

ANNUAL NEWSLETTER

2013

Division of General Pediatrics & Adolescent Medicine

We support children, youth and their families as they strive to reach their full potential. We do this by delivering exceptional clinical care, performing cutting edge research, guiding rigorous professional training, and providing compassionate service.

ADOLESCENT MEDICINE FELLOWSHIP PROGRAM

In June, Dr. Tina Simpson became the Director of the Adolescent Medicine Fellowship Program. We currently have two exceptional fellows: Dr. Jasmine Pagan (PGY5) and Dr. Rebekah Savage (PGY4). This year has been a very productive year for Drs. Pagan and Savage.

Congratulations are in order for Dr. Pagan on the selection of her abstract, "FIT HARRT Plus: A Study of Participant Informed Text Messages to Promote Physical Activity in Adolescent and Young Adult African-American Women" for a poster presentation at the 2014 Society for Adolescent Health and Medicine (SAHM) conference. Dr. Pagan was also selected as a representative for the Student Association for Graduate Education at the UAB School of Public Health.

Congratulations to Dr. Savage on the acceptance of her abstract exploring the impact of motherhood on adolescent women participating in a court-ordered substance abuse program. This work will be presented at the 2014 SAHM conference. Dr. Savage has also passed the first round of competition for the Young Investigator's Award through the Academic Pediatric Association and Bright Futures. Her proposed project would train parents to use motivational interviewing-based communication techniques in efforts to improve parent and adolescent communication and connectedness. Good luck to Dr. Savage on the next round!



LEADERSHIP EDUCATION IN ADOLESCENT HEALTH (LEAH) UPDATE

Year 2 of the LEAH training grant has been a great success. We are producing a monthly publication with continuous updates on the happenings in the program. To see our latest *Spotlight* publication, faculty, residents, and fellows can log into the HouseStaff portal.

Our Leah clinic is up and running. Adolescent patients with complex medical and psychosocial needs are seen on the 2nd and 4th Thursday mornings during the academic year. In 2013, we had 28 patient visits in this unique clinical training environment.

Our Current LEAH Trainees include:

(back to front and left to right)

Imelda Reyes (Nursing)
Aaron Davis (Psychology)

Amy Claire Grisham (Nutrition)
Robin Taylor (Social Work)

Christina Schoerner (Nutrition)
Rebekah Savage (Medicine, 1st Yr)



UPDATES FROM OUR SPECIALTY CLINICS...

NEWBORN FOLLOW UP CLINIC

The Newborn Follow-Up Clinic has seen continued growth in 2013. We have expanded to a full clinic day on Thursdays and alternating Fridays in order to accommodate our increasing patient population. The goal is to expand into two full-day clinics in 2014.

Currently we are working with a local production company to produce a parent-focused informational video for both the Newborn Follow-Up Clinic and the Cardiac Follow-Up Clinic. This will be used in all hospitals that refer to the clinic so parents will know what to expect and why it's important to follow their children's development closely.

We have added new Smart TVs in all of our exam rooms and waiting room thanks to generous grant funding received. These will allow us to provide current and on-going parent education in hopes of improving the outcomes of our patients.

Children's Center for Weight Management (CCWM)

Beginning January 1, 2014 the Children's Center for Weight Management will implement a new program entitled "60 Days to Life." This program was designed by CCWM's program coordinator Judith Thomason with input from other CCWM professional staff. The program consists of 60 days of nutrition and fitness information including a journaling portion. In January, CCWM will place 25-30 families on the program to evaluate its effectiveness. After the program is evaluated, they hope to disseminate it to all families in the clinic as the first step toward making a "healthy" change. The goal was to create a simple format for the families to follow that offers accountability.

MEDICAL AUTISM CLINIC (MAC)

The Medical Autism Clinic saw continued growth in 2013. MAC staff attended the annual "Walk Now for Autism Speaks" walk in October which was a great success. Thanks to Christy Gaddis and Jan Hobbs who attended the event and were a great resource for families who had questions about clinic services. It was a great opportunity to network and discover new resources in the community for our patients and their families. MAC plans to attend annually and hopes to form a walking team for the next event.



Walk Now for Autism Speaks: Alabama

DOWN SYNDROME CLINIC

For more than 20 years, this clinic has seen patients with Down syndrome. Like many other areas of pediatric healthcare, evaluation and treatment methods for these patients have evolved over the years. In particular, the focus of treatment for Down syndrome patients has shifted toward more generalized care for the child as provided by the family physician.

With this re-direction of care, we will no longer offer a Down syndrome clinic, effective January 1, 2014. Instead, we will focus on working to improve education and advocacy for these patients within their own communities to help insure their continued success in reaching their full potential.

