008

Some more AAP tips and opportunities....

5

A Common Q & A.....

"I can't find my AAP number? Did I get an email? Or a card? Or is it in my overflowing in-box (aka...my bedroom floor/bottom of my work bag)?"

Answer: Has Peds in Review been showing up in your mailbox? You can find your 8 digit membership number on the label! Your 8 digit birthday is your password.

You can also get your AAP number by calling ~ 886-THE-AAP1

You need your AAP number to take advantage of all of the online resources for young physicians available at www.aap.org, including Pedialink, and others.

Free Pediatric Care Online and Bright Futures PDA

For the 08/09 academic year, all pediatric residents will receive access to **Pediatric Care Online** (PCO) where the **Bright Futures for PDA** can be downloaded along with a host of **great resources** from the Academy.

Mead Johnson Nutritionals sponsored your access to this great resource.

By now, most of the Mead Johnson representatives should have visited your program to drop off the access cards. Once you have your access card, follow the simple instructions on how to access the PCO and more specifically, the Bright Futures PDA download.

CATCH Resident Funds Program

The Community Access to Child Health (CATCH) Resident Funds program supports pediatric residents in the planning of community-based child health initiatives. Grants of up to \$3,000 are awarded twice each year on a competitive basis for pediatric residents to address the needs of children in their communities.

CATCH Resident Funds grant projects must include planning activities and also may include some implementation activities. Community-based projects develop broad-based collaborative community partnerships for the planning phase of child health initiatives. Typical partnerships include grassroots associations, parents, faith-based groups, local businesses, local public health service agencies, nongovernmental health agencies, and hospitals.

The 2009 CATCH Cycle 2 Resident Funds Call For Proposals is now live! All applications must be submitted online by January 30, 2009!

See the all of the information online at www.aap.org/catch/funds/

Ideas for the next newsletter? Would you like to see more information about a specific topic, issue, or opportunity? Do have something to share with your fellow pediatric residents? Please contact Jennifer.Wolford@chp.edu

Get active, District III, Let's work together this year! ⁶

Last year, District III served as an example to the other 9 AAP districts by coming together to promote a district wide advocacy project. It is time for us to choose a new issue that affects us in District III – this is a unique opportunity to have a more local focus for our advocacy work, with the support of our entire district (which is a national powerhouse, of course!) In a recent conference call with program delegates, we discussed tackling such topics as dental health. Later ideas that were emailed include finding resources to help families work with energy companies during the cold winter, or examining the prevalence of food insecurity in our part of the country.

DO YOU HAVE AN IDEA FOR A GREAT REGIONAL ADVOCACY PROJECT? Are you involved with a local project that you are ready to take to the next level? Contact your program delegate, the District Coordinator, or the Ast. District Coordinator to share your ideas and vision!!

Update on the Resident Section 08-09 Advocacy Campaign... TARGET TOBACCO!

The Section on Medical Students, Residents, and Fellowship Trainees (SOMSRFT) is happy to announce its 4th Annual Advocacy Campaign! We recognize that our 10,000 member voices can help make change happen. This year the section would like to use those voices to target tobacco.

The SOMSRFT Advocacy Subcommittee has compiled background information and suggested advocacy projects to target tobacco at the individual, local, state, national, and international levels. These projects include discussing smoking cessation with patients, educating others in your community about the harms of second-hand smoke, joining national letter-writing campaigns, and more.

The material is available on the section website at www.aap.org/ypn/r/advocacy.

We are very interested in hearing the ways each program uses the materials to target tobacco. If you have any questions, please contact your program delegate or Lanre Omojokun at oomojoku@cnmc.org or Jennifer Wolford at Jennifer.Wolford@chp.edu



District III Leadership Contact Information

District Coordinator

Lanre Omojokun
oomojoku@cnmc.org

Assistant District Coordinator

Jennifer Wolford
Jennifer.wolford@chp.edu

State Chapter Delegates

Delaware

Ann Tannous
atannous@nemours.org

District of Columbia

Molly Moore
mjmoore@post.harvard.edu
&
Travis Hobart
thobart@gmail.com

Maryland

Sheila Ravendhran
sheila@jhmi.edu
&
Rachel Gast
rgast@lifebridgehealth.org

New Jersey

Monika Symms
mas617@yahoo.com
&
Manish Kumar
docmanishkumar@yahoo.com

Pennsylvania

Sonia Desikan
sonia.sharon.desikan@drexel.edu

West Virginia

Waseem Ostwani
ostwani@marshall.edu
&
Beth Emrick
beth.emrick@gmail.com

Program Delegates

Delaware

Crozer-Chester Medical Center
Shrinkhla Agrawal
Shrinkhla.agrawal@crozer.edu

District of Columbia

Children's National Med Ctr
Tiffani Johnson
tjjohnso@cnmc.org

Georgetown University Hospital

Jaime Kaye Gosserand
Jaimekaye2@yahoo.com

Maryland

Johns Hopkins University
Sheila Ravendhran
sheila@jhmi.edu

University of Maryland

Salwa Kahn
skhan005@umaryland.edu

New Jersey

Newark Beth Israel Medical Ctr
Caroline Bondoc
lilonedoc@yahoo.com

Monmouth Medical Center

Manish Kumar
docmanishkumar@yahoo.com

UMDNJ – New Jersey Med School

Monika Symms
Mas617@yahoo.com

UMDNJ – Robert Wood Johnson

Kayla J. Scarponi
ksmeggs@gmail.com

Jersey Shore University Med Ctr

Andy Combs
acombs@siumed.edu

Pennsylvania

Albert Einstein Healthcare Network

Lisa Duffy-Reckner
duffyl@einstein.edu

Children's Hospital of Pittsburgh

Amanda Brown
amanda.brown@chp.edu

Children's Hospital of Philadelphia

Julia Shaklee
Shaklee@email.chop.edu

St. Christopher's Hospital for Children

Sonia Desikan
sonia.sharon.desikan@drexel.edu

Penn State/Hershey

Nicole Hackman
nhackman@hmc.psu.edu

Thomas Jefferson/duPont Hospital for Children

Ann Tannous
atannous@nemours.org

Geisinger Health System

Andrea Dvorak
amdvorak@geisinger.edu

West Virginia

Marshall University Medical Center

Waseem Ostwani
ostwani@marshall.edu

Charleston Area Med Ctr/ West Virginia University

Beth Emrick
beth.emrick@gmail.com

If your program is not listed here, please contact Lanre or Jennifer with a delegate name. Thanks!