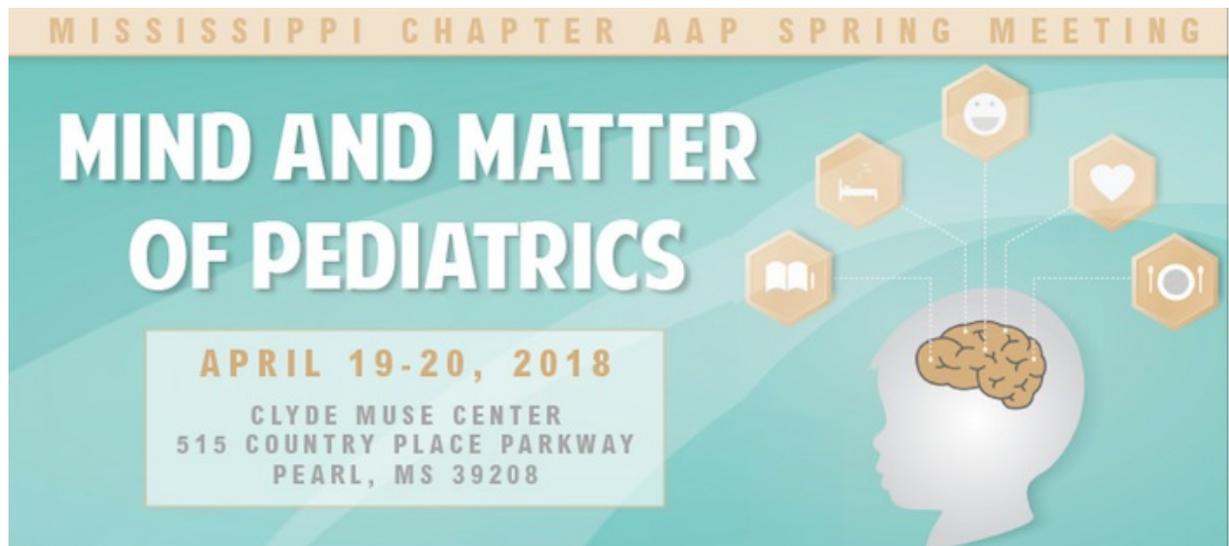


American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Mississippi Chapter



PLAN NOW TO ATTEND

Watch your e-mailbox for more details, or click [this link](#) to register now.

Topics include:

Update on Access to Behavioral Health Services* Innovations and Improvements in Maintenance of Certification *Panel discussion: Interfacing mental health with primary care *Erosion of Teeth from Reflux *Contenance and Constipation *MS Pediatric Clinical Trials Center *Office Orthopedics *Mississippi's Early Childhood Services grant *Adolescent Health Topics *Bleeding Disorders *Addressing barriers in breastfeeding *Screening tests - the When, Why, and How *Panel Discussion: Maternal Depression Screening Follow Up *Residents' Case Presentations

American Board of Pediatrics (ABP) Representative to attend Chapter CME meeting on April 19th

Whether or not you can attend the full Chapter CME meeting in April (details above), make plans to attend a special session on April 19th from 8:00-9:30 AM! Dr. Marshall Land from the American Board of Pediatrics (ABP) will present ***"Trust Me, I'm a (Certified) Doctor: Innovations and Improvements in Maintenance of Certification"***, which will be followed by a q and answer session. Dr Land is also eager to hear pediatricians' input on the recent changes to the Maintenance of

Certification guidelines, so there will be a time for comments..

We are making this session available free of charge to any pediatrician who wishes to attend; however, CME credits will not be available for the sessions unless you are registered for the conference. We will serve a continental breakfast beginning at 7:30 AM. Come and listen to this special presentation.

The conference will be held at the [Clyde Muse Center](#) at 515 Country Pl Pkwy, Pearl, MS. This facility is easily accessible from Interstate 20.

Questions may be directed to msaap@integrity.com. Please email also if you plan to attend this session and are not registering for the conference (so that we may plan the appropriate food and seating).

