



News Update

California Chapter 1 AAP

<http://www.aapca1.org>

Vol. 2010, Issue 2

Special points of interest:

- Legislative Progress
- Kidpower workshops
- 10 steps to better breastfeeding
- Catch Grant Success
- International Child Health progress

State Government Affairs

State Government Affairs Report

By Ricky Choi, MD

I recently returned from the AAP's new *Advocacy Institute* in Illinois. It was a great opportunity to meet other advocacy minded pediatricians and attend sessions on topics such as working in coalitions and using data to support advocacy. Pediatricians from across the country shared their state budget woes, but few could compete with the particular budget challenges that we face here in California. There is a very active discussion going on in Sacramento over how to balance the budget and we continue to stay vigilant protecting services for children and adolescents. While cutting Healthy Families seems unfathomable, be aware that Arizona recently eliminated its CHIP program. With budget shortfalls anticipated for the coming few years, anything is possible.

Below are some of the topics in which the SGA is involved:

1) **Vaccine Reimbursement (AB 2093)**. This is a re-introduction of last year's bill that the AAP is co-sponsoring with CMA and CAFP that requires full reimbursement of direct and indirect costs to acquire and administer recommended vaccines by health plans and insurers. The change in this year's bill is an exemption for Healthy Families which improves chances of passing because it will not carry any state costs.

2) The SGA Committee has been weighing in on state legislation on a variety of issues including:

SB 880. Requiring minors to wear a snow sport helmet for related activities

SB 1051. Allowing non-nurses to administer Diastat at school in emergency situations

SB 1210. Soda Tax

AB 2468. Breastfeeding in the workplace – Mother-Friendly Work Site

3) **Lobby Day April 27th**. We hope to see you in Sacramento to participate in our Annual Lobby Day. We will educate you, train you, and then set you loose

to discuss the importance of child health with your local elected official. Your voice is needed more than ever as the state considers the elimination of vital programs including Healthy Families and FPACT. Register at: https://www.aap-ca.org/event/leg_day/register

President's Column

By Steve Harris, MD

Joe Dunn, the former California legislator and executive director of the CMA, spoke about 18 months ago to our Chapter's combined "Life After Residency" and "Vintage Physicians" program. The pitched battle and superheated rhetoric over the federal health care reform bill reminded me of his warning that passing legislation is 95% about the politics and 5% about the merits.

During the year it took Congress to pass the bill, we truly had vigorous debate in the media, in Washington, and in many towns across the country. Some of it was quite thoughtful; some was annoying and distracting

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News Update

President's Thoughts

nonsense (e.g. death panels) that echoed Dunn's warning that politicians will often fight their ideological and electoral battles at the expense of fixing our problems.

Now that we have a bill, I can hear some of you saying "it went too far" (away from what?), and others saying "not far enough" (toward what?) Whatever your politics, I can't imagine anyone saying the bill is "just right." My current response to the most overheated rhetoric is the old REM song: "It's The End Of The World As We Know It (And I Feel Fine)."

The AAP supported the bill, and on its merits, it clearly has some wins for Northern California children and for pediatricians of California Chapter 1 of the AAP. Here are some examples:

All Bright Futures services will be covered by public and private insurances with no co-payment.

More children—hopefully all children—will have access to insurance, and changes to Medicaid payment will make it far more likely that the coverage card won't be an empty promise. More pediatricians will likely be willing to accept Medi-Cal because by 2013, payments must increase to a floor of 100% of Medicare payments for pediatric evaluation and management codes.

SCHIP is funded through 2016, and

There is an immediate ban on using pre-existing conditions as a basis for denying insurance coverage to children

We'll have a great chance to talk about all this at our annual Memorial Day Weekend conference in Monterey. Dr. **Lisa Chamberlain**, our Advocacy Committee Chair, and Dr. **Shannon Udovic-Constant**, the State Government Affairs Committee Co-Chair, will lead a discussion of political advocacy. Other amazing speakers include special guests Drs. **Howard Bauchner** and **Sarah Long**, as well as California talent in Drs. **Kelly Cordoro**, **Francine Kaufman**, **Marty Stein**, and **Nichole Tyson**.

