



News Update

California Chapter 1 AAP

<http://www.aapca1.org>

Vol. 2010, Issue 3

Special points of interest:

- Chapter President's comments on Alaska and our membership
- VP comments on Shaken Baby Syndrome
- Asthma application for your practice
- iPad for Pediatricians?

Election Time Announcements

Election time is here

By Yasuko Fukuda, MD

The California primary election just finished and attention will turn to the November General Election. Within our AAP organization, it is also Election time!

Chapter 1 officers for this year are: President: **Stephen Harris**, Vice President elect: **Chuck Wibbelsman** Secretary: **Mark Simonian**, and Treasurer: **Kirk Hahn**.

The incoming alternate Members at Large (MAL) are: Santa Clara County: **Sarah Eitzman**, Central Valley: **Ron Goldman**, and South Central Valley: **Cezar Vazquez**.

Much appreciation to the MALs who served their term on the Chapter Board: San Mateo: **Subha Aahlad**, Alameda: **Elizabeth Gleghorn**, Santa Clara: **Beatriz Mares**, South Valley: **Edward Moreno**, and North Valley: **Paul Wasserman**.

Please feel free to

contact the alternate MAL or MAL about issues in your area. We hope to hear from our members!

In my role as representative to our **District IX** (AAP California) to the National Nominating Committee, I present this year's candidates for **National AAP** President-Elect:

Robert Block, MD is on the faculty of the University of Oklahoma, Tulsa. He was President of the Oklahoma Chapter and on the US Advisory Commission on Childhood Vaccines. Dr. Block has an interest in adolescent medicine and serves on the American Board of Pediatrics Sub-board in Child Abuse.

Wayne Yankus, MD from New Jersey is a practicing community pediatrician. He was President of the New Jersey chapter, is currently on the government affairs committee and was involved with the Chapter Forum (current ALF).

Dr. Yankus is active on the local and national AAP Committees on School Health.

Please read more about the candidates via the AAP Website – Member's Only Channel and in the AAP News. Each candidate has set up their own website - the NNC opened up the election rules significantly hoping to better engage a wide variety of members.

Electronic ballots will be sent to you by National AAP to vote (a telephone option will be offered as well) during August 1-31, 2010 with the President Elect taking office @ the NCE in San Francisco in October 2010.

Also part of this national AAP election is voting for the next NNC Rep for **District IX**. The candidates are:

Mika Hiramatsu, MD (Chapter 1) who is in private pediatric practice. She is a past President of Chapter 1, Chapter 1 Newsletter CoEDITOR,

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News Update

Big Tent of Northern California Pediatrics

District IX representative to the Chapter Forum Management Committee (ALF), and past Chair of the Editorial Board of *AAP News*.

Wilbert Mason, MD (Chapter 2) is a pediatric infectious disease specialist at Children's Hospital Los Angeles. He was past President of Chapter 2 and currently an active member of the California Immunization Coalition advocating on behalf of children and pediatricians on vaccine issues.

It has been an honor serving as your representative to the NNC and being part of the Boards of California Chapter 1 and District IX. The leadership strives to represent you, our members, and continue dialog so we can better serve children and pediatricians locally, statewide and nationally. ***Please vote for your leaders in the AAP!***

President's Column

By Steve Harris, MD

I spent the last two nights with my three kids in the interior of Denali National Park, Alaska. We took a bush plane to Kantishna, the end-of-the-road, the site of an

abandoned gold mine, with beautiful views of the mountain and tundra. We stayed at a lodge that housed the bush pilots and two other families of guests. Both of the other dads were pediatricians.

One was an academic, a member of what many apparently call the 4-H club: Harvard college, Harvard medical school, Harvard pediatric residency, and now Harvard faculty. Preparation H, he calls it with a big smile. He studies hyperlipidemia and obesity prevention in infants, children, and adolescents with a specific focus on finding genetic, embryologic, and other prenatal factors that might predispose a child to become overweight.

The other was one of Fairbanks's finest, a jack-of-all-trades primary care pediatrician who several years ago taught himself pediatric allergy and pulmonology so he could serve as the town's local expert in allergic diseases, skin testing, immunotherapy, and asthma. Of course he still intubates, lines up, and otherwise stabilizes 26 weekers before the children's hospital team from Anchorage can

arrive by fixed wing aircraft. And cares for the ten year old all night in the adult PICU with the ATV roll-over injury, status-post epidural decompression and bolt placement by the general surgeon, because there is no neurosurgeon in Fairbanks. And then shows up for an afternoon clinic.

As we shared war stories, I thought a lot about how remarkable it was that our little Alaskan threesome represented the huge variation among Chapter 1 members, our big tent of northern California pediatrics. We are 2000 strong – urban, suburban, exurban, rural, and truly remote. We are also administrators, academicians, practitioners, trainees, educators, and various combinations thereof. Some do primary care with easy access to specialists, tertiary hospitals, and children's hospitals. Others, by choice and necessity, practice more like my new friend from Fairbanks.

