



Maine Pediatrics

November 2024 | Newsletter Highlights

- **President's Message:** Gratitude
- **Operation Access:** Register by November 14th!
- **Maine AAP School Health Series:** Next Session is November 5th!
- **Connect with us on Social Media!**
- **'Did you Know?'** Affordable, quality health insurance: CoverME.gov
- **Upcoming Maine AAP Programs**
- **'In the News'** Practice guidelines, ECHO opportunities, resources, & more!
- **Upcoming Partner Programs**



A Message from Maine AAP's President, Brian Youth, MD, FAAP

I recently had the chance to do site visits at pediatric practices around our State and connected with Drs. Andy Russ and Melissa Keepert at MaineHealth Lincoln Primary Care Damariscotta and Drs. Lara Walsh and Carol Mansfield at Winthrop Pediatrics & Adolescent Medicine. Touring these offices, seeing the waiting rooms, the office workflows, and the provider and clinical staff workspace reminded me how much we all share in common in pediatrics: ***a welcoming environment for families, an educated and supportive diverse team of clinical staff, and providers passionate about the work they do to care for children in their local community every day.*** Whether you are a primary care provider, a specialist, or work in an inpatient setting, we are grateful for your role in promoting health and wellness for the children of Maine - thank you for your work with kids!

Our upcoming collaborative, "Operation Access: Diagnosing Autism in the Medical Home" starts November 19th with a live session in Freeport, followed by 3 virtual sessions over the winter, and culminating with an in-person session Friday, March 28th preceding the AAP Spring Conference. ***This collaborative was just approved for 10 CME and MOC Part 2 credits! See flyer and sign up below.***

The Maine AAP Board of Directors recently completed our 2024-2028 Strategic Plan - be sure to check out the December newsletter to read about the priorities of your AAP over the next 4 years.

Finally, some of you knew this! The scene from last month's newsletter was a beautiful fall display at Boothbay Botanical Gardens - hope you have enjoyed our colorful Maine fall!

Operation Access: Diagnosing Autism in the Medical Home



Operation Access: Diagnosing Autism in the Medical Home

This longitudinal collaborative learning experience, designed for primary care providers, is structured to teach updated diagnostic strategies for recognizing, evaluating, and diagnosing autism in early childhood in the primary care medical home and promoting more timely access for early intervention services.

Sessions will be a combination of in-person, virtual webinars, and some asynchronous learning and will include education on use of the ASD-PEDS as a diagnostic tool.

**10 CME & MOC Credits Available for Live Attendance -
Cost for entire program, including in person meals, is \$75.**

Speakers Include:



Dr. Victoria Dalzell



Dr. Ellen Popenoe



Dr. Brian Youth



Dr. Carol Hubbard

The Hanley Center for Health Leadership and Education designates this live activity for a maximum of 10 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Hanley Center for Health Leadership and Education and the Maine Chapter American Academy of Pediatrics. The Hanley Center for Health Leadership and Education is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians. Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 10 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

[View the Agenda & Register
Here](#)

We invite Pediatricians, School Health Advisors, School Nurses, Social Workers, Guidance Counselors, and anyone interested in the health of school-age children to join us the first Tuesday of each month!

MAINE AAP SCHOOL HEALTH SERIES IN PARTNERSHIP WITH THE MAINE DEPARTMENT OF EDUCATION



**Brian Youth, MD, FAAP,
& Jessica Anderson**

REGISTER AT:
[HTTPS://WWW.SURVEYMONKEY.
COM/R/SCHOOLHEALTHSERIES](https://www.surveymonkey.com/r/schoolhealthseries)



UNDERSTANDING SCHOOL ABSENCES AS A RISK FACTOR

**Tuesday,
November 5th,
3:30-4:30PM**



[View the Full Series Flyer and Register](#)



Connect with the Maine AAP on Social Media!

Join us in using the power of social media to spread good messages, share new clinical info or pertinent articles on platforms such as Twitter/X, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

Gifts to Maine AAP during this campaign season directly benefit members and trainees by helping to support attendance at educational and legislative conferences!



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



SUPPORTING INFANT FEEDING GOALS IN THE FIRST 4 WEEKS

Thursday, November 14 | 12PM-1PM

Join us virtually for a discussion on how providers can support families' feeding goals while ensuring proper weight gain. Hear how experts in the field handle particularly tricky scenarios, and leave equipped with different strategies and scripts for supporting families whose goals are to exclusively feed human milk.



Kara Kaikini, IBCLC
Executive Director of the Maine State Breastfeeding Coalition



Paula Norcott, IBCLC
Breastfeeding Educator with Maine's Perinatal Outreach & Education Consultation Services



Kelsey Walton, MD, FAAP
Primary Care Pediatrician at Kennebec Pediatrics

Register here: www.nephtc.org/login/index.php







Affordable, quality health insurance is offered through **CoverME.gov** - Share information with your patients and families!


CoverME.gov is where Mainers can find and enroll in quality health insurance plans that cover all essential benefits like annual exams, prescriptions, mental healthcare, and emergency services. Even better? 85% of people who enrolled through **CoverME.gov** last year received financial savings to lower their health insurance costs. Some people pay as little as \$10 or less a month.

You have until December 15 to enroll - let's go!

- Enroll by 12/15 for coverage that starts 1/1/25
- Final deadline to enroll is January 15 for coverage starting February 1

Enroll online [at CoverME.gov](https://CoverME.gov) or call 1-866-636-0355 TTY:711. For assistance in another language, select option 4 from the phone menu.