Hope to see you all there.

Vice President's Column

By *Charles Wibbelsman, MD*

Annual Leadership Forum Report

What is ALF? Well, it is not just a sitcom character. The abbreviation stands for the Annual Leadership Forum that the American Academy of Pediatrics has convened each year since 1978 to bring together Chapter Presidents and Chairs of National

Committees, Councils and Sections. Prior to 1977, Chapter Presidents (then called Chapter Chairmen, even though some were women) met with the leadership of the Academy during the AAP's Annual Meeting which today is called the National Conference and Exhibition.

For all of you who may have attended the NCE (National Conference & Exhibition), you are quite aware of the large number of attendees at such a national meeting (over 11,000 in Washington, D.C in October of 2009) as well as the many educational opportunities and numerous events. This year the NCE will be meeting in San Francisco, October 1 through 5.

In 1978, the Chapter Chairmen's Committee brought forward a proposal to establish a Chapter Presidents' Meeting independent from the AAP's annual meeting and to invite guests and staff of the AAP. In



2004, the AAP Committees and Sections also joined his forum and the name was changed to the Annual



President

ALF

Leadership Forum.

In 2010, ALF continues to serve in an advisory capacity to the Board of Directors of the AAP, providing a primary communication link between the grassroots of the AAP and the policy-making bodies of the Academy which would include the Board of Directors as well as national committees, councils, and sections who recommend policies through the governing body of the Board of Directors. The legislative way in which this communication is achieved is on the floor of ALF in which resolutions are presented to all leadership members, which includes Chapter representatives for discussion, approval or dismissal, and then sent on to the Board of Directors for consideration. Many resolutions at ALF have come from our Chapter 1 and District IX. I am proud to say that many of our resolutions continued through the board to become a policy or statement from the AAP.

This was my second time to attend ALF. Indeed the opportunity to network with executive committees of other chapter boards as well as to meet staff from the Academy is a once a year opportunity. This year as Vice President, I represented our Chapter along with **Kirk Hahn, MD**, our Chapter Treasurer, and

Shannon Udovic-Constant, MD, co-chair of our district's State Government Affairs (SGA). **Yasuko Fukuda, MD**, also a member of our Chapter and past president, attended this year as a member of the National Nominating Committee. Also attending from our Chapter were **Jennifer Daru, MD**, representing Hospital Medicine, **Paul Fisher, MD**, representing Neurology, and **Jim Ruben, MD** representing Ophthalmology.

The Annual Leadership Forum operates as a forum for the exchange of ideas. ALF provides educational opportunities for participants also. Current issues facing the Academy as well as issues facing chapters are always on the agenda. This year, there was a special session allowing chapters to share strategies in addressing private payer issues.

The U.S. Surgeon General, Vice Admiral **Regina Benjamin, MD**, addressed the entire group of 300 pediatricians during a plenary session focusing on access to healthcare, affordability of healthcare, as well as culturally competent issues in health care.

Resolutions were discussed on the floor on Saturday, March 13 and Sunday, March 14.

A few highlights in the resolutions included:

- the AAP further tightening their conflict of interest policies
- AAP to promote ready access to vaccine registries in all states and to consider the feasibility of sponsoring a national vaccine registry with common electronic gateways to state registries
- AAP to explore stable federal funding for poison control centers.
- eliminate mailed advertisements to pediatricians
- establish an installment payment option for annual membership dues.

For myself and my colleagues from Chapter 1, the opportunity to attend this year's ALF, learn from peers and colleagues from our own District IX, as well as from national colleagues, and to have the privilege to vote on resolutions that shape the face of, and who the American Academy of Pediatrics is, was a distinct honor. Indeed a national organization as the American Academy of Pediatrics has strength in numbers. We as members of this Chapter are the numbers.