Your Chapter 1 Executive Director, elected representatives, and other board members work hard to keep our enormous breadth and



President

Period of Purple Crying

depth in mind as we plan events and discuss policy. We want to hear from all of you how we can do better.

And we want to see as many of you as possible at the National Conference in San Francisco the first weekend and week of October.

Vice President's Column

By Chuck Wibblesman, MD

The American Academy of Pediatrics today has 65 Chapters in ten geographical districts.

California is District IX in which there are 4 Chapters. On May 15th, there was a District Meeting in Irvine hosted by Chapter 4, Orange County. Attending were the Presidents and Vice Presidents of each of the 4 chapters as well as many of the Chapter Executive Directors and District staff. **Myles Abbott, MD**, Chairperson of District IX (which also means that Myles is on the national Board of Directors of the AAP), chaired this one day meeting. Kirk Hahn, MD, Treasurer of Chapter 1 represented our President, Steve Harris, MD, who was unable to attend. Yasuko Fukuda, MD also

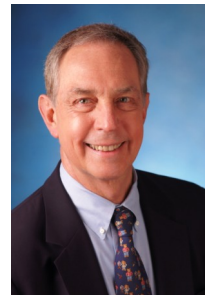
attended this meeting in her position as a member of the National Nominating Committee of the AAP.

The meeting was very productive as each chapter gave an update of current activities including educational opportunities sponsored by that chapter as well as implementation of many grants received by our District and Chapters.

Kris Calvin, the Chief Executive Officer for District IX and also for the Children's Health Systems Foundation, gave an excellent summary of this CDC project funded from October, 2009 to September 2011. The goal of this grant is to develop and distribute vaccine safety communication curriculum for primary care medical residency programs nationwide. Our primary partners in this grant are the University of California, San Diego, the University of California, Davis, Stanford University, Children's Hospital of Los Angeles and the California Academy of Family Physicians. An objective of this project is to identify gaps in vaccine safety communication training for residents.

The method for the collection of data includes an online survey with residents, 6 focus groups with residents and 3 focus groups with practicing pediatricians. Early data reveal that many residents state that they have not received formal training in vaccine specific communications with parents and patients. Many residents also stated that further education on vaccine risk communication would be valuable in their residency program. Areas of top content for this further training included (1) data on vaccine safety and efficacy and (2) strategies for communicating with parents about vaccines. Preferred teaching methods for this training were in person role modeling with a preceptor as well as in person didactic lectures. One conclusion from the survey of practicing pediatricians was that nearly all have learned "to negotiate" vaccines and use alternate schedules in their everyday practices.

Chapter 4, Orange County, has a program titled the *Period of PURPLE Crying*, developed by **Ronald Barr, MD, Ph.D.** The National Center for the



Vice President

News Update

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

Prevention of Shaken Baby Syndrome is the lead agency. This is a program for parents and caregivers to follow so they understand the normality of the frustrating properties of crying – even in babies who cry many hours a day -- and let them know, in almost every case, they will come to an end at about 4-5 months. This helps reduce the stress that parents have about the infant crying so they do not become so frustrated and discouraged that they “shake their baby.” The educational components, a 10-minute DVD and an 11 page full color booklet, which are given as take home items to parents, teach about infant crying and its properties. Materials are available in 8 languages so far. The mnemonic **PURPLE** refers to **P** for Peak of Crying, **U** for Unexpected, **R** for Resists Soothing, and **P** for Pain-like Face. **L** for Long Lasting and **E** for Evening Crying. Chapter 4 received this grant to train 40 Pediatricians and their staff to implement and evaluate this in the Pediatric Office Setting.

Some important educational opportunities also were discussed. The

AAP's NCE (National Conference and Exhibition) will return to San Francisco October 1 – 5, 2010.

A Chapter 1 Luncheon with a speaker will be held on Sunday October 3. The 32nd Annual Las Vegas Seminar will be held November 18-21. Chapter 2 will be hosting “Pediatrics in the Islands: Clinical Pearls 2010” in Maui July 3-9. Our Chapter will be hosting our Annual Winter CME course December 4 in Sacramento.

The District meeting also afforded the attendees the discussion of the many requests for surveys of Chapter members. Indeed, the quality and length of each survey must be evaluated by our District Chairperson as well as individual Chapter officers. We are all concerned about the number of surveys that Pediatricians now receive and how to best determine how to minimize the number of surveys sent to our members yet provide committees of our chapters who are performing the surveys with quality and useful data.

