



# Maine Pediatrics

## October 2023 - Newsletter: Highlights

- President's Message
- Spotlight: What is TEN-4 Day? Child Abuse Awareness
- Register Now: Fall Education Series
- Advocacy/Legislation Update
- 'Did You Know?' Adolescent Confidentiality
- 'In the News': Health Guidance for Parents, DOC of the Day, CAMP Lab
- Upcoming Maine AAP and Partner Programs



### President's Message

Laura Blaisdell, MD, MPH, FAAP

I hope you are enjoying these warm dry days of Maine's Fall. As the flurry of back to school activities gives way to the subsequent increase in coughs and sniffles we ready ourselves for the addition of a new COVID vaccine as well as the opportunity to prevent serious RSV complications in *all* infants while we continue to counsel our adolescents for mental health issues and substance abuse disorders.

We are grateful for our leaders and members whose time and donations ensure that Maine AAP remains the voice of Maine's pediatricians, families and children. Yet, we continue to ask ourselves, what else should we be doing and who else should be at the table with us? I ask you to consider these questions and please be in contact with Dee or Emily when a person, partnership or idea pops into your mind!




## SPOTLIGHT: TEN-4 Day - Child Abuse Awareness

Every year on Oct. 4, health care organizations around the US recognize TEN-4 Day, a movement to raise awareness about child abuse. In 2021, the total reported cases of abuse and neglect in Maine was just shy of 5500, with over 1000 of these being physical abuse. This tool can help with early recognition and hopefully intervention before the abuse escalates to more serious injury or even death. [Read more...](#)

# TEN-4-FACEsp

Bruising Clinical Decision Rule for Children < 4 Years of Age

When is bruising concerning for abuse in children < 4 years of age? If bruising in any of the three components (Regions, Infants, Patterns) is present without a reasonable explanation, strongly consider evaluating for child abuse and/or consulting with an expert in child abuse.

<p><b>TEN</b> Torso   Ears   Neck</p>  <p><b>FACES</b> Frenulum Angle of Jaw Cheeks (fleshy part) Eyelids Subconjunctivae</p> <p><b>REGIONS</b></p>	<p>4 months and younger</p>  <p>Any bruise, anywhere</p> <p><b>INFANTS</b></p>	<p>Patterned bruising</p>  <p>Bruises in specific patterns like slap, grab or loop marks</p> <p><b>PATTERNS</b></p>
--	---	--

## See the signs

Unexplained bruises in these areas most often result from physical assault. TEN-4-FACEsp is not to diagnose abuse but to function as a screening tool to improve the recognition of potentially abused children with bruising who require further evaluation.

Ann & Robert H. Lurie  
Children's Hospital of Chicago



TEN-4-FACEsp was developed and validated by Dr. Mary Clyde Pierce and colleagues. It is published and available for FREE download at [larfechildrens.org/ten-4-faceps](http://larfechildrens.org/ten-4-faceps). © Ann & Robert H. Lurie Children's Hospital of Chicago

## Fall Education Webinar Series

 <p><b>Maine AAP Fall Webinar Series Thursdays at 7:00 pm</b></p> <p><b>REGISTER HERE:</b> <a href="https://ti.to/maap/fall-education-series-2023/with/fall-education-series-pass">https://ti.to/maap/fall-education-series-2023/with/fall-education-series-pass</a></p> <p><i>The Maine Medical Education Trust designates this live webinar series for a maximum of 6 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.</i></p> <p><i>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 Maine Medical Education Trust and Maine Chapter American Academy of Pediatrics. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.</i></p>	<p>September 28 <b>STEPHEN DIGIOVANNI, MD</b></p>  <p>Early Childhood Support Specialist - An Innovative Model to Address Current Gaps in Standard Pediatric Primary Care</p>	<p>October 12 <b>ALYSSA GOODWIN, MD</b></p>  <p>Promoting a Multi-disciplinary Approach for Clinicians to Address Youth Suicide Risk and to Introduce the AAP's Blueprint for Prevention</p>	<p>October 26 <b>AMANDA GODDARD, MD</b></p>  <p>Infant Passive Immunization: Respiratory Syncytial Virus (RSV)</p>
	<p>November 2 <b>PATRICE LOCKHART, MD</b></p>  <p>Eating Disorders in the Post-COVID Era</p>	<p>November 9 <b>AMY MAYHEW, MD</b></p>  <p>Cannabis and Psychosis in Adolescence</p>	<p>November 16 <b>AMY BUCZKOWSKI, MD</b></p>  <p>Screening and Addressing Social Needs has a Lasting Impact for Pediatric Patients</p>

The series will be held on the following six Thursdays at 7pm:

9/28, 10/12, 10/26, 11/2, 11/9, 11/16

A total of 6 CME Credits offered! [Register Here!](#)

## Advocacy/Legislation

### Gun Safety Advocacy Event in DC - Thursday, October 19th

Planning to attend NCE in DC this October? March Fourth, a non-partisan organization aiming to federally ban assault weapons, is planning a lobbying event in DC where physicians meet with Senators and Representatives to discuss gun safety legislation that can save lives. This is a great advocacy opportunity for anyone already coming to NCE! [Learn more](#) OR [RSVP here!](#)

Wondering how a particular bill did in the Maine Legislature this session?