Kidpower Teams Up with AAP Pediatricians

By Caroline Chantry, MD

Kidpower is an international non-profit



Vice President

News Update

Kidpower Workshops

News Update

Executive Director:

Beverly Busher

68 Mitchell Blvd., #252
San Rafael, CA 94903
(415) 479-9200

E-mail: aapbev@sbcglobal.net

Physician Editors:

Mika Hiramatsu, MD

22290 Foothill Blvd., Suite 1
Hayward, CA 94541
(510) 581-1446 Fax available

E-mail: mhiramatsu@aap.org

Chair, Editorial Advisory

Board AAP News

Mark M. Simonian, MD

Layout and Editor
681 Medical Center Drive,
West #106, Clovis, CA 93611
559/325-6850 Fax available
E-mail: msimonian@aap.net

California Chapter 1

American Academy of

Pediatrics 68 Mitchell Blvd.,
#252

San Rafael, CA 94903
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Chapter Web Site:

www.aapca1.org

organization headquartered in Northern California providing workshops and additional resources to help empower children and parents to live safely, prevent abuse, and feel more confident.

The workshops train both parents and children and focus on use of self defense techniques, raising awareness, preventing unwanted touch and bullying, and seeking help from adults. A common language for parents, caregivers, and teachers to continue to educate children is taught.

Kidpower workshops are evidence-based. In a large study of children in Headstart, over 90% of parents reported that after Kidpower training their children demonstrated the skills to stop unwanted touch. Over 95% of parents noted that their children were still better able to protect themselves through increased awareness and boundary setting skills 3-9 months later. Parents also report greater knowledge and use of skills over subsequent months to handle issues of personal safety with their small children.

In efforts to raise awareness about Kidpower programs, financial planning partners **Elaina Serotte** and **Dylan Malot** seek to bring Kidpower and AAP Chapter 1 pediatricians together to better serve the confluence

of both organizations' missions. They hope to increase awareness and utilization of Kidpower by promoting workshops through local pediatricians that will be fully funded and available to families at no cost.

In sponsoring these events, Elaina and Dylan aim to utilize the workshops to serve as a potential forum for pediatricians who would like to connect with their local communities to educate parents about timely health topics such as immunization. Kidpower workshops in conjunction with local pediatricians began earlier this year. Elaina and Dylan are seeking input and participation for future workshops from local pediatricians. Look for Kidpower at the Monterey meeting in May to learn more. Please contact either Elaina Serotte or Dylan Malot for more information at (415) 743-1024.

Information about programs for children and other resources in Northern California is available at <http://www.kidpower.org/what-we-do/ca-services.html>

Breastfeeding Advocacy Update

By Diana Mahar, MD, MS

As your *Chapter Breastfeeding Coordinator*, I am excited to share the news of what's happening in

support of breastfeeding. As research continues to show the many health benefits of breastfeeding, and culture continues to change to support breastfeeding, the momentum is *growing*. We are now seeing more institutional, governmental and structural changes that will help provide new mothers with better support to initiate and continue breastfeeding. Here's the update:

JCAHO focus on exclusive breastfeeding: Effective April 2010, JCAHO will begin monitoring the number of women exclusively breastfeeding at hospital discharge as one of its new perinatal quality measures. This is a big step at the institutional level to bring hospital administration attention and support to those in perinatal care who are already working to help promote exclusive breastfeeding.

World Breastfeeding Week (WBW) is coming up: August 1-7, 2010. WBW is a weeklong celebration and call to action to support breastfeeding. This year is the 20th anniversary of the WHO Innocenti Declaration that called for implementation of the Ten Steps to Successful Breastfeeding. Many hospitals use the Ten Steps as the starting point for the eventual goal of becoming

Steps to Successful Nursing

“Baby Friendly.” Find out what your local breastfeeding coalition is doing for WBW by going to <http://www.californiabreastfeeding.org> and consider doing some activity in your clinic or hospital to support this event.

The Surgeon

General’s Call to Action on Breastfeeding will soon be completed. A *Call to Action* is the highest level of concern the surgeon general can establish to support changes in health promotion and will outline national policy priorities. This will no doubt encourage efforts from the top-down to support breastfeeding.

Breastfeeding Coalitions are working hard: There are many local breastfeeding coalitions that include representatives from public health, nursing, WIC, and other organizations and enthusiastically encourage the involvement of pediatricians. Find out about your local coalition by going to <http://www.californiabreastfeeding.org> and get involved.

