



Maine Pediatrics December 2022

The Board and Staff of Maine AAP Wish You
and Your Family a Beautiful Holiday Season!



PRESIDENT'S MESSAGE - Laura Blaisdell, MD, MPH, FAAP

Hello and Happy Holidays!

My 14 year old son was sharing with me that he learned about inverse proportionality in math class. We spent a dinner discussion talking about examples of things that were inversely proportional, like the number of people doing something and time it takes to finish it.

In these December days there is an inverse proportion relationship between daylight hours and the joy of the season. MAAP is a relationship of, not inverse, but exponential proportions for me- the more people I meet, the more I participate, the more I give- the fulfillment and meaning experienced rises in magnitudes unimagined. May your month be filled with traditions and enjoyment of Maine's great outdoors, and may the MAAP be a professional home for you this holiday season and throughout the coming year.

The Maine AAP Board and Staff join me in wishing you all a joyous holiday season!

Warmly,
Laura



Congratulations to Dr. Steve Feder on winning the November Raffle!
To enter December's Raffle, continue reading!



Member Spotlight

Hello From Egypt!
by Michael Hoffmann, MD, FAAP

Hello Maine Pediatricians,

I just started an Operation Smile mission in Cairo, with BLS training for 13 Egyptian teammates. We expect to screen about 200 patients, and provide free & safe anesthesia and surgery for 100-125. This is a Cleft Palate and Lip



mission, but there are occasionally some other plastic procedures done.

I've been working with Operation Smile for the last 6 years - it has been a real high point of my career. The rewards are amazing, and I hope that some of you look into volunteering with us. There is a real need for Pediatricians and Pediatric Intensivists.

Happy Holidays,
Michael

treat ME

MMA Center for Quality Improvement / Maine Chapter, AAP

TREAT ME (Treatment Recovery Education Advocacy for Teens with SUD in ME) Learning Collaborative has launched! - Registration is still open - join us to learn how to work with youth suffering with SUD!

VISIT THE WEBSITE

USDA Proposes Science-Driven Updates to Foods Provided Through WIC

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

PROPOSED UPDATES TO THE WIC FOOD PACKAGES

OVERVIEW

WIC is a powerful public health program, proven to help moms, babies, and young children thrive. USDA's Food and Nutrition Service is recommending science-based updates to the food provided to WIC participants to best meet their nutritional needs and foster healthy growth and development. Some of the proposed changes are highlighted below.

BREASTFEEDING SUPPORT

Increase support for mothers who mostly, but not exclusively, breastfeed to support individual breastfeeding goals

SEAFOOD

Improve access to canned fish to reflect the latest dietary guidance

DAIRY AND EGGS

Provide more options, such as different sizes of yogurt containers or substituting soy yogurt for milk or tofu for eggs

FRUITS AND VEGETABLES

Increase fruit and vegetable benefit by 3-4x, focus on whole fruit, and increase variety of fruits, veggies, and legumes offered

GRAINS

Expand whole grain options to include things like quinoa, blue cornmeal, and whole wheat bagels

USDA is an equal opportunity provider, employer, and lender.

November 2022

We are proud to be part of a team working together on firearm/gun safety. Three representative Maine healthcare providers are heading to Washington DC to meet with our congressional representatives to promote firearm safety, safe storage laws and other legislation to reduce violence caused by unlawful firearm use. These activities are part of a national effort called March Fourth which is focused on banning assault weapons and ending the mass shooting epidemic in the US. As part of these efforts, you are invited to join us in signing a petition to ban assault weapons. Thank you for your support!

[SIGN HERE](#)



Pediatric Psychiatry in the Primary Care Setting ECHO Learning Series - Dec 2022 - Feb 2023

The Maine Pediatric & Behavioral Health Partnership is pleased to announce the continuation of the ECHO Learning Series. This is a monthly opportunity to connect with peers and a team of subject matter experts to support the work you are doing right now to meet the behavioral health needs of patients in your care. ECHO sessions are the 1st Wednesday at noon. The ECHO Learning Collaborative is a structured forum for primary care providers and their clinical team members to bring complex pediatric behavioral health cases for review and recommendations and offers an opportunity to connect with subject matter experts and peers to discuss what really works.

[REGISTER HERE](#)

Media Influences on Physical, Mental and Social Health

December 14, 2022 7:30-8:30 am via Zoom

The potential links between young people's media use and their health and well-being came to the forefront during the covid-19 pandemic. Actionable recommendations will be provided for clinicians to help them address the digital wellbeing of their patients.

[REGISTER HERE](#)

National Health Center Training & Technical Assistance Partners 2022-2023 Learning Collaborative Applicant Interviews are Starting!

The Collaboratives will include a series of videoconference learning sessions and coaching sessions with 10-12 primary care teams from across the country, quality improvement training, ongoing mentoring for coaches in your organization, technical assistance, and access to web-based tools.

