



# News Update

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## School Health Committee Targets Improving Access and Quality of Health Services for Students at School

By George Monteverdi, MD

A special School Health Committee meeting on Friday, December 8, 2006 discussed the current crisis of student access to efficient and quality health services while in school. Recent state legislation requires that students who require medication and health services while in school must remain in schools of their immediate community. They may not be relocated to a resource school where school health staff can be concentrated to provide for ongoing health service needs. In addition an increasing number of students require health services such as routine administration of prescribed medications or episodic and urgent care interventions, e.g. administration of bronchodilators, glucagon, insulin, parenterally administered epinephrine, and on occasion, rectally administered anticonvulsants.

State hearings have mandated schools to provide such services despite the lack of funding made available for schools to staff for these services. In California schools, while there is no mandated school nurse to pupil ratio, the average statewide ratio is 1 school nurse to approximately 2,200 students. According to a study that the California Parent Teacher Association did a few years ago, on any given day, only about 25 percent of California schools have a school nurse on campus. The children of most need, those of elementary school

level, are scattered in small campuses often in rural and suburban communities. Of the 50 states, California ranks in the bottom 5th for school nurse coverage.

This lack of trained, certified health professionals impacts not only the children and families of our communities but creates problems for pediatricians, family physicians, and hospitals who serve these children and communities. Your school health committee has begun an advocacy and action plan on behalf of you and your communities. This effort will focus on:

Collaborative construction and adoption of policy by California's professional organizations (e.g. District IX AAP State Government Affairs Committee, California Medical Association House of Delegates, and other allied professional health organizations including the California School Nurses Organization) to advocate state legislation which will create and fund training and certification of health technicians who, supervised by school nurses, will serve students' medical needs at their schools. Locally focused development of a pilot project at a school site(s) funded by community grant to initiate training and certification of current school staff which improves access, efficiency, and quality of health services to students at the elementary school level.

Detailed information describing the status of your School Health Committee's efforts is available. You may contact me at: [gemale@sbcglobal.net](mailto:gemale@sbcglobal.net) for additional information.

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Deadlines for submission of articles, announcements or chapter information are March 15, June 15, Sept. 15 and Dec. 15. Articles received after these dates may be included in a later issue.

**Chapter Web Site:**  
[www.aapca1.org](http://www.aapca1.org)

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**President's Column****By Yasuko Fukuda, MD**

Chapter 1 typically has a very busy last quarter of every year and 2006 was no exception. The following is a snapshot of the last few months:

The Getting to Know You (and our Chapter) Dinner on September 20<sup>th</sup> was very well attended. There was an opportunity to socialize and mingle, hear from many of our committees and national committee representatives. The featured speaker at dinner was **Birt Harvey** who was our Chapter President, District Chair, and subsequent National AAP President. Dr. Harvey spoke about Chapter 1 activities including legislation in California over the last 50 years. His recall about pediatric illnesses and pediatric practice over the last few decades was quite intriguing. It is hard to imagine the advances and changes that have taken place in such a short period of time. Dr. Harvey's reminiscence was enjoyed by the *junior* residents and *senior* practicing colleagues in attendance judging from the many comments made thereafter. **Norman Lewak** continues his compilation of our 50 year Chapter History and making information available on the Chapter and National Website for interested history buffs. The Young Physicians Committee chaired by **Christina Vo** and **Michelle Serlin** did an excellent job organizing this event. We hope to hold another event next year to keep members updated and invite you to participate.

On October 4<sup>th</sup>, pediatric residents (PL2's and PL3's) from various programs participated in the Life After Residency Program held at Children's Hospital Oakland. A panel of pediatricians in various settings presented a snapshot of their lives in practice. Basics on preparing a Curriculum Vitae and interviewing for a job were reviewed. **Michael Ward** discussed contracts and legal issues.



**Yasuko Fukuda**  
**President**

**Chris Retasczyk** gave an overview of financial management and planning. Again, thank you to Christina and Michelle for organizing this workshop. As we look forward to 2007, we plan to expand this day to include the *Vintage Senior Doctors* so we can explore issues after Residency and beyond Practice. Stay tuned!

An Environmental Health Toolkit conference was held in Oakland on October 14<sup>th</sup>. Our chapter has excellent resources on Environmental Health through our committee chaired by **Brian Linde** and **Mark Miller**. Please contact them if you are interested in more information.