Get in-person help by going online to CoverME.gov/localhelp to find a CoverME.gov registered broker or Maine Enrollment Assister (at no cost).



IS YOUR WELL WATER SAFE TO DRINK?

1/10 wells in Maine has unhealthy levels of arsenic, radon, uranium, or other harmful chemicals.

The only way to know if your water is safe, is to have it tested. Luckily, there are many resources to help you throughout the testing process, from figuring out how to test, to understanding what your test results mean. Learn more at wellwater.maine.gov and educate your patients and families!



Start at 9 Campaign

The Human Papillomavirus (HPV) is estimated to cause about 37,000 new cases of cancer each year in the U.S. The HPV vaccine is recommended for adolescents between the age 9 and 12, is safe, and is extremely effective in preventing HPV infections and cancers. Recent studies confirm that "on-time" series completion is critical to maximize efficacy against HPV cancers. Unfortunately, less than 30% of 13-year-olds in Maine

have completed the HPV vaccine series. This leaves most of that age group unprotected from future HPV cancers. [Learn more from the Maine Immunization Program](#) on how YOU can help.

Upcoming Maine AAP Programs

November 5, 2024 | 3:30-4:30PM: Maine AAP School Health Series in Partnership with the Maine Department of Education. The next session is *Understanding School Absences as a Risk Factor* by Dr. Brian Youth & Jessica Anderson. Be sure to [register!](#) Download the flyer [here](#).

November 6, 2024 | 7:00-8:00PM: Maine AAP Fall Series - *Adolescent Obesity Treatment* by Dr. Carrie Gordon. [Learn more and register here](#).

November 13, 2024 | 7:00-8:00PM: Maine AAP Fall Series - *Climate Change & Kids: Health Effects & Communication Strategies for Pediatricians* by Dr. Erin Flynn. [Learn more and register here](#).

November 19, 2024 | 5:00-8:00PM: *Operation Access: Diagnosing Autism in the Medical Home*. [Learn more and register here](#).

The Maine AAP & Maine Medical Association's Center for Quality Improvement Offer Ongoing Substance Use Treatment Education. View our [TREAT ME Learning Series](#), broken down into 12 Units, now available on the Maine Medical Association's Center for Quality Improvement [website](#).



In the News

AAP Clinical Practice Guideline on Prescribing Opioids Urges Multimodal Approach. Pain is among the most common symptoms for which pediatric patients seek care. The AAP has developed a new clinical practice guideline to help pediatricians and pediatric health care providers. [Read more](#).

AAP FLEXPEDS (Female Leadership and Excellence in Pediatric Subspecialties) presents a webinar entitled "*Supporting the Careers of Women Pediatric Physician Scientists - What the NIH has to offer!*" Women and allies are invited to attend the event at 4PM ET on Wednesday, Nov. 6. The webinar will identify programs for funding research grants and funding supplements to support a career as a woman scientist and caregiver. [Click here to register](#).

The AAP ECHO Superhub Announces 3 ECHO Opportunities Currently Recruiting. Sessions include *Anxiety and Depression Quality Improvement*, *Prescribing Opioids in Outpatient Settings*, and *School Based Health Care Suicide Prevention Clinical*. It launches in November. [Learn more here](#).

The AAP has released a new resource for Early Childhood Social-Emotional Development Billing and Coding that details billing and diagnosis codes recommended for use by pediatric providers, followed by case examples of social-emotional development coding in practice. [Learn more here](#).

Healthy Habits can Help Children Success in School - A [new article](#) was released by the AAP with tips for parents and caregivers to do their part and help their child stay happy and healthy in the classroom.

New AAP "Pediatrics on Call" Podcast for Clinicians Released: Listen to [Episode 222-Prescribing Opioids Safely, Parental Disabilities' Effect on Kids](#) by Drs. Scott Hadland and Rita Agarwal.

Upcoming Partner Programs

November 5 | 3:30-4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series. [Learn more.](#)

November 5 | 4-8:30PM: Partnerships in Pediatrics Conference, Central Maine Medical Center, Lewiston. [Learn more.](#)

November 8 | 9:00-1:30PM: MaineHealth is offering a Simulation Day for EMS for Prehospital Management of Obstetric & Neonatal Emergencies. [Learn more.](#)

November 12 | 7:00-8:30PM: Depression and ADHD in Adolescents: A Parent's Guide to Understanding and Support. [Learn more.](#)

November 12 | 12:00-1:00PM: Drinking Water from Private Wells: Risks, Barriers, and Environmental Challenges - PEH Grand Rounds. [Learn more.](#)

November 13 | 12:00-1:00PM: ME SUD Learning Community Adolescent and Young Adult ECHO: Adolescent Specific Care and Addressing SUD Prevention and Treatment. [Register here.](#)

November 19 | 1:00PM: AAP Webinar: Navigating Social Media and Youth Mental Health in Rural Communities. [Learn more and register here.](#)

November 21 | 7:30-8:30AM: Understanding FASD in Maine: Diagnosis, Support & Early Intervention by the Maine Pediatric & Behavioral Health Partnership. [Learn more and register.](#)

November 21 | 12:00-1:00PM: The RMOMS Maternal Mental Health ECHO Series for 2024-2025 will be held the 3rd Thursday of each month. [Register here.](#)

November 21-22: NNEPQIN Fall Conference In Person, Omni Mount Washington Resort. [Register here.](#)

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