International Adoption Clinic

The division's International Adoption Clinic has helped well over 3,000 internationally adopted children achieve their fullest potential medically, developmentally and emotionally despite the extreme neglect or abuse they may have experienced. Their current fundraising effort, "I have seen, I am Responsible" is their first fundraising event in over 7 years. Funds raised will help continue their overseas orphan work, provide financial assistance to families, and assist with continuing education for the clinic providers. To donate and learn more please visit:

<http://childrensal.kintera.org/faf/home/default.asp?ievent=1069135>

We would also like to welcome Jennifer Junkin (BSN,RN) to the IAC team! Jennifer and her husband are very involved in orphan care and have been passionate about serving adoptive families. Most recently, Jennifer helped plan and promote a conference for adoptive and foster care moms called the Unfailing Love Retreat here in Birmingham.

UPDATES FROM OUR PRIMARY CARE PRACTICES...

ADOLESCENT HEALTH CENTER (AHC)

2013 was a busy year for the Adolescent Health Center. Dr. Nefertiti Durant was named Associate Medical Director of the AHC. Dr. Durant also serves as the Director of Adolescent Medical Education.

The AHC established the Fellow's clinic on Thursday afternoons. This clinic is staffed by our Adolescent Medicine Fellows Dr. Pagan and Dr. Savage. We also hope to establish the LARC clinic (Long Acting Removable Contraception) in early 2014.

The Adolescent Health Center set a personal record in 2013 for participating in NINE health fairs across the Birmingham Metro area. Health education and disease prevention materials were distributed while connecting with teens and parents from around the city.



PRIMARY CARE CLINIC

More books for PCC! Dr. Soong has recently been successful in obtaining grant funding for the PCC Reach Out and Read program. Funds from the Wal-Mart Foundation will provide new books for patients seen in the clinic.

Primary Care Clinic Delivers Optimal Asthma Care: The seventy-six pediatric and medicine pediatric residents improved delivery of optimal asthma care in their continuity clinic from 30% in March to 76% in October. This rate compares favorably to other practices around the state and nation that are also participating in the American Academy of Pediatrics' year long asthma quality improvement project. PCC staff members Deidre Davidson, Julie Baker, Lisa Everett and lead physician Dr. Caroline Courville have spent many hours participating in weekend meetings, developing teaching conferences, and revising clinic processes. Their hard work has allowed the doctors to measurably improve asthma care for Primary Care Clinic patients.

OTHER NEWS...

ACHIA (Alabama Child Health Improvement Alliance)

In order to improve health outcomes for children in Alabama, Dr. Cason Benton is leading an initiative to create a state-wide improvement partnership—ACHIA. The partnership will bring in key partners such as universities, health care providers, health systems, professional organizations, government organizations, children's advocacy groups, health plans, payers, employers/purchasers, and families.

Current partners in the project include UAB, Children's of Alabama, the Alabama Chapter of the AAP, All Kids, Blue Cross Blue Shield of Alabama, University of South Alabama, Alabama Medicaid, and the Alabama Department of Public Health. ACHIA is also a member of NIPN—the National Improvement Partnership Network. Visit the ACHIA website to learn more about our improvement projects:

www.achia.org

Intensive Course, Nutrition for Infants, Children & Adolescents

The 2013 Intensive Course, "Nutrition for Infants, Children & Adolescents" received many accolades from attendees. This conference is held annually with the purpose of updating health professionals in infant, child, and adolescent nutrition at both the individual and public health level. The course provides leadership training by developing high levels of clinical competence, providing instruction in nutrition needs and services for children, and training in systems of delivery of nutrition care. Join us for the 2014 Intensive Course:

Nutrition for Infants, Children & Adolescents

Date: February 17-19, 2014

Location: Birmingham Hilton Perimeter Park

Cost: \$190.00

FACULTY PUBLICATIONS FOR 2013

Manuscripts

•Stark AR, Carlo WA, Vohr BR, Papile LA, Saha S, Bauer CR, Oh W, Shankaran S, Tyson JE, Wright LL, Poole WK, Das A, Stoll BJ, Fanaroff AA, Korones SB, Ehrenkranz RA, Stevenson DK, Peralta-Carcelen M, Wilson-Costello DE, Bada HS, Heyner RJ, Johnson YR, Lee KG, Steichen JJ; Eunice Kennedy Shriver National Institute of Child Health and Human Development Neonatal Research Network. Death or Neurodevelopmental Impairment at 18 to 22 Months Corrected Age in a Randomized Trial of Early Dexamethasone to Prevent Death or Chronic Lung Disease in Extremely Low Birth Weight Infants. *Journal of Pediatrics*. Epub 03 September 2013.