Access to the Influenza vaccine is an ongoing annual dilemma. Thank you to all of the members who responded on the survey on availability of Preservative-Free Pediatric Influenza vaccine. Input to our District, the state organization for the AAP, helped to procure a six week exemption to the legislation prohibiting the use of the preservative containing vaccine and allow children under age three years to be immunized while we dealt with the delay in shipment from the manufacturer. **Dean Blumberg** in Sacramento is our Chapter point person on Infectious diseases.

The Continuing Medical Education Committee worked diligently to organize the Winter Meeting on Adolescent Medicine. Close to 200 attendees participated in the December 4<sup>th</sup> event. Topics included Adolescent advocacy, contraception, substance abuse, acne management, and immunizations presented by an excellent faculty. Reserve your 2007 calendar for the Memorial Day Weekend Conference on pediatric issues **In the News** and our next Winter Meeting.

The Advocacy Committee plans to get more involved with resident training. A new program in Sacramento is being coordinated with **Richard Pan** in Sacramento. If you would like further details, please contact **Lisa Chamberlain**, chair of this committee.

**George Monteverdi** and **Renee Wachtel** head the School Health Committee to address access to appropriate medical management and availability of trained medical personnel in our schools. The committee is working in conjunction with **Paul Qaqundah** from the School Health Committee of Chapter 4 and the CMA to address proposed legislation on *“a certification process supported by a state sanctioned program which will train school health technicians.”* Please contact George, Renee or the committee if you are interested in this issue.

The Annual Leadership Forum (ALF) will take place in Schaumburg, Illinois at the end of March 2007. **Mika Hiramatsu** is our District ALF representative and coordinates the resolutions submitted from California District IX. Chapter 1 has six resolutions that are being presented to the Chapter Vice Presidents and Presidents, as well as the national AAP Sections and Councils. Please stay tuned for her report in the next California Pediatrician.

**William (Bill) Byrne** has been a helpful advisor and colleague as Vice President over the last 1 ½ years. I am sad to report that Bill is moving to Portland,

Oregon in January 2007. Thank you for all of your support and advice!

**Eileen Aicardi**, who is our current Chapter Secretary, has graciously agreed to take on the role as Vice President in Bill's place. I welcome her assistance as we move forward in to 2007! **Mark Simonian** is our Chapter Treasurer, Newsletter editor, and Web master. He has innovative ideas to improve communication and accountability to our chapter members. The Chapter Board continues to work on organizational structure and the relationship of the four California Chapters with District IX. We could never do our jobs without our Executive Director, **Beverly Busher**.

I have been truly blessed to work with such a fine team of colleagues as we move forward into the New Year 2007! Best wishes to you and your family for the coming year!

### Committee on International Child Health: Join Us!

By **June P. Brady MD**

We are planning to revive California Chapter 1's Committee on International Child Health. The purpose of the committee will be to advocate for health and well-being of the world's children, build a base of California pediatricians with international experience to provide assistance and advice for anyone interested in working overseas, raise funds to help support resident electives and hold meetings to discuss topics of interest.

There are many reasons to revive this committee. First, the AAP is dedicated to the health of **all** children; second, there is increasing concern for the world's children: the AAP's Section on International Child Health is the third largest with over 1500 members; the number of

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Renee Wachtel (510) 428-3351

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Aparna Kota (415) 833-4953

### Environmental Health

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Mark Miller (510) 622-3159

### Fetus & Newborn

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### Infectious Disease

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Debby Miller (415) 388-3627

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### Nutrition

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Molly Linehan (415) 600-2403

### School Health

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### Substance Abuse

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Martin Joye (530) 752-2300

### Vintage Docs

Bill Feaster (650) 724-9323  
Harvey Kaplan (650) 347-6702

### Young Physicians

Michelle Serlin (510) 499-7489  
Christina Vo (925) 438-1100

### Youth

Tonya Chaffee (415) 206-3742

graduating medical students with international experience has increased from 6 to 20% in the past 20 years and locally UCSF has just started a special international track for **residents**. Third, there are over 40,000 international adoptees entering the USA every year with unique and unusual problems.

Come join us, bring your ideas, your experience and suggestions. If you want to receive an invitation to the dinner planning meeting in early 2007 please contact Debby Miller (dmiller@cal.berkeley.edu), June Brady (june.brady@ucsf.edu), or Beverly Busher (aabbev@sbcglobal.net).