[LEARN MORE AND APPLY HERE](#)

Adolescent & Young Adult Health Webinar Series - 12 Noon

- December 15, 2022 - **Putting it All Together: The Adolescent & Young Adult Well Visit** presented by Jon Fanburg & Brock Libby

- January 19, 2023 - Helping Parents of AYAs presented by Kathryn Best

MORE INFORMATION



Save The Date: Physicians' Day at the Legislature

Thursday, February 2, 2023 ~ 9AM - 3PM

JOIN US! Every other year, osteopathic and allopathic physicians, physician assistants, residents, medical students, and legislators come together at the State Capitol to engage in discussions on important health policy issues including access to affordable, quality healthcare for all Mainers.

MORE INFORMATION

If you are a physician, nurse-practitioner, or physician assistant, the UNC School of Medicine invites you to participate in a research study about your counseling on and prescribing of contraception to adolescents.



The survey will take approximately 10-15 minutes of your time and you can choose to be entered into a drawing for one of three \$100 gift cards.

SURVEY LINK

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

New Tobacco Control Advocacy Toolkit

Pediatricians serve as trusted messengers and advocates in conversations regarding regulation of tobacco products.

Check out the new, comprehensive [New Tobacco Control Advocacy Toolkit](#) from the AAP, with resources for advocates working on key issues around pediatric tobacco use and exposure. Each section includes a brief overview of the issue area, advocacy resources, advocacy opportunities and, where applicable, parent-facing resources.

If you are interested in advocacy opportunities around tobacco control and the push to ban flavored tobacco products, connect with our partners at [Tobacco Free Kids Maine!](#)

Other AAP Resources

- [Fall 2022 AAP Advocacy Report](#) - Summary of recent federal and state advocacy activities.
- Refresh Infection Prevention and Control Measures with PediaLink course, ["Infection Prevention and Control for Pediatric Clinics."](#) Additional resources can be found in the [CDC online toolkit](#).
- [New Children with Medical Complexity Page](#) on AAP.org - Information on care improvement initiatives and practical clinical resources.
- Conversations About Care Podcast: [A Conversation on Eliminating Race-based Medicine](#) -

New Bright Futures Resources



Clinical Implementation Tip Sheets & Resource List

The Bright Futures National Center published 4 new clinical implementation tip sheets and updated the [Bright Futures/AAP resource list](#). The new tip sheets offer practical advice to help you integrate the Bright Futures approach, tools, and resources into your daily practice.

- [Practical Tips for Promoting Relational Health](#)
- [Promoting Healthy Development of Sexuality and Gender Identity](#)
- [Promoting Physical Activity](#)
- [Promoting Safety and Injury Prevention](#)

Bright Futures Family Pocket Guide, 3rd Edition

The [Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents](#), 3rd Edition, was written by families, for families, to share important health promotion information and activities in a family-friendly, accessible way. The guide can be downloaded in both [English](#) and [Spanish](#).



Angel Flight East, a Philadelphia based nonprofit, is dedicated to flying patients to treatment centers for free. The 400+ volunteer pilots donate their time, talent, and all associated costs of the flight.

Angel Flight East covers 14 states, Virginia, to Ohio, to Maine. For locations outside of our territory, there are other organizations that do the same work. These organizations partner daily to help patients travel a little farther. Please contact Maddy for more information: mbeck@angelflighteast.org.

RAFFLE/GIVE AWAY FOR DECEMBER

This month's winner gets a copy of *Peace & Health*

Powerfully told by acclaimed writer Charles Barber, *Peace & Health* tells how a group of small-town activists and college students set out to change healthcare depicts the remarkable journey to build the Community Health Center, Inc. in Middletown, Connecticut, an organization that opened in 1972 with one dentist chair and grew to serve hundreds of thousands of previously underserved patients, touching the lives of millions more with an inclusive model of primary care.



ENTER HERE

AAP Member Benefits

- New [online leadership courses](#) developed with American Association of Physician Leadership
- Access to the COVID-19 supply store -discounted pricing via the [AAP Amazon Business Account](#)
- Regular [updates and information](#) to support you during the COVID-19 pandemic
- State-specific information and resources on [your chapter's website](#); (If you're not a member of your chapter, please consider [joining today](#))
- Access to the [AAP Volunteer Network](#) (found at collaborate.aap.org) to find an

Maine AAP is a 501(c)(3) charitable organization - donations are 100% tax-deductible.

You can also donate to the Maine Chapter by shopping on AMAZON! By selecting the Maine AAP, each time you make a purchase on Amazon, the chapter will get a small donation. This is a no-hassle way for you to help our Chapter and children's health efforts in Maine! Simply click the link below to sign up - Thank you!



<http://smile.amazon.com/ch/20-4901024>



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>

Maine AAP | 30 Association Drive, Box 190, Manchester, ME 04351

[Unsubscribe dee.kerry@maineaap.org](mailto:dee.kerry@maineaap.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by dee.kerry@maineaap.org in collaboration with



Try email marketing for free today!