Advocacy for children and pediatricians

... is a major priority for the Mississippi Chapter. So many health and psychosocial concerns face our children and youth, and we often are the ones who can speak up and advocate for them.

In addition to legislative advocacy (detailed below), it is important to train pediatricians to advocate, and the Chapter helps provide learning opportunities through special events and advocacy rotations during pediatric residency. Medical students are invited to participate and are more involved than ever with the Chapter, learning early to impact policy and legislation. The Chapter is allied with a number of organizations with similar goals on multiple issues (immunizations, child death reviews, childcare, safe sleep, tobacco tax and prevention, infant mortality, and others). Chapter representatives also are involved in advocating for pediatricians and pediatric care with BlueCross BlueShield of MS, Medicaid and managed care organizations, and others who impact health care coverage, access to care, and pediatric practice.

There is a place for you in advocacy. To find out about more opportunities, contact the chapter office at msaap@integrity.com.



Medical student Avni Patel with Chapter Legislative Monitor Lynn Evans at Advocacy Dinner.

Chapter Capitol Day 2018 - a great success!

After initially being postponed due to wintery weather, Chapter representatives met at the State Capitol on February 14, 2018 to visit with lawmakers about issues important to children's health. About twenty retired and practicing pediatricians, residents, and medical students, along with the Chapter's fabulous Legislative Monitor, Lynn Evans, met legislators armed with information about the need for an increase in the state's tobacco tax and the need for passage of legislation to strengthen the current ban against texting and driving. Other priorities included encouraging lawmakers to protect MS Medicaid from budget cuts and to THANK lawmakers for protecting the state's strong immunization exemption standards! Governor Phil Bryant met with the group of white coats, followed by a meeting with Lieutenant Governor Tate Reeves. Each made remarks about the importance of pediatricians in MS and thanked them for their care for children. Both encouraged

trainees to stay in Mississippi to practice. We were fortunate to have Lt. Governor Reeves ask the group about our priorities and listen attentively at the emphasis on the importance of strong childhood immunization standards and integrity of the Medicaid program.



Mark your calendars for Capitol Day 2019, scheduled for February 28, 2019.

Participants at this year's Capitol Day included practicing and retired pediatricians, residents, and medical students.

Legislative session report for January-February 2018

THANK YOU again to everyone who once again helped to defeat legislative efforts to weaken Mississippi's strong immunization law. This year's active bill, HB 1505, was a personal belief exemption disguised as a religious liberty bill, and was authored and championed by House Judiciary B Chairman Andy Gipson.

Both the State House and the Senate Medicaid Committees are currently working on bills - HB 898 and SB 2836 - the Medicaid Technical Amendments bills- to address many parts of the Medicaid program. The two bills focus on preventive care as the best way to save money and provide quality care. Fortunately, many concerns that have been discussed by physicians and others are being addressed in these bills - both bills keep Primary Care Providers like pediatricians reimbursed at 100% of Medicare, remove the 5 prescription cap, delete the 12 physician visits per year cap, and do not make the 5% cuts to providers that lawmakers had initially talked about.

Two bills to reauthorize the state's ban on texting while driving are making their way through their chambers' of origin. Both HB 900 and SB 2599 will attempt to make the ban more enforceable. Texting while driving was implicated in more than 1,500 highway crashes in 2016 alone.

The bills to increase the state's cigarette tax were added into a large Senate bond money for state agencies, colleges and universities and other special projects around the state. Having this included in bill allows the effort to move forward, at least for now. This action is a big step in the right direction and the first positive action on the cigarette tax since 2009! It is estimated that raising the tax by \$1.50 per pack of cigarettes (and comparable increases on other tobacco products) would reduce youth smoking by 16.9% and provide \$1.01 billion in long-term health care cost savings from adult and youth smoking declines. Read more tobacco tax facts [here](#).

The legislative session will conclude on April 1, 2018. Until then, the Chapter will continue to monitor bills of interest to pediatricians.