## Tips for the Young Practitioner: When Your Child Is Sick, Part 1

### By Christina Vo, MD, Co-Chair, Young Physicians Committee

As I await the birth of my second child, I am contemplating how a flu season at home with an infant and a toddler will compare to a flu season at work.

For those of you new parents out there, here are a few words of advice about when you have a sick child at home:

First of all, common things are common – URIs, AOMs, AGEs... And preventing them at home takes common sense. Wash your hands. It may sound like I'm preaching to the choir, but I think that I've only been ill from whatever my daughter has brought home from daycare, not from the hundreds of sick kids I see in the office. I wash my hands religiously in the clinic. From sharing foods to wiping noses (and bottoms), I am sure that the spread of germs at home is much worse than the spread of germs in the office. Keep in mind that taking care of a sick child is much more difficult when you are sick.

With the fatigue associated with taking care of a sick child in mind, try

to share the burden when your child is ill. Many of us pediatrician parents think that it is easier to just take care of the sick child at home ourselves because we already know how to do it. Don't forget that your partner is a parent too. Just because you're the *expert*, you don't have to take full responsibility when your child is sick. Explain to your partner as you would to a parent in your office how to take care of your child. Most importantly let him or her try it without your constant intervention. You can take that much deserved or much needed nap; you can even go to work.

Along the same lines, know your back-up. Most of us would be hard-pressed to reschedule a full clinic day or find Urgent Care coverage on last minute's notice. Who will step in when the child has a fever or vomiting and can't attend daycare? Is your nanny or your mom comfortable taking care of a little one on antibiotics? If you have someone to take care of your child even on that first day, you may have much more success in changing your schedule around the rest of the week if needed. Having such a back-up plan reduces stress in times of illness. Taking time off, though, should not foster a guilt complex: we pediatricians need to learn to accept help from our colleagues when our children are sick.

Finally, have a plan for when you would treat your child yourself versus having another pediatrician see your child. Everyone has a different comfort level. Some pediatricians would never treat their own children with antibiotics; some are willing to try the second or third course before seeing anyone. Talk with your pediatrician, even if he or she is your partner, about when to come into the office so that you can approach your child as a parent, not just a pediatrician.

So stay healthy and good luck this flu season. Next quarter, look for the second part of this article, focusing on when your

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child has an unknown or serious diagnosis.

(You can e-mail **Dr. Vo** at christinavomd@gmail.com)

### National Committee on Child Health Finance Report

**By Tom Long, MD**

The Following is a summary of the Committee on Child Health Finance (COCHF) held at the AAP Office in Elk Grove, October 28-29, 2006

I attended my first COCHF meeting since my appointment several months ago. The committee meets together about every six months and in telephone conference approximately every other month. The first telephone conference I attended was in August.

On October 28<sup>th</sup>, the morning meeting was joint session with the Private Payer Advocacy Advisory Committee (**Richard Oken, MD** from Chapter 1 sits on this committee). There was essentially one item of business and that concerns the retail based clinics. The Academy and pediatricians have great concerns about this model of health care delivery and to that end a policy statement will be published in the December issue of Pediatrics. Specifically pediatricians are encouraged to read it and consider things they can do to counter this competitive threat. Not only is it competitive but is counter to the Medical Home concept that we all value so highly. Concern is heightened because at least one insurance carrier encourages its members to use such facilities by waving the co-pay. A letter with Dr. Ouellette's signature has been sent to the health plan stating the Academy's position with respect to these clinics. Districts are encouraged to monitor the impact of this new development.

At present such clinics are less prevalent in California largely due to the restriction on the number of mid-level

practitioners a physician can supervise. Despite the limited number of such clinics here more are on the way.

The balance of the joint session was about Primary Care Payment Reform led by **Neil Kirschner, Ph.D.** American College of Physicians. To a large degree the model is similar to the Chronic Model of Health Care Delivery, i.e. it is a team oriented approach captained by the physician. Clearly more money needs to be fed into such a system and value of Primary Care needs to be recognized. As informative as the discussion was, implementation is not on the horizon. Discussion will continue.

There was a lengthy discussion about SCHIP (State Children's Health Insurance Program = Healthy Families in California) and Consumer Driven Health Plans (or High Deductible Health Plans). Illinois has a recently implemented health plan for all of its children and of course Massachusetts recently introduced a universal plan. These are being monitored. Representatives from the State Government Affairs Staff were present for this discussion. The SCHIP funding re-authorization is uncertain given the pending election. The concern about Consumer Driven Health Plans is that people will neglect care until their deductible is met, compromising immunization rates and necessary preventive care. More information about Consumer Driven Health Plans will be forthcoming. I am certain you will hear more about SCHIP and CDHP.