Resources for pediatricians: Want to brush up on your breastfeeding knowledge or skills? There are great resources available to you, including PowerPoint presentations, resource information sheets, information about coding for breastfeeding support, and the excellent (and free) residency breastfeeding

curriculum. You can access all this information on the AAP website at: <http://www.aap.org/breastfeeding>. Want to stay up to date on breastfeeding advocacy and find out more? Join the AAP Section on Breastfeeding (SOBr), which is open to all AAP members. It’s just \$35/year (\$10/year for residents) and you get access to web-based resources and get updates about efforts to support breastfeeding. SOBr needs you. Join today by going to <http://www.aap.org/breastfeeding>. Feel free to contact me with your questions or ideas. dianamahar@ymail.com

Ten Steps to Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff
2. Train all health care staff in skills necessary to implement this policy
3. Inform all pregnant women about the benefits and management of breastfeeding
4. Help mothers initiate breastfeeding within half an hour of birth
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be

separated from their infants

6. Give newborn infants no food or drink other than breast milk, unless medically indicated
7. Practice rooming-in – allow mothers and infants to remain together 24 hours a day
8. Encourage breastfeeding on demand
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants*
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic

Source: *Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services*, a joint WHO/UNICEF statement published by the World Health Organization

*The AAP’s endorsement of the Ten Steps included a qualifying statement about the potential benefit of pacifier use after 3-4 weeks of age given that it may decrease the risk of SIDS.

CATCH Grant Report

Brian Tang, MD & Scott Brown, MD

Children living in poverty are at high risk for developmental delay and behavioral problems, which can lead to school failure,

Committee Chairs

Adoption & Foster Care

Juliana Damon (510) 306-7824

Advocacy

Lisa Chamberlain (650) 725-8314

Tonya Chaffee (415) 206-3742

Shannon Udovic-Constant

(415) 833-4289

Awards

Steven Martel (415) 225-4468

Behavioral/Developmental Pediatrics and Children with Disabilities

Renee Wachtel (510) 841-0782

CATCH

Aparna Kota (415) 833-4953

Arnold Gold (530) 749-3326

Dental Issues

Katherine Foster (707) 823-1762

Susan Fisher-Owens, MD

(415) 353-2226

Environmental Health

Alice Brock-Utne (650) 387-3415

Mark Miller (510) 622-3159

International Child Health

June Brady (415) 206-8361

Debby Miller (415) 388-3627

Medical Education

Nelson Branco (415) 461-0660

Yasuko Fukuda (415) 752-8038

School Health

George Monteverdi

(707) 265-7611

SGA

Ricky Choi (415) 264-4429

Substance Abuse

Seth Ammerman (650) 725-8293

Vintage Docs

Bill Feaster (650) 724-9323

Harvey Kaplan (650) 347-6702

Young Physicians

Neel Patel (650) 261-3710

Reshma Thadani (510) 272-9637

Youth

Tonya Chaffee (415) 206-3742

News Update

Catch Grant

delinquency, and other psychosocial difficulties through adulthood. Pediatric residents at Children's Hospital Oakland (CHO) regularly encounter children from this population on the wards and in their continuity clinic. Primary care pediatricians play a critical role in screening, management and discussion of behavioral and developmental concerns with parents. In our hectic primary care setting, however, these opportunities were difficult to come by. Anticipatory guidance, an important and required part of pediatric training, was often whittled down to providing parents with handouts on their way out the door.

Time-Out with Pediatricians (TOPs) grew out of two needs: 1) a *non-clinical* venue for parents to learn and appreciate child development and behavior and 2) to provide additional experience for pediatricians in-training to refine their skills in educating and counseling parents on issues related to child development and behavior. Since 2006, we have been working with leaders at the Berkeley-Albany Head Start program (BAHS) to create a series of educational workshops that would specifically address these issues. Funding from an AAP Community Access to Child Health (CATCH) Resident grant in 2007 further helped to solidify the

mission of TOPs. In the spring of 2008, we began piloting workshops that were subsequently expanded to include a wide range of topics. A school-year-length curriculum was developed, which offered core workshops covering the basics of motor, language, cognitive and social development, followed by more specific behavioral workshops, such as toileting, discipline, and sleep.