There was also a

Young Physicians' Update from our own Chapter 1's Christina Vo, MD. Dr. Vo informed us about the formation of a Young Physician Speaker data base. This will be sent out to all District and Chapter leaders soliciting names of young physicians who are interesting in speaking engagements. Dr. Vo also informed us of **YoungPeds Connection**: login at ypn.aap.org using your AAP ID and password. This now allows for online networking for young pediatricians: a Facebook-style site for blogs, forums, and making “friends.” This will be Dr. Vo's final year as our representative on the AAP's Section of Young Physicians representing District IX. Any young physician interesting in applying for Dr. Vo's position can contact her: christinavomd@gmail.com or telephone her at (650) 575-4169.

Computer Application

AsthmaMD is a free iPhone application created by a fellow pediatrician, **Sam Pejham, MD**. Dr. Pejham was searching for a simple and fun way for his patients to log and

iPad for the Pediatrician

share their asthma episode with him when he stumbled on how popular the iPhone/iPod Touch device were with his patients in the waiting room.

With the help of a Silicon Valley veteran and months of extensive user interaction research and colleague's feedback he was able to build an application that greatly streamlined the asthma diary process.

AsthmaMD enables users to quickly log their asthma diary, including: Date and time, Peak Flow Measurements, symptoms, triggers and medications. The application then generates a colored graph of patient's asthma zone as well as a detailed diary that can instantly be shared with their physician in a format designed for easy printing and suitable for medical history.

Every day, pediatricians face many patients who don't provide a good history of their asthma symptoms, and research shows that more than half of those who have been prescribed asthma medications are still symptomatic. AsthmaMD has the potential to reduce the

guess work in asthma management.

AsthmaMD is also designed to aid in medical research. For those users who want to participate, their data is collected anonymously and used to identify asthma hotspots in real time, so researchers can find linkage between asthma and any possible environmental triggers. Since this application can be used by tens of thousands of users, and all information is tracked in real time, this gives asthma researchers a powerful tool to be able to collect the necessary samples of possible triggers at the same time as the increase in asthma symptoms.

AsthmaMD free iPhone application is now available for download. For more information, please visit: www.AsthmaMD.org

iPad for the Pediatrician

By Mark M Simonian, MD

The iPad is being promoted as a useful tool for the consumer. Is it ready for a pediatrician's practice?

Efficient workflow is critical to a

well run office.

Information access is an elemental piece of the practice. Yet paper charts are often cited as impediments.

Technology like the iPad is suggested as a method to enhance access to the knowledge pediatricians use to make decisions about diagnosis and treatment plans.

Apple's iPad is being tested as a link to an electronic health record (EHR) to get the information needed in the office routine. Touchpad devices like smart phones, netbooks, and laptops aren't new. All these devices have allowed us to gain access to medical applications in a way that can help find information easier than using paper textbooks or charts. What is so new or innovative about this new device?

The new form of the iPad takes advantage of the success the iPod, iPhone, and iTouch have made which have garnered followers with a simple interface. The dimensions of a piece of paper, its format resembles the natural working environment of traditional paper and the electronic medical record.

I was skeptical to

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 (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

Newsletter Update: Paper, Electronic or Both?

be an early adopter although I sometimes jump into new software or hardware if I sense possible value (I have a lot of junk in my closet from failed attempts). Then I won a \$499 model and had Wi-Fi in my home and office. I found out that my EHR vendor was looking at seriously applying this hardware, I went out and ordered another in anticipation of having two to use.

What would I do with it? Currently I have maximized utilities in my Palm smartphone to do my day-to-day work. I used a customizable database to track my newborn rounds. I kept extensive customizable lists of contacts plus it substituted as a simple database with pharmacies in another category, and even an entire abbreviation list. The iPad had to do at least as much.

With the iPad I could only find one customizable database called Bento (a simpler and less feature rich application than Filemaker Pro). It required too much scrolling. One down for the iPad and it wasn't as convenient to carry around.

Another essential

tool has been Bilitool for newborn rounds or on call questions from the hospital regarding hyperbilirubinemia. It had a native application for the Palm. There is one for the iPhone I haven't tried. The Web application has been unpredictable depending on a good Internet connection. I must use a wireless connection and the online application is not as smooth as the native one. Another lost point.

My real motive was to have patients complete surveys in the office like the MCHAT. I also would like to collect registration information once and know the information is legible. I pay more attention now to the workflow of the 18-24 month visit. Parents are juggling their precocious child or their other children. Do I really want to give them this fragile electronic device to hold too and will I spend too much time explaining how to fill it out?

Another issue is I have no mechanism to record the specific information we prefer at registration. Our online form because of security can't collect all the fields because it is not secure

until after the parent is registered. We need a way to collect the information through another form in our secure wireless network. Nope, that won't do.

Challenges continue and until our office works out the workflow issues the iPad may be another fun gadget that doesn't fit my work environment.