The Committee is also charged with providing additional financial information where it is pertinent for resolutions which will be presented at the Annual Leadership Forum in March 2007. The chairman of the COCHF will represent the Committee at the ALF.

### Instructions for Submitting Articles to the Newsletter

- Average length 200-500 words
- Submission method is attached Word file
- format – **preferred** (\*.doc), rich text format (\*.rtf), or text (\*.txt)
- Please do not submit articles as part of an e-mail message – they will be returned to you for formatting as a Word file or text

Deadline dates:  
March 15,  
June 15,  
September 15,  
and December 15

## National Committee & Section Board Members

### Committees:

**Tonya Chaffee:** Resident Scholarships  
**Greg Enns,** Genetics  
**Lawrence Hammer:** Practice and Ambulatory Medicine  
**Melvin Heyman:** Nutrition  
**Janice Kim:** Environmental Health  
**Tom Long:** Child Health Care Financing  
**Mary Ann Shafer:** Pediatric Education  
**Mark M Simonian:** Chair, Committee on Clinical Information Technology  
**J. Lane Tanner:** Psychosocial Aspects of Child & Family Health  
**Charles Wibbelsman:** Adolescence

### Section Executive Committees:

**Ronald Bachman:** Genetics  
**Laurence Baskin:** Urology  
**John Bolton:** Seniors  
**June Brady:** International Child Health  
**Emily Chen:** Genetics  
**Lucy Crain:** Seniors  
**Michael Henrickson:** Rheumatology  
**Melvin Heyman:** Gastroenterology and Nutrition  
**William Hoffman:** Plastic Surgery  
**Laura Hufford:** Residents  
**Jane Morton:** Breastfeeding  
**Richard Oken:** Administration and Practice Management  
**James Ruben:** Ophthalmology

## Letter to the Editor

I think the latest newsletter was really excellent. Congratulations and thanks to Mark (Simonian) and Mika (Hiramatsu).

Christina Vo's article on CME was timely and well done. I would like to add only that my favorite for CME yearly for 25 years has been Pediatric Alert, available at [alertsrus@comcast.net](mailto:alertsrus@comcast.net). For less than \$200 a year you can get 24 issues a year of a 6 page newsletter reviewing recent articles, with commentary, and take 2 50-multiple choice question tests a year and get all of your 25 hours credit per year. It is extremely well done, very practical and helpful for the practicing pediatrician.

Best wishes, **Budd Shenkin, MD**

## Chapter Website adds and subtracts features

By **Mark M Simonian, MD**

The Chapter Website has been around since 1996. It was one of the first Chapter Websites in the country presenting information about our pediatricians. Since then it has had some minor face lifts. In January you will see a few design changes to make it look a bit more contemporary. Appearance has not been my primary motivation but content that would add to the value of chapter membership.

The Home page will change not only in appearance but will add a few time sensitive stories. Like major news portals I want to add short updates about the direction of the chapter or members. You will get three short stories every month or two that represent issues important to California pediatricians. Behind the scenes local members are facing political changes, new programs, special events or just special stories that touch our lives. The

big news is that you can decide on these stories by submitting one or more pictures and brief narratives (around 200 words) to our newsletter editorial staff: Mika Hiramatsu ([mhiramatsu@aap.org](mailto:mhiramatsu@aap.org)), Mark Simonian ([msimonian@aap.net](mailto:msimonian@aap.net)), or Beverly Busher ([aapbev@sbcglobal.com](mailto:aapbev@sbcglobal.com)). We would like you to submit about two hundred words and a digital photo if you have one (in the form of a jpeg or tiff format). I am looking forward to this new feature that will encourage members to come to the Web site for information. It will be our editorial staff's job to decide on the noteworthiness of each story.

Some aspects of the Web site have been very popular to our members including job opportunities and job candidates. The technology used to build these pages allowed anyone **without** a password to add information and view the material. Unfortunately there are a few scoundrels on the Internet that want to create mischief and they have corrupted the content and polluted the good intentions of our users. Profanity and references to pornographic materials were being added to the jobs references and that isn't acceptable. In the future this type of information would need to be password protected to eliminate that abuse. Those extra steps remove the ease with which any Chapter member can add information. At this time these areas will no longer be accessible to the membership. Alternate sites are available through the national AAP job bureau.

