



Special points of interest:

- FIND
- Website Change
- VP Goals
- Pediatrician As Specialist
- Children's Programs Increase
- Autism Tools

Family Information Navigation Desk

CATCH Grant Report *By Anneka Hooft, MD*

In Oakland, there is a large influx of Congolese refugees expected in the coming year, and we want our International Clinic at Children's Hospital Oakland to be ready to serve these children and families. We were thrilled to receive a CATCH grant with the goal of establishing patient navigators to help these families learn about the resources available to them in our highly diverse community.

Our International clinic is the medical home for both new immigrants as well as immigrant families who have been in Oakland for generations. Through our CATCH grant project, we hope to enhance the services available at this clinic by making available navigators who are aware of common issues for Congolese refugees. Our resident continuity clinic is in the process of setting

up the Family Information Navigation Desk (FIND) that will help all of our patients with unmet social needs, from finding tutoring for their kids to connecting with the local food bank. We hope that, by gathering information from established immigrant and refugee families, and from the many community organizations in our area that help refugees, our navigators will be poised to aid our patients in accessing the help they need for optimal health.

We are lucky that Children's Hospital Oakland is in the vicinity of many colleges and universities. Our project relies on volunteer support which we hope to find in students and various members of the Oakland and greater East Bay community. After several focus groups with immigrant families established in our clinic, we will train these volunteers about what services are most helpful

in making the transition to a new country and a new health system. Volunteer navigators will also provide valuable services such as reminding patients of appointments, coordinating transportation, and providing information about community resources and support groups.

Eventually we would like this program to become self-sufficient. Our clinic has already begun providing navigation services and we hope to expand this program and tailor it to the experiences of immigrant and refugee families in the Oakland area.

(Editor Note:

The Chapter is now presenting a *new logo* which we hope to display on all our services like the chapter newsletter and the Website. We are about the kids so it makes sense to make them part of our logo.)

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New Chapter Staff

Chapter 1 January 2014 Newsletter-President's Column

By Gena Lewis, MD

With the New Year comes exciting changes for California Chapter 1, AAP. After a lengthy search we found an exceptional candidate to join our chapter as the Community Liaison and Communications Director. You will be seeing and hearing a lot more from **Wendy Hilberman** who will be joining our outstanding Executive Director, **Beverly Busher**, to support chapter members and reach out to and help us collaborate with the children's advocacy community. Wendy brings with her more than two decades of experience working in the non-profit arena and in children's health policy issues. In fact, as the Executive Officer for the Oregon Commission for Child Care she and her colleagues were able to secure passage of 7 landmark child care bills ensuring child care homes were inspected and regulated and children were kept safe. We know that Wendy espouses the mission of the chapter and like all of us wants to



President



Wendy Hilberman

address the diversity of issues facing children and their families in California.

Another big change that we are working on this year is a redesign of our website. We understand that when you need information from the AAP you would like to go to the Chapter website and get it quickly. In the upcoming year our website will provide:

- Up to date and pertinent National, State and local AAP news;

- Access to communicate directly with committee chairs and chapter leaders;

- Direct access to online CME and MOC opportunities

We are also moving forward with the creation of a 501c3 Foundation that will help us apply for grants that we were not qualified for under our current 501c6 status. The name for the new

foundation, chosen from many entries submitted by chapter members, is AAP Chapter 1 Foundation-named by member and longtime webmaster, **Mark Simonian**. The mission of the foundation is: *To improve the health and well-being of children, adolescents and families in Northern California through education and advocacy with our collaborative partners and like-minded organizations.*

We know that the foundation, along with your volunteerism will allow Northern California's AAP to help children and their families achieve better health and wellbeing and allow us as a professional organization and as individual pediatricians to play a more collaborative role with the children's advocacy community.

AAP Policy on Brain Death

What I have learned as a pediatrician, as a human being and as a mother is that the death of a child is always tragic and that sometimes children die despite heroic efforts to save their lives. Since the death of **Jahi McMath** I have been

Grant for ACA

heartbroken for Jahi's family and heartbroken for Children's Hospital & Research Center Oakland where I work. I, like many of my physician colleagues came to Children's Hospital Oakland to carry out the mission of the institution: to give outstanding medical care to anyone regardless of their ability to pay for services. In fact, Children's Hospital & Research Center Oakland gives millions of dollars of free and superb medical care to children from around the State every year.