If you have iPad applications you are using in your practice, contact me (msimonian@aap.net) and we can add them for our Chapter Blog on Health Technology www.aapca1.org/chapter-blogs/category/health-tech.

From the Newsletter Editorial Board:

Is the written newsletter obsolete? Would you like to read the chapter newsletter on-line?

AAP California Chapter 1 is considering going to a biannual paper newsletter. We will continue to give you more timely information quarterly on-line. Please let us know your thoughts at: aapbev@sbcglobal.net or call Beverly at 415/479-9200 with your opinion or suggestions.

Chapter Education

Program:
Pediatric Controversies
December 4, 2010
(Saturday)
Hilton Sacramento Arden
West Sacramento

MORNING PROGRAM

8:00-8:45 am Continental
 Breakfast and Registration
 (Lobby of auditorium)

8:45-9:00 am

Welcome:

Stephen Harris, MD, President,
 Moderator

9:00-9:45 am

**Duty Hours Restriction in
 Residency Training and
 Sleep: Have We Improved
 Safety for Our Patients and
 Ourselves?**

Madelyn Kahana, MD

9:45-10:30 am

**Diagnosis and Management
 of UTI in Infants and
 Children, 2010**

Thomas B. Newman, MD,

10:30-10:45 am

Break

10:45-11:30 am

**Eosinophilic Esophagitis –
 The State of the Art**

Maria Garcia Lloret, MD

11:30-12:00 pm

**Faculty Panel Questions &
 Answers**

12:05-1:00 pm

Box Lunch

12:10 -1:00pm

Lunch with optional talk:

**What Every Pediatrician
 Needs to Know About
 Nuclear Weapons**

Thomas B. Newman, MD

**AFTERNOON
 PROGRAM**

1:00-1:45 pm

**What We Do and Do Not
 Want To Know About HPV
 in Girls and Boys**

Anna-Barbara Moscicki, MD

1:45-2:30 pm

**Intravenous Fluids for the
 Hospitalized Child: Does the
 Flavor Matter?**

Madelyn Kahana, MD

2:30-2:45 pm

**Faculty Panel Questions &
 Answers**

2:45-3:00 pm

Break

3:00-3:45 pm

**Controversies in Genetic
 Testing**

Robert Wallerstein, MD

3:45-4:30 pm

**A Moving Target: Diagnostic
 and Management Pitfalls in
 Food Allergy**

Maria I Garcia Lloret, MD

4:30-5:00 pm

**Faculty Panel Questions &
 Answers**

5:00 pm

Adjourn**Faculty**

Maria Garcia Lloret, MD

Director of the UCLA Food Allergy
 Center
 Division of Pediatric Allergy &
 Immunology
 David Geffen School of Medicine at
 University of California Los Angeles
 Los Angeles, CA

Madelyn Kahana, MD

Professor of Pediatrics &
 Anesthesiology
 Associate Chair of Pediatrics &
 Residency Program Director
 Stanford University Medical School
 Stanford, CA

Anna-Barbara Moscicki, MD

Professor of Pediatrics
 University of California San Francisco
 San Francisco, CA

Thomas Newman, MD, MPH

Chief, Division of Clinical
 Epidemiology
 Professor of Epidemiology &
 Biostatistics and Pediatrics
 University of California San Francisco
 San Francisco, CA

Robert Wallerstein, MD

Director, South Bay Regional Genetics
 Center
 Santa Clara Valley Medical Center
 San Jose, CA

On-Line Registration

available at:

www.aapca1.org

For Questions Call:
 415/479-9200

For hotel reservations (\$89
 single/double occupancy) go
 to: www.hilton.com and
 enter the AAP Group Code:
 XTG

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
 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 93711
 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@sbeglobal.net

Members At Large

George Bunch, MD Santa Cruz
 831/428-2182

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

Karli Cleary, MD Menlo Park
 650/328-2860

Cynthia Eden, MD Modesto
 (209/985-8201

Zoey Goore, MD Roseville
 916/787-6518

David Hoffman, MD Berkeley
 510/914-0339

Jessica Hollman, MD San Rafael
 415/526-8517

Raileen Lagoc, MD Redding
 530/244-6534

Steven Martel, MD San Francisco
 415/225-4468

Heidi Roman, MD Santa Clara
 650/428-3629

Prem Singh, MD Fresno
 559/264-2504

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

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US Postage Paid

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

National Exhibition and Conference:
October 2-5, 2010
The Moscone Center
Register on-line at www.aap.org/moc

AAP California District CME Meeting
November 18-21, 2010
Caesars Palace, Las Vegas
Register on-line at: www.aap-ca.org

California Chapter 1, AAP
Annual Winter CME
Conference:
Pediatric Controversies
Saturday, Dec 4, 2010
Hilton Sacramento Arden West
Hotel
Register on-line at:
www.aapca1.org