Do you know a resident with a financial need?

Do you know a pediatric resident with financial need? The AAP offers financial hardship scholarships designed to help allay financial difficulties for residents in good academic standing. See [announcement here](#) on the Residency Hardship Scholarship page. Scholarships range from \$1,000 to \$5,000.



The application deadline is March 16. Questions can be directed to Kim Vandebrook, Member Engagement Specialist at KVandebrook@aap.org.

Clinic "lunch and learns" are being offered

Augment the services your clinic provides to children exposed to secondhand smoke and family members who smoke. The Chapter continues offering tobacco "lunch and learns" to practices across the state. We will bring lunch into your clinic and provide a one hour tobacco education training for interested clinics.

Free tobacco educational materials will be provided to the clinics. Pediatricians and their staff will learn how to refer smokers to the MS Tobacco Quitline, learn tips for making their clinics more visible in promoting smoke free lives, and understand more about e-cigarettes, emerging tobacco products, and cessation products.

There is no cost and no further obligation for your clinic.

If you are interested in hosting a lunch and learn in your clinic, contact Gretchen Mahan at msaap@integrity.com.

Wellness physicals project at Murrah High school

In the fall of 2017, the MS Chapter AAP, Dr Timothy Quinn of Quinn Healthcare (Family Practice clinic), MS State Medical Association, MS Academy of Family Physicians, and Jackson Public Schools sponsored a small pilot project to promote annual wellness visit for teens. An essay contest was held for all Murrah High School students, and Visa gift cards were awarded for the top three essays; approximately 55 essays were submitted by students about "why it is important for all teens to get a yearly physical". Award winners are to be introduced in early March before the state Legislature when a Concurrent Resolution highlighting the importance of annual physicals for all adolescents is read.



Murrah Healthcare Essay contest winners: Jada Wilson, 1st place; Ariana Polk, 2nd place; and Tristan Jones, 3rd place.

Magnolia Health Plan enrolling children in our Raising Well Disease Management program

Magnolia Health Plan members can be referred to our Pediatric Obesity and Weight Management disease management program called "Raising Well". This is a program that includes telephonic coaching, education on healthy eating, promoting active lifestyles, goal setting and tracking progress. The program also includes a Social Media platform including an optional secret Facebook group that participants can communicate, encourage and support other members in the process. If you have a member that you think would benefit from this program, you can call Magnolia Health Plan at (866) 912-6285 and speak with a Care Manager who will contact the member with the program information.

United Healthcare Spring Break Program

During March and April, we encourage members ages 5-18 years old to use their Spring Break holiday to complete a wellness exam. Practitioner participation is easy. The clinic simply notifies the UnitedHealthcare Community Plan EPSDT team via email at Kenisha_potter@uhc.com of their interest. UnitedHealthcare will mail the attached letter to assigned members of the clinic who are in need of a wellness exam. Members will contact the clinic directly for an appointment during their Spring Break holiday.

Understanding Physician Burnout

by Desh Sidhu, MD, FAAP

Pediatrician at Desoto and Senatobia Children's Clinic

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We physicians spend a lifetime learning how to diagnose and treat what ails our patients. We plot and plan our treatment regimens, very often taking those thoughts home. But we have hardly paid any attention to what ails us. What is it that afflicts us that has the potential of white-washing all our learning and all our devotion to our patients? What can undo all that we have accomplished in our careers? What can wreck not only our careers, but our families and our very life? It is the most common 'disease' in our profession, potentially affecting about half of us. It is Physician Burnout. It is a silent disease, slowly sneaking upon us, unbeknownst and unannounced.

It follows us from the time we enter medical school, where the incidence is ...

[\(click here to continue reading article\)](#)

Your input to this publication is important!

We would gladly receive your comments, article submissions and input!

Specifically, it is our intent for future issues of this publication to include a section to spotlight the practices and contributions of retired pediatricians. These men and women have inspired many younger pediatricians and trainees, and the Chapter would like to honor them. Please contact us with information about retired pediatricians in your area of the state who could be featured in this spotlight, as well as what you would like to hear about these heroes of our profession.