As a human being I have seen the pain and grief that comes when coping with death and dying. It is during these moments when I think to myself and sometimes say out loud, "Life is not fair!" The concept of brain death is very difficult for a family who does not want to say goodbye to their child. And, I would argue, one of the most difficult jobs of a pediatrician is to help a family understand that a child who is brain dead is not able to think or feel or communicate and that they are in fact no longer the person they once were.

My heart goes out to the family of Jahi McMath. As a pediatrician and a human being and a mother, I am so sorry that your child died. For my colleagues, I am sorry that the tragedy didn't end with Jahi's death and I hope that we can find our way back to supporting the people who save the lives of thousands of children every year at Children's Hospital & Research Center at Oakland.

The American Academy of Pediatrics in their revised 2011 Policy Statement on Brain Death says: "**Brain death** is a clinical diagnosis based on the absence of neurologic function with a known diagnosis that has resulted in irreversible coma. Coma and apnea must coexist to diagnose **brain death**. A complete neurologic examination... is mandatory to determine **brain death** with all components appropriately documented." You can read the whole statement at www.aap.org.

Vice President's Column

By Zoey Goore, MD

By the time this newsletter reaches your homes and offices ACA

will likely be felt in full force. One of our advocacy priorities for AAP-CA will continue to include issues around ACA. Kris Calvin, AAP-CA CEO, is working on setting up a meeting with **Robert Ross**, MD, who sits on the Exchange board to discuss AAP-CA's interest in exchange issues relative to children – including benefits and network adequacy and the role of children's hospitals. Kris is also going to reach out to the coalition of children's advocacy groups to try to work jointly to move a children's agenda forward. ACA implementation continues to be a work in progress and we want to hear from pediatricians about the challenges you are having.

AAP-CA does have a grant to present information to pediatricians regarding ACA in California. If you are interested in hearing this information and providing feedback please contact Kris Calvin at kris.calvin@aap-ca.org

In the two weeks prior to writing this article I have been really lucky. I attended a national meeting where I heard



Vice President

Bringing People Together

News Update

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Chapter Web Site:

www.aapca1.org

from experts in medical education and professional development, an AAP-CA meeting where I learned all the truly impressive things AAP members are doing around this state, a chapter 1 AAP meeting where regional representatives described involvement in our communities, a national phone call of individuals coming together with the purpose of improving delivery of and access to care, and finally I had the opportunity to walk (active meeting) with an amazing woman who donates a full time equivalent's worth of work each week, to helping children. It wasn't until several days later during a discussion with Gena, Beverly, and Wendy that I started to think about things in a different light.

We have a large and diverse membership in AAP. Almost all of us have clinical duties and many if not most also have administrative duties, are involved in research, or the community as well. In listening to these amazing people over these past few weeks they are all working on something

and know other people working on other things. At the AAP-CA meeting we floated an idea for a toolkit to aid providers (and patients) with food resources. Turns out, **many** other people have been working on similar things. We could reinvent the wheel simultaneously and independently, or we can work together. Hmm, sounds like a no brainer to me.

As a general pediatrician, I'm used to bringing people together, being the coordinator of care, listening to suggestions, knowing who to put in touch with whom. I may not be the one who fixes the problem but I know who can or how to get it done. California Chapter 1 AAP would like to be a place for folks to go to make those connections. Sort of like a Medical Home but a workforce, advocacy and making the world a better place home. We need help and here's the question. Please let us know what you are involved in and encourage others to let us know what they are involved in with respect to the care of children and their

families. For example my friend and colleague with whom I had the privilege of walking and talking, works with a group who finds resources for displaced youth in Sacramento and another friend of hers developed iFoster (a site that offers discounts on goods to foster children). Perhaps by creating a repository of information on who is doing what we can create a network of individuals working together to aid in the fight against childhood poverty. This isn't meant to be a site where you post your resume and proclaim all you've done – we know what *amazing* people you are. We'll check our egos as the door, list what we're doing, and start making connections in an effort to move forward faster.

