



Maine Pediatrics

December 2023

Newsletter: Highlights



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President's Message

from Laura Blaisdell, MD, MPH, FAAP

Well, it's that time of year again. When swabs are for RSV and Flu (not just COVID) and when ear pain changes from otitis externa to media. As the dark greets us both at the beginning and end of the day, I reach back to my Danish heritage and search for all things HYGGE-- a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture). As a 1/4 Dane — my living room and home office are full of candles— both real (and real-fake ones on timers so I don't have to remember to turn them on!) which remind me that seasons each have their own unique and time-limited joys.

What are you doing to engender contentment and well-being for yourself? How are you able to bring a little coziness into your life and the lives of your loved ones? Whatever your tradition or practice, please know that we at the Maine AAP wish you the most hyggiest of holidays!

Thanks to All Providers who Joined the Maine Physicians for Gun Safety Rally on November 19th in Lewiston!
Have you signed on yet?



Drs. Joe Anderson (CMMC



Over 200 physicians, advanced

hospitalist), Laura Blaisdell (Maine AAP President) and Kristine Pleacher (MMC critical care) led the effort to bring specialty association leadership and providers together from across Maine. They helped form Maine Providers for Gun Safety which will serve as a catalyst for gun safety measures in clinical settings and through legislative advocacy.

practice providers, residents and medical students attended the rally at CMMC in Lewiston on Saturday, November 19th. Speakers included at least one of several clinical specialties including pediatric hospitalist, trauma, general and pediatric surgery, primary care, psychiatry, ER/critical care, internal medicine and one physician legislator!

Maine Providers for Gun Safety is a group of healthcare providers formed in response to the tragedy in Lewiston calling on our elected leaders to address the gun violence epidemic and to enact comprehensive gun safety legislation. Our letter currently has over 350 signatures, and is supported by the Maine Chapter of the American Academy of Pediatrics, the Maine Medical Association, the Maine Osteopathic Association, the Maine Academy of Family Physicians, and the Maine Association of Physician Assistants. You can read our letter and add your name at www.maineprovidersforgunsafety.com.



Bangor Area Mixer a Success!

Maine AAP hosted a Bangor area mixer, member engagement and recruitment event on Wednesday evening, Nov 29th. Over 30 pediatricians, specialists, residents and students attended! It was a great opportunity to share what the Maine AAP is working on and how we serve our members across the state, regardless of their practice focus or where they are in their career path!

Weigh in on your Telehealth Experience and Get a Chance to Win a \$50 Gift Card!



The Maine AAP Telehealth Committee, in collaboration with the Northeast Telehealth Resource Center, are looking for feedback from pediatricians and pediatric subspecialists. Please share your experience and thoughts with us through this brief survey (estimated time to complete is 3-5 minutes) and be entered into a drawing for one of two \$50 gift cards.

Take the
Survey!

Advocacy/Legislation

WHAT'S NEW? The Maine AAP is launching an Action Update System to give timely updates, provide easy clickable steps to communicate with legislators, sign up for testimony and read about bills on critical subjects pertaining to child health. Be on the lookout so you can customize your experience! Check out the [bill tracker](#) and please let us know if you want to join the advocacy committee.

Residents/Students: SAVE THE DATE for our first Pediatric Trainee Legislative Advocacy Day at the Maine State House on March 7, 2024! The event will feature legislative briefings, lunch with senators and representatives, and the chance to attend a Senate or House session and optional afternoon hearings. Residents in Pediatrics, Med-Peds, and Family Medicine are welcome!

Gifts to Maine AAP directly impact the health and well-being of children in Maine.

Please consider including us in your year-end generosity.

Your gift will fund critical action, like Dr. Coates's work to end the sale of flavored tobacco in cities and towns across the state (read more). Thank you!

Please consider making a gift today - [click here](#).

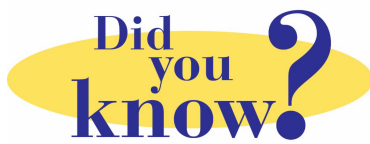
In the News

The Children's Oral Health Network of Maine (COHN) has a video library that contains one video correlating with each well-child visit from 2 months to age 5 as well as prenatal/introduction to the library. Visit www.DentalStepsforME.org.

Maine AAP is also partnering with COHN and From the First Tooth to support practices interested in exploring adding SDF to patient service offerings. For more info, email: Lyvia.Gaewsky@mainehealth.org.

Call For Proposals Now Open - The 2023-2024 CATCH grant application cycle is open through January 22, 2024. CATCH grants are competitive and include Planning & Implementation which are funded up to \$10,000 and Resident Grants which are capped at \$2,000. If you have an idea that involves community partners working with pediatricians, consider applying. Visit the AAP website for details and be sure to contact the Maine CATCH facilitators, Melissa Burch (mburch@northernlight.org) or Jen Jewell (jennifer.jewell@mainehealth.org) as they can help you fine tune your ideas and application!

New Youth Tobacco Cessation
Resource for Clinicians



The AAP is excited to announce a new clinical decision resource: [Youth Tobacco Cessation Progressive Web App \(PWA\)](#). The PWA is intended to assist physicians and other clinicians in supporting youth tobacco cessation by delivering the Ask-Counsel-Treat (ACT) model in a tool designed for use within a clinical encounter. The PWA also

provides links to product descriptions, the AAP policy statement and clinical report, behavioral support options, and detailed information on pharmacologic support.

ASK: Screen for tobacco use with all youth, during every clinical encounter.

COUNSEL: Advise youth who use tobacco to quit and set a quit date in 2 weeks.

TREAT: Link youth to behavioral treatment extenders and prescribe pharmacologic support when indicated.

Important Facts about Hepatitis A

Hepatitis A outbreaks involving child care centers with diapered children became less common after vaccination was added to the early childhood immunization schedule! Are you also aware that hepatitis A and MMR vaccines are given at 6-11 months of age for risk of travel related exposure, the dose does not count for 2 dose series?

Upcoming Maine AAP Programs

December 7, 2023 - 7:00PM - Dr. Amy Buczkowski presents "Screening and Addressing Social Needs Has a Lasting Impact for Pediatric Patients." [Learn more.](#)

January 3, 2024 - Mark your calendars! Gun Safety Rally at the State House! [Learn more.](#)

Maine AAP 2024 Spring Conference - March 22-24, 2024 at the Samoset Resort. [Read more and register!](#)

Upcoming Partner Programs

December 6, 2023 - 6:30PM Vigil - [Come Together to Remember Lives Lost to Gun Violence](#)

December 11, 2023 - 1:00PM - 2:00PM - Free Webinar on [Mitigating Risk When Using Edible Reinforcers in Practice](#)

January 22, 2024 - Adolescent & Young Adult Health Webinar (email Children's Health Service Line ChildrensHealthSL@mainehealth.org for a link and calendar invite for the series.) Dr. Roslyn Gerwin presents "Avoidant Restrictive Food Intake Disorder (ARFID)."



**HAPPY HOLIDAYS TO YOU AND YOUR FAMILY
FROM THE MAINE AAP!!**



Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn and Instagram. <https://linktr.ee/maineaap>

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