AAP Election for President

Dear Members of the AAP:

I am pleased to share that the AAP National Nominating Committee has selected **Sara "Sally" H. Goza, M.D., FAAP**, of Fayetteville, Ga., and **George C. Phillips, M.D., M.B.A., FAAP**, of Overland Park, Kansas, as candidates for AAP president-elect.



Additional information about the candidates, including profiles and position statements, will be published in upcoming issues of *AAP News* and online at www.aap.org/election.

Voting will begin Nov. 2 and ends Dec 2.

- Pediatricians helping kids to grow up smoke free -

Youth with mental health disorders are at increased risk for tobacco use

Depression and anxiety are correlated with greater nicotine dependence, smoking persistence, and relapse back to smoking after a quit attempt. Menthol is disproportionately used among young adults tobacco users with mental health problems, above and beyond the impact of a variety of other mental health and tobacco use risk factors. Menthol cigarettes are associated with worse cessation outcomes than non-menthol smoking. A study examined the association of menthol tobacco use to anxiety and depression in a national sample of young adults. It was concluded that policies should be developed to deter menthol tobacco use in vulnerable groups.



Findings suggest a strong link between menthol tobacco use and poor health outcomes. Policies should be developed to deter menthol tobacco use in vulnerable groups.

Mental health providers place greater priority on adolescents' use of substances other than tobacco, and often view youth smoking as developmentally normative and a coping strategy for psychopathology. This likely contributes to the general lack of attention to tobacco use and cessation strategies being implemented in mental health settings. This study obtained formative data to guide development of a tobacco cessation program for transitional age youth with co-occurring psychiatric disorders with a focus on outpatient mental health settings.

For additional information, see these resources [click here](#).

Tobacco Cessation Clinical Practice Training Now Accepting Applications

The AAP Richmond Center is seeking applications for a training that will educate

pediatric clinicians about messages, tools, and counseling protocols to screen and counsel patients and families about tobacco cessation and secondhand smoke exposure during clinical encounters. Click [here](#) to download the application for this training that will take place on April 26-27 at the AAP headquarters in Itasca, IL. It will last 2 days, and coach airfare, transportation between airport and hotel, hotel accommodations (2 nights maximum), and meals included during the trainings will all be covered.

To be considered, applications must be received by 4:00pm CST on Friday, March 9, 2018. Please email questions to richmondcenter@aap.org.

AAP Richmond Center

is excited to announce the publication of a Supplement issue of Pediatrics entitled "Tobacco and Secondhand Smoke in Children". This journal issue features twelve science articles about tobacco and secondhand smoke exposure and two commentary pieces about the role of research and advocacy in protecting children from tobacco use and exposure.

E-Cigarette Research

Researchers found that any use of e-cigarettes, hookah, non-cigarette combustible tobacco or smokeless tobacco in one year doubled the chance that youths smoked cigarettes the following year. Previous studies focused on e-cigarettes. [This study](#) is the first to analyze all non-cigarette tobacco products.

In January, the National Academies of Sciences, Engineering and Medicine (NASEM) published a report to evaluate the current evidence base for the short- and long-term health effects related to use of e-cigarettes and other electronic nicotine delivery systems (ENDS). The report found substantial evidence the e-cigarette use increases risk of combustible tobacco use among youth and young adults, and that there is moderate evidence that e-cigarette use increases the frequency/intensity of combustible tobacco use among youth who already use these products. E-cigarettes do have health effects in humans, but e-cigarettes appear to pose less risk to an individual than combustible cigarettes. The report noted that long-term effects on morbidity and mortality are unclear, and called for further research. Review a full list of the report's conclusions [here](#).

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The Tobacco Free Mississippi: Engaging Mississippi Pediatricians project is funded by a grant from the Mississippi State Department of Health Office of Tobacco Control.

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