



MAINE PEDIATRICS

September 2022



President's Message - Laura Blaisdell, MD, MPH

Hello! It is hard to believe that the warm (and dry!) days of summer have rounded us yet again into a new school season. The changing of schedules gives a natural moment to stop, breathe and take stock.

I am so grateful for this community of providers who have supported and cared for the children and youth of Maine through what for many was and is the most challenging season of their lives. All the while, we have cared for and maintained communications with one another. This 'family' has sustained me throughout this time and I know I am not alone in this sentiment.

In this moment of taking stock, MeAAP Chapter is pleased to acknowledge 3 members of our organization who have each in their own unique ways have supported pediatricians and the children of Maine over the last year - and have received an AAP Special Achievement Award!

We recognize Dr. Mahmuda Ahmed for her work toward expanding the Gender Clinic at Northern Light Health/Eastern Maine Medical Center and her advocacy and outreach efforts on behalf of LGBTQ+ youth through provider education and collaboration with the youth focused organization, OUT Maine.

Next we recognize Dr. Amy Buzkowski who has expanded our social media account/campaign, substantially increasing engagement and sharing beneficial content across platforms. Additionally she is recognized for her work engaging Chapter Champions to work with students and residents on clinical content development to be shared on social media, in our newsletter and on the Maine AAP website.

We also recognize Dr. Gretchen Pianka for creating Resilience University, working with Tufts University's HOPE initiative to educate and engage Maine providers, and for being awarded a CATCH grant to improve adolescent mental health by reducing stress and increasing coping mechanisms.

Lastly, 2022 brings about an inaugural AAP District 1 Award! It is aptly named the **Jan-A-Palooza Award**- awarded to none other than our own Dr. Jan Pellitier. Jan's lifelong commitment to the well-being of children and the CV that supports it needs no explanation for kudos. Yet, it is the Jan that has touched each of us with her compassion, her enthusiasm, her poetry and her humor- these qualities parallel a life of exceptional expertise and dedication in a unique combination that requires us to take note and celebrate the namesake of the inaugural Jan-A-Palooza award.

Congratulations to all awardees. To our members, we thank you for the work you all do to cultivate the lives of children and youth in the exam room, in your practices, in our schools and in our communities!

LLB

Awardee/Member Spotlight

The AAP has awarded three of our members with a Special Achievement Award! **Congratulations to Dr. Mahmuda Ahmed, Dr. Amy Buczowski, and Dr. Gretchen Pianka!** These three members will each be featured in an upcoming newsletter. Dr. Ahmed is featured this month...



Dr. Mahmuda Ahmed, a Pediatric Endocrinologist at Northern Light Eastern Maine Medical Center, has been awarded the Certificate of Special Achievement for her work in helping to develop education for providers on best practices in care of LGBTQ+ youth in the primary care setting.

When asked what is most important to share with colleagues about working with the LGBTQ+ population, Dr. Ahmed states, **"It is important to me that after the first meeting, they understand we are here for them."**

Click the link below to read the full interview with Dr. Mahmuda Ahmed regarding her ongoing work in the Gender Clinic and her experience as a member of the AAP.

READ THE INTERVIEW

diversity equity
inclusion justice

DEIJ-A Message

In each monthly newsletter, we will be featuring information/readings/lessons on Diversity, Equity, Inclusion, Justice and Anti-Racism. Please join us by participating in this activity to increase knowledge, improve communications and expand your horizons!

Bright Futures: Evidence of DEIJ-A

As part of the most recent update to Bright Futures, the Behavioral/Social/Emotional Screening footnote (Footnote 14) incorporates "The Impact of Racism on Child and Adolescent Health" Policy Statement.

READ MORE!



Educational Offerings - Maine AAP

TREAT ME (Treatment Recovery Education Advocacy for Teens with SUD In ME) Learning Collaborative has launched - [registration is open!](#)

If you missed our latest program, **Vaping and Smoking Cessation: Quick and Dirty Guide**, by Dr. Emily Jacobs, a pediatrician at Franklin Memorial Pediatrics, you can watch the recording and [view the slides, watch the recording and download handouts!](#)

News and Updates from the American Board of Pediatrics (ABP)

First and foremost, we at the ABP are grateful for your dedication to child health during the pandemic. We hope you and your loved ones are, and remain, safe and healthy.