Check out the [Maine AAP bill tracker](#) and please [let us know](#) if you wish to be part of this vibrant, active committee. Monthly meetings are held on the second Tuesday of the month at 5:30pm via Zoom.

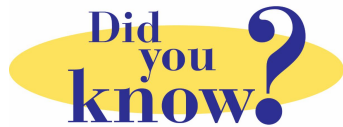
Maine AAP is grateful to our amazing community of volunteers and supporters.

Donations are tax deductible and help fund the important work we do on behalf of Maine children and families. Your gift will help us ensure that Maine kids receive the best quality of care, and their doctors have access to up-to-date resources and guidelines.

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

## In the News

- A **Health Guidance for Maine School Children** document has been created to guide parents by providing examples of normal health conditions that occur, as well as when to consider staying home or seeking medical attention. [Check it out!](#)
- Maine Medical Association - Call for **Doctor of the Day** program volunteers! Join your colleagues who have served as Doc of the Day at the Maine State Legislature! [Learn more here](#).
- The **Child/Adolescent Anxiety and Mood Program (CAMP Lab)** is currently conducting a study that is funded by the National Institute of Mental Health that provides free training for pediatric primary care physicians in a brief intervention to reduce anxiety in youth. [Read more here](#) to learn how to be part of this study!



## Adolescent Confidentiality is Often Misunderstood

Adolescent Medicine specialist Jon Fanburg, MD provides the following Pearls of Confidentiality:

1. Teens can be seen confidentially for 5 topics - (contraception, pregnancy, sexually transmitted diseases, drugs, and emotional issues).
2. They must be capable of consent.
3. They must make rational non-harmful decisions for treatment.
4. Confidentiality must be broken if abuse, suicide, homicide, or extended hospitalizations.

For more information on this topic, view the [Youth Transitions to Adult Care Change Package MMA CQI](#).

## Upcoming Maine AAP Programs

October 12, 2023 at 7:00pm - Dr. Alyssa Goodwin will present her talk "Promoting a Multi-disciplinary Approach for Clinicians to Address Youth Suicide Risk and to Introduce the AAP's Blueprint for Prevention" as part of the Fall Education Series. The session following is on October 26 at 7pm: Dr. Amanda Goddard will do a talk on RSV. [Learn more](#).

[TREAT ME Learning Collaborative](#) - Block Eleven Asynchronous material is now available. Thomas Freese, PhD, addresses "Stimulants: What do I Need to Know and What do I do?" [Click here to visit the collaborative website](#).

The next session in the collaborative is a live webinar on Opioid Use Disorder by Dr. Scott Hadland, the Chief of Adolescent and Young Adult Medicine at Massachusetts General Hospital and Harvard Medical School, on **October 12th from 12PM-1PM**. [Click here for more information](#).

**Lunch and Learn on Tuesday, October 24th from 12:15-12:45pm:** *'2023/24 Influenza Season Update & Introduction to Cell Culture Based Influenza Vaccine'*  
[Register Here!](#)

Save the Date and **REGISTER** for the **TREAT ME Block 12 In-Person Final Event** of the Educational Series on **November 9th in Freeport, Maine!**

---

## Upcoming Partner Programs

**October 4 - November 13** - "A Pediatric Environmental Health Specialty Units (PEHSU) ECHO Series: An Update on PFAS 'Forever Chemicals' for Clinicians."  
[Learn more.](#)

**October 4, 2023** - AAP Early Hearing Detection and Intervention ECHO Program now recruiting! [Learn more.](#)

**October 5, 2023** - Maine State Breastfeeding Coalition FREE Educational Webinar: Pasteurized Donor Human Milk in Maine. [Learn more.](#)

**October 6, 2023** - 16th Annual Glickman Family Center Child & Adolescent Psychiatry Symposium: Borderline Personality Across the Lifespan. [Learn more.](#)

**October 10, 2023** - Maine Public Health Association 2023 Annual Conference: The Public's Health and the Economy: Working Across Sectors. [Learn more.](#)

**October 16, 2023** - The Andy Cook Memorial Pediatric Behavioral Health Series Presents: Pediatric Suicide Assessment, Prevention and Intervention. [Learn more.](#)

**October 17, 2023** - FREE virtual Pediatric Environmental Health Grand Rounds: "The Environment & Children's Cancers." [Learn more.](#)

**October 18, 2023** - AAP Rural Pediatrics: Obesity ECHO. [Learn more.](#)

**October 25-26, 2023** - MPCA Annual Conference - Samoset Resort, Rockport, ME. [Learn more.](#)

**November 3-7, 2023** - Seattle, WA - The 2023 AAMC Learn, Serve and Lead Conference. [Learn more.](#)

**November 16-17, 2023** - Bretton Woods, NH - NNEPQIN Fall Conference: Adapting to the New Normal and Designing Strategies to Improve Perinatal Outcomes in Northern New England. [Learn more.](#)

## 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>

[Update Profile](#) | [Constant Contact Data Notice](#)  
Sent by [dee.kerry@maineaap.org](mailto:dee.kerry@maineaap.org) powered by



Try email marketing for free today!