Following a series of pilot workshops and several focus groups, a full course was implemented during the 2008-2009 school year that continues to this day. Parents of children enrolled in Head Start, as well as their teachers, are invited to attend. Translation and child-care services are provided for each workshop, as well as a light dinner meal. Educational materials are also provided. Workshops are led by CHO residents as an integrated part of their Community Advocacy rotation. This gives them the opportunity to apply their academic knowledge of behavior and development in real-life situations from the group, in greater depth and detail than in a busy clinic. The format of these workshops are parent-driven, focusing on their concerns and questions, and encouraging discussion among the

group. The need for a medical home for each child is stressed at every opportunity. At the end of each workshop, participants are given a certificate of completion, intended to instill a sense of pride and accomplishment in expanding their knowledge and capacity as parents and caregivers. Workshops were consistently well-attended, though limited in size to encourage group interaction and sharing (no more than 20 persons per workshop). Feedback has been very encouraging and demonstrates a mutual benefit for both parents and residents. We submitted our formal report summarizing the TOPs experience last fall. By all accounts, TOPs has succeeded beyond our expectations.

Time-Out with Pediatricians is a powerful example of what can happen when a large community-minded pediatric training program and a community-based non-profit organization collaborate to improve the well-being of low-income families with infants and toddlers. TOPs would not be where it is today without the dedicated leadership and support from the CHO pediatric residency program and BAHS. To be certain, TOPs is only a local stop-gap solution to the larger problem of the monitoring, prevention, and early intervention of developmental and

Child Slavery

behavioral problems in children living in poverty. Yet, as funds for children's health programs, such as First Five, are falling victim to budget cuts by the state government, sustainable *grass-roots* community supports, like TOPs, are needed more than ever.

Child Slavery and Advocacy: Reaching out to the needs of the world's children

By June P. Brady MD, MPH and Debby Miller MD, MPH

International Child Health committee

"No one shall be held in slavery or servitude: slavery and the slave trade shall be prohibited in all their forms." United Nations: Article 4: Universal Declaration of Human Rights 1948.

At our Nov 10th International Child Health committee meeting, Dr **Gary Gin**, pediatrician at San Francisco Bay Pediatrics and active supporter of the International Justice Mission, spoke about child slavery. The International Justice Mission was founded in 1997 and currently works in 14 countries in South America, Asia, and Africa where it has successfully rescued children, provided after-care and prosecuted perpetrators. Dr Gin pointed

out that according to the US State Department, after drugs and weapons, human trafficking is the world's third largest criminal enterprise. It is estimated that 1.8 million children worldwide are exploited each year through prostitution and pornography and millions more are forced to work in dangerous industries.

These crimes are not the inevitable consequence of poverty. Rather, they indicate the failure of justice systems in developing countries to take the profit out of slavery by successfully investigating, prosecuting, and convicting those who traffic in human beings.

In June this year, a bipartisan bill, the Child Protection Compact Act (HR2837), was introduced in Congress. This bill addresses child slavery in the form of child prostitution, forced labor and indentured servitude. This Act is strongly supported by a number of human rights organizations including the International Justice Mission (www.ijm.org), Amnesty International, World Vision and the Polaris Project. It is currently one of **378 bills** in the Foreign Affairs Committee of Congress.

Information on HR2737 is available on: <http://www.ijm.org/justicecampaigns/cpca>. This website includes the full text

of the bill, a summary and a detailed section of questions and answers. Anyone wishing to support this bill can enter their address and zip code on this site which will automatically generate a letter to their member of Congress asking them to support the Child Protection Compact Act and hopefully speed its progress through the long political process.

The International Child Health Committee is also pursuing other ways to become involved in efforts to reduce child exploitation and slavery throughout the world.

"When held in slavery, Sandana and millions of other slaves in our world do not need someone to bring them food or shelter or medicine or micro loans. Right now, they need something different. They need freedom". Gary Haugen, Founder of IJM.