When you have a moment, we invite you to watch the brief (less than three minutes) video below, which features important news and information you can use as we approach the end of the year. Topics include:

- MOCA-Peds Quarter 3 deadline & extended support hours
- Deadline for external applications for MOC Part 4 (Quality Improvement) credit
- New ways to earn MOC Part 2 (Self-Assessment) credit for completing life support or resuscitation certifications
- Streamlined process to quickly earn Part 4 points for work related to COVID-19 (e.g., telemedicine, new office triage procedures, etc.)
- Earn points for diversity, equity, and inclusion (DEI)-related work

WATCH THE VIDEO

DHHS Implements \$54 Million Investment in New MaineCare Rates

"The Maine Department of Health and Human Services (DHHS) has implemented a slate of MaineCare rate changes that improve the health and well-being of patients but have been historically underfunded. These changes, which took effect July 1, 2022, include a \$54 million investment into cost-effective services tied to Medicare reimbursement and cut across nine MaineCare service areas from physical and occupational therapy to primary care."

LEARN MORE HERE

Pediatric Psychiatry in the Primary Care Setting ECHO Learning Series



Using the ECHO model, participants present a real (anonymized) case to the specialists – and each other – for discussion and recommendations. Participants learn from one another, as knowledge is tested and refined through a local lens. With an “all teach, all learn” approach, the knowledge-sharing model brings together specialists from multiple focus areas for a robust, holistic approach. This continuous loop of learning, mentoring and peer support is what makes ECHO unique, with a long-lasting impact. There are six sessions being held October through April.

REGISTER HERE

Adolescent & Young Adult Health Webinar Series - 12 Noon

- October 20, 2022 - **Sex & Contraception** presented by Jon Fanburg & Brock Libby
- November 17, 2022 - **SOGI (Sexual Orientation & Gender Identity)** presented by Brandy Brown & Brock Libby
- December 15, 2022 - **Putting it all together: the Adolescent & Young Adult Well Visit** presented by Jon Fanburg & Brock Libby
- January 19th, **Helping Parents of AYAs** presented by Kathryn Best

MORE INFORMATION



ME SUD Learning Community Program

September 20, 2022 | 12:00 PM to 1:00 PM | 1 CME
Medication for Youth with Opioid Use Disorder

ME SUD Learning Community programs are aimed at prescribers and their teams. To request technical assistance or view a complete listing of ME SUD Learning Community programs, visit <https://mesudlearningcommunity.org/>.

Maternal and Child Health and Substance Exposed Infant Virtual Conference 2022

Wednesday, September 28, 2022 & Thursday, September 29, 2022
8:30 a.m. - 4:30 p.m.

You are invited to attend Maine’s Maternal and Child Health and Substance Exposed Infant Conference 2022. Two days of inspiring presentations along with educational and networking opportunities related to maternal and child health, with focused attention on substance exposed infants and families living with substance use disorder.

FOR MORE INFORMATION AND TO REGISTER

Traumatic Brain Injury (TBI) in Childhood: Conceptualizing Social and Behavioral Challenges

The Maine Pediatric and Behavioral Health Partnership is co-sponsoring this upcoming webinar via zoom. The speaker is Dr. Jonathan Lichtenstein, Director of Neuropsychology at Dartmouth Health.

LEARN MORE AND REGISTER HERE

AAP Infection Prevention and Control Quality Improvement ECHO

The AAP is recruiting **primary care practice teams** to join a 3-month learning collaborative aimed at improving knowledge, skills and self-efficacy around infection prevention and control strategies. Primary care clinicians and their teams will participate in 2 sessions per month. One learning session and one quality improvement (QI) session, applying QI from **October - December 2022 for a total of 6 sessions**. Participants are eligible to claim CME/MOC 2 and MOC Part 4 credits. More details can be found [Here](#).

REGISTER HERE

MONKEYPOX

VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: UK Health Security Agency



CS228947-EK

MonkeyPox Virus Outbreak: Information available in [RED BOOK Online](#)

The Centers for Disease Control and Prevention (CDC) is tracking an outbreak of monkeypox infections in the United States. As of July 5, 2022, there have been 560 confirmed cases of monkeypox in the United States. This outbreak is part of a larger global outbreak (>6900 cases) that is occurring in 52 locations (countries, territories, and areas). As of July 6, 2022, there have been no cases of monkeypox in the pediatric age group in the United States. Visit the Red Book® online Monkeypox Virus Outbreak page for more information and resources. For guidance on Monkeypox / Small Pox visit the [CDC info center](#).

AAP Safe Sleep Campaign Toolkit

The leading cause of death for infants 1 month to 1 year is Sudden Unexpected Infant Death (SUIDs). This includes sleep-related deaths and SIDS. Many of us work to make safe infant sleep the norm. To help guide conversations about safe sleep with families, the AAP has developed a suite of materials, including posters, infographics, videos, and social media messages. Please download, share, and post these materials, linking to HealthyChildren.org/SafeSleep in your posts and using the suggested #SafeSleep hashtag. Other resources include: AAP Podcast: [New Guidance on Safe Sleep & Fact Sheet](#)



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>

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 engagement opportunity that fits your schedule and skillset



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 powered by



Try email marketing for free today!