How the Chapter money is spent is important to our members. As treasurer I wanted to add a new feature that members can view through our Chapter Website. It will provide general information about the breakdown of dues money. Specific

amounts spent will not be included yet it should help convey where your dues goes. I would love to get your feedback how this works for you or what you want to know about the Chapter finances.

### Announcements:

The Substance Abuse Committee has a variety of projects underway, including: completing a newly-developed substance abuse noon-lecture curriculum for medical students and housestaff; continuing advocacy concerning tobacco, alcohol, and other drug issues relevant to youth; educating chapter and district pediatricians through articles in *CA Pediatrician*; and collaborating with other organizations that focus on substance abuse. Importantly, the Committee needs new members to participate in these activities. Residents and young physicians are particularly encouraged to join, as is any physician with an interest in any of the above issues. Please contact me by email at: [seth.ammerman@stanford.edu](mailto:seth.ammerman@stanford.edu) or by phone at 650-694-0660. Seth Ammerman, Chair.

### Body Basics Adolescent Provider Toolkit: A Guide for Treating Teen Patients

The Body Basics Toolkit is the fifth module in the Adolescent Provider Toolkit series produced by a San Francisco-based non-profit called the Adolescent Health Working Group. Developed by and for adolescent health care providers, the Body Basics Toolkit takes a closer look at the specifics of nutrition, physical activity, body image, body weight, and eating disorders among teenagers and includes:

- Screening and assessment tools
- Brief office interventions and counseling guidelines
- Treatment and management guidelines

Health education materials and worksheets for teens and their adult caregivers  
Referrals and online resources

The production of the Body Basics Toolkit is the result of a collaborative effort among the Adolescent Health Working Group, San Francisco Health Plan, California Department of Health Services Office of Clinical Preventive Medicine, California Obesity Prevention Initiative, and Medi-Cal Managed Care Division. Body Basics has received praise and rave reviews from health care providers since its debut in 2005.

To download your **FREE** copy of the Body Basics toolkit, please visit [www.aapca1.org/aapca1/resource.html](http://www.aapca1.org/aapca1/resource.html), scroll down to Teen Information resources, and click on the Adolescent Health Working Group link. Materials in the Body Basics Toolkit can be copied and distributed to your colleagues, adolescent patients, and their adult caregivers. For more information on Body Basics and other Adolescent Health Working Group publications, please contact Tina Sang at (415) 554-8429 or [tjysang@gmail.com](mailto:tjysang@gmail.com).

### Chapter Elections

The annual chapter elections are coming up soon. If you would like to represent your geographic area on the Board of Directors, now is your chance. Contact the Nominating Committee Chair, Tonya Chaffee at [tonerun@sbcglobal.net](mailto:tonerun@sbcglobal.net). It's a wonderful way to support your chapter and work with your colleagues on child health issues. If you want more information, you can also contact Beverly at 415/479-9200 and she will be happy to provide you with the Member at Large job description.

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**Coming Events**  
**Annual Legislative Day/Board  
Meeting in Sacramento**  
**April 24, 2007 Save The Date!**

**Chapter 1 Annual Spring  
Meeting in Monterey**  
**May 26-28, 2007**

**“Best Practices in Pediatric  
Medicine”**

Speakers include:  
John Bradley, MD  
Amy Gilliam, MD  
Joshua Jacobs, MD  
Harold Slavkin, DDS  
Dennis Styne, MD  
Sunita Vohra, MD

**Topics Include:**

Obesity, Is It a Losing Battle?  
Sun Exposure, It's Not All Bad  
Anaphylaxis Treatment  
What is Normal Growth?  
Dermatologic Clues to Systemic  
Disease

Allergy Testing Update  
Applying Dental Varnish  
MRSA Dx and Tx  
Herbs & Supplements, What's  
Safe, What's Not  
Common Dental Emergencies  
New Red Book Concepts  
Case Based Alternative Medicine  
Dental Health Anticipatory  
Guidance  
Avian Flu Pandemic  
Accupuncture to Homeopathy

Brochures available later this  
month and on-line registration  
will also be available shortly.  
Check the website: [aapca1.org](http://aapca1.org)  
under Coming Events or contact  
Beverly at [aapbev@sbcglobal.net](mailto:aapbev@sbcglobal.net)

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