Health Technology News

Sam Pejam, MD

For iPhone users with an interest in asthma monitoring and patient feedback, a Chapter 1, AAP physician designed tool may help some physicians better monitor their patients asthma.. Look at <http://www.youtube.com/watch?v=T-WuOvmk7mY> for a tutorial video and decide for yourself or <http://www.asthamamd.org>.

Chapter Officers

Chapter President

Stephen Harris, MD
Medical Director, VCMC
751 S. Bascom Avenue
San Jose, CA 95128
408/885-5445

Chapter Vice President

Charles Wibbelsman, MD
Adolescent Medicine Clinic, Kaiser SF
2200 O'Farrell Street
San Francisco, CA 94115
415/833-3443

Chapter Secretary

Mark M. Simonian, MD
681 Medical Center Drive, West #106,
Clovis, CA 93611
559/325-6850

Chapter Treasurer

Kirk Hahn, MD
Pediatrics, 1425 So. Main Street
Walnut Creek, CA 94598
925/295-4200

Past President

James Crawford, MD
Child Protection Center
Children's Hospital & Research
Institute Oakland
Oakland, CA 94609
510/428-3759

Chapter Executive Director

Beverly Busher
68 Mitchell Blvd., #252
San Rafael, CA 94903
415/479-9200
aapbev@sbcglobal.net

Members At Large

Subha Aahlad, MD Foster City
650/321-7574

George Bunch, MD Santa Cruz
831/428-2182

Jim Carpenter, MD Martinez
925/370-5000 x 3459

Cynthia Eden, MD Modesto
(209)985-8201

Elizabeth Gleghorn, MD Oakland
510/428-3058

Zoey Goore, MD Roseville
916/787-6518

Jessica Hollman, MD San Rafael
415/526-8517

Beatriz Mares, MD San Jose
408/885-5445

Steven Martel, MD San Francisco
415/225-4468

Edward Moreno, MD Fresno
559/445-3200

Heidi Roman, MD Santa Clara
650/428-3629

Paul Wassermann, MD Chico
530/891-0553

California Chapter 1
American Academy of Pediatrics
68 Mitchell Blvd., #252
San Rafael, California 94903

Non-Profit Organization
US Postage Paid
Oakland, CA
Permit # 1019

Coming Events

California Chapter 1

American Academy of Pediatrics
68 Mitchell Blvd. #252
San Rafael, CA 94903

Phone: 415-492-9200

Fax: 415-492-9202

E-mail:

aapbev@sbcglobal.net

May 29-31, 2010—Chapter 1 Annual Spring CME Conference in Monterey:

“The Pediatrician as Specialist”

Howard Bauchner, MD: Last Year’s Best Clinical Articles in Pediatrics; Best New Pediatric Practice Guidelines; Feeding Controversies in the First Year of Life

Kelly Cordoro, MD: Top 10 Visual Dermatology Diagnoses; Evidence Based Evaluation and Management of Chronic Urticaria in Children

Francine Kaufman, MD: Type 1 Diabetes—The Pediatrician’s Role in Prevention, Diagnosis and Treatment; Type II Diabetes and Co-Morbidities; Advocacy Around Childhood Obesity

Sarah Long, MD: Challenges in the Management of MRSA; Immunization Update 2010; Common Sense Approach to the Use of Antibiotics in Outpatients

Nichole Tyson, MD: Contraception Options for the Adolescent—An Update; Polycystic Ovarian

Syndrome; Cases in Adolescent Gynecology

Martin Stein, MD: Does This Child Have Autism?; Medication Guidance for Complicated ADHD; Is it ADHD? Is it Autism? Behavioral & Organic Conditions that Mimic ADHD and Autism: A Case Based Approach

Program Hotel: Portola Hotel & Spa

Special AAP rate of \$174 single/double

Online registration for both the conference and the hotel available on: www.aapca1.org

April 27, 2010—Annual Legislative Day in Sacramento.

Join your fellow pediatricians for a day in the State Capitol. Learn how to be a better advocate and meet your local legislators.

Register at: www.aap-ca.org/event/leg_day/register