Please email your information to: aapbev@sbcglobal.net or fax it to 415-479-9202, or send it to the office (address on last page of newsletter).

Resort at Squaw Creek April 25-27, 2014

Medical Education Committee

Nelson Branco, MD,
CoChair

The Chapter Continuing Medical Education Committee has been working to finalize the program for our April meeting at the Resort at Squaw Creek – *The Pediatrician as Specialist*. The meeting will be from Friday, April 25 to Sunday, April 27. Request your time off now, before all of your partners do. Conference program and registration will be up on the chapter website and you will be receiving email reminders as well as a brochure soon. The format of this year's spring meeting will be different from past meetings. We are offering three different registration options – Friday only, Saturday and Sunday only or all three days. There will be a wide variety of topics and some new methods, including hands-on workshops and video conference speakers. Friday's workshops will include topics to help you manage your clinic or practice, and you are encouraged to invite or bring administrative staff and practice managers.

We will be having workshops on Friday, including practice management, PCMH (Patient Centered Medical Home), blogging and social media, tobacco cessation, dermatology, adolescent medicine, and orthopedics. Saturday will be our plenary session day with talks on epigenetics and toxic stress, cardiology, dermatology and social media. Sunday will be a seminar day covering topics in advocacy, cardiology, dermatology, rheumatology and orthopedics. The faculty includes many familiar names who we are pleased to welcome back as speakers - **Scott Hoffinger, Renee Howard, Ziad Saba, and Chuck Wibbelsman**. There are also many speakers who we are excited to welcome to Chapter 1 – **Melissa Arca, Heidi Roman, Wendy Sue Swanson, Chip Hart, Susanne Madden, Jim Jarvis, Amy Whittle, Jyothi Marbin and Cindy Nelson-Purdy**. It's going to be a great conference in a beautiful location – put it on the calendar.

We would like to thank everyone who attended our December

2013 meeting – *Mind Matters for Pediatric Practitioners*. The meeting was excellent, and provided us all with information and practical tips for kids and families who are struggling with anxiety, ADD/ADHD, autism, bullying, transgender, eating disorders, quirky kids or developmental issues. The speakers were excellent and gave us many great resources and references. If you were unable to attend the meeting but would like to see some or all of the talks, stay tuned. We are editing the video and slides from the meeting and hope to be able to offer a web-based version of the meeting sometime soon.

The CME committee is also looking ahead to 2015, when we will have only one conference. The plan is for a spring 2015 meeting at **The Resort at Squaw Creek**. We will also look for opportunities to do shorter, one time meetings on a timely or interesting topic. We welcome and need your ideas, feedback and suggestions – please don't hesitate to email Beverly at aapbev@sbcglobal.net or the committee at aapcmefeedback@gmail.com

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Increase in children's programs

Chapter Leadership Opportunity:

We are looking for members to serve on the **Board of Directors**. The position involves approximately 1 hour per week in AAP activity and the term of office is 2 years for Member at Large (MAL) and Alternate Member at Large (AMAL) categories. The Alternate Member at Large automatically becomes the regular MAL in 2 years (for a total of 4 years on the Board).

All 11 membership areas need either Members-at-Large or Alternate Members-at-Large or both. You can check the Website at <http://www.aapca1.org/join-chapterdistrict/>

Advocacy Update

By Jacques Corriveau and Amy Whittle, MD

The New Year brings much needed good news for California's children on both a state and national level. Joy to the surplus. A number of challenges remain but budgets are vastly improved. Our chapter's advocacy committee has a number of exciting initiatives that were discussed this month:

- Lucy Crain introduced the "Who's Hungry" project, raising awareness of childhood hunger by depicting photographs of children who are both food insecure and secure – look for upcoming exhibitions. Bet you can't tell who is hungry and who is not.
- Look forward to more resources nationally for addressing childhood poverty including toolkits and educational resources tailored to the needs of the working pediatrician.
- Our Dental committee and our dentist colleagues proposed to decrease the recommended age for dental referrals from age 3 to age 1 year in the CA health and safety code. As we've all seen, the burden of dental caries

starts at a very early age.

A new sugar sweetened beverage proposition will likely be on the San Francisco ballot in November 2014. The revenue from the 2 cents per ounce excise tax would go to nutrition and physical activity programs. More to come on this issue.

The just released Governor's budget for 2014-2015 includes a modest surplus, pegged for: K-12 and higher education, Health and Human Services (mostly Medi-Cal), climate change initiatives and infrastructure, and paying down debt.

The Consolidated Appropriations Act of 2014, signed by President Obama this month, has rolled back many of the cuts from sequestration, including a \$500 million expansion for Early Head Start and restoration of funding to WIC. There are still a number of unmet needs, but increases over the previous year for these children's programs is fantastic news:

- \$29 million increase for Title V Maternal and Child Health Block Grant

- \$41 million increase for the CDC Global Immunization Program

- \$13.1 million increase for the CDC's Healthy Homes and Lead Poisoning Prevention Program.

- \$7.9 million increase for the CDC National Violent Death Reporting System

- \$5.9 million for the Children's Mental Health Services Program

In the wake of the Newtown tragedy, a new violence prevention initiative called "Now is the Time" provides \$115 million in new funding: \$15 million for mental health first aid grants and grants to state education authorities, and \$20 million for programs targeting young adults at high risk of mental illness.

As the economy and budget continue to improve (cross our fingers), pediatricians will be a much needed force to support the needs of children. Many challenges remain, including the sunset of the CCS carve-out at the end of 2015, the lack of coverage for ABA therapy in Medi-Cal, plus a coming California ballot initiative to amend MICRA. There are many opportunities to get

100 Day Kit

involved both nationally and locally – please contact one of the State Government Affairs Representatives to get involved: Jacques Corriveau (Jacques.ebc@gmail.com) or Amy Whittle (whittleae@gmail.com). The more, the merrier.

Free Autism Tools

By Renee C. Wachtel MD
FAAP

There are two new autism spectrum disorder (ASD) tools available for pediatricians for free. They are worth checking out for use in your practice. The first is a revision of the M-CHAT, now called the MCHAT-R/F. The screening tool is available for free download at www.mchatscreen.com.

This new version was validated on 16,071 children at ages 18 and 24 months at well child visits and is published online in Pediatrics December 2013. The MCHAT-R/F is a two stage screener, with the first stage being reduced to 20 yes and no questions, and a score of 3 or above needing the second stage follow up. The new version detects ASD at a higher rate than the old version, and fewer

children have false positive first stage screens requiring follow up. Positive screens were found to be positive for Autism Spectrum Disorders in 47% of the children and 94.6% of the positive screens were positive for developmental delays upon follow up testing. This new screen improves early detection of ASD and therefore should result in earlier referrals for diagnostic evaluations and early intervention.

For families who have a newly diagnosed child with ASD, Autism Speaks has put together a **free 100 Day Kit** that can be downloaded at their website www.autismspeaks.org. It covers topics such as ASD diagnosis, causes and symptoms, family tips, early intervention and educational rights, and ASD therapies and treatments. It also provides useful forms and ideas for developing a treatment team for the child with ASD. By providing the information to families about the *100 Day Kit*, you will be helping families to learn about issues that they will confront after their child has received an ASD diagnosis, and answer

many of the questions that they may have. The Autism Speaks website is also a place where pediatricians can obtain information about recent scientific research related to ASD.

Since the Centers for Disease Control's 2012 report on ASD prevalence shows that ASD affects 1 in 88 children in the US, pediatricians need to be aware of the readily available information about screening, diagnosis and treatment options to assist families in their practice.

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Coming Events

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April 25-27, 2014



Annual Spring CME Conference

Resort at Squaw Creek, Lake Tahoe

Registration and brochure available
soon at : www.a.pca1.org

Hotel Reservations:

1-800-327-3353 (must mention you are
with the American Academy of
Pediatrics) to get group discount rate.



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For Questions Call:

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