•Peralta-Carcelen M, Bailey K, Rector R, Gantz M; Eunice Kennedy Shriver National Institute of Child Health and Human Development Neonatal Research Network. Behavioral and Socio-Emotional Competence Problems of Extremely Low Birth Weight Children. *Journal of Perinatology*. Epub 18 July 2013.

•Adams-Chapman I, Bann CM, Das A, Goldberg RN, Stoll BJ, Walsh MC, Sánchez PJ, Higgins RD, Shankaran S, Watterberg GL, Duara S, Miller NA, Heyner RJ, Peralta-Carcelen M, Koldstein RF, Steinchen JJ, Bauer CR, Hintz SR, Evans PW, Acarregui MJ, Myers GJ, Vohr BR, Wilson-Costello DE, Pappas A, Vaucher YE, Ehrenkranz RA, McGowan EC, Dillard RG, Fuller J, Benjamin DK Jr; Eunice Kennedy Shriver National Institutes of Child Health and Human Development Neonatal Research Network. Neurodevelopmental Outcome of Extremely Low Birth Weight Infants with Candida Infection. *Journal of Pediatrics*. Epub 30 May 2013.

•Salas AA, Faye-Petersen OM, Sims B, Peralta-Carcelen M, Reilly SD, McGwin G Jr, Carlo WA, Ambalavanan N. Histologic Characteristic of The Fetal Inflammatory Response Associated with Neurodevelopmental Impairment and Death in Extremely Preterm Infants. *Journal of Pediatrics*. Epub 10 May 2013.

•Haughton B, Eppig K, Looney S, Cunningham-Sabo L, Spear BA, Spence M, & Stang J. Incorporating the Life Course Model into MCH Nutrition Leadership Education and Training Programs. *MCH Journal*. 2013; 17 (1):136-146.

•Shlafer R, Hergenroeder AC, Emans SJ, Rickert VI, Adger H, Spear BA, Irwin CE, Kreipe RE, Walker LE, Resnick MD. Adolescence as a Critical Stage in the MCH Life Course Model. *MCH Journal*. 2013; 17: 345-352.

•Kicklighter JR, Cluskey MM, Hunter AM, Nyland NK, Spear BA. Council on Future Practice Visioning Report and Consensus Agreement for Moving Forward the Continuum of Dietetics Education, Credentialing, and Practice. *J Acad Nutr Diet* 2013; 113 (12): 1170-1193.

Published Abstracts

•Dutton G.R, Lewis T, Durant N, Halanych J,Kiefe C, Sidney S, Lewis C. *Differences in Perceived Weight Discrimination by Race, Sex, and Weight Status*, 34th Annual Meeting & Scientific Session of the *Society of Behavioral Medicine*, March 20-23, 2013

•Pagan, JM, Davis TD, Schoenberger YM, Desmond R, Kempf, MC, Simpson T. Are Teen Community Health Advisors an Effective Tool for HPV Education? *Journal of Adolescent Health* 2013; 52(1):S24.

•Anderson JL, Irons AV, Spear BA, Wallace SB, McCarty K Haynes B, Austin H. Indirect Calorimetry (RMR) Utilized by the Registered Dietitian (RD) Improves Health and Behavioral Outcomes in Obese Adolescents Attending a Week-Long Residential Weight Loss Camp. *J Acad Nutr Diet*. 2013 (Suppl 3); 113(9):A 28.

•Irons V, Anderson J, Spear BA, Sturdevant. Predictive Equations Vs. Indirect Calorimetry (RMR): Which Is Better for Determining Energy Needs in Adolescents with Eating Disorders? *J Acad Nutr Diet*. 2013 (Suppl 3); 113(9):A 28.

•Tsang S, Childs G, Cook-Heard D, Sturdevant M, "Correlates of Condom Self-Efficacy in an Incarcerated Juvenile Population," *Journal of Correctional Health Care*, (January 2013) Volume 19 (1) 27-35.

GPAM FACULTY NAMED DIRECTOR OF MEDICAL INFORMATICS

Dr. Terry Wall has been active for the past several years in the development of COA's electronic medical record. She is chair of the Physician Documentation committee, the group that is responsible for developing and maintaining note templates in iConnect. She is also on the Order Set Review Committee, the group charged with developing and reviewing problem-specific order sets for the various inpatient services. In 2013, she was named Medical Director of Clinical Informatics. Her primary role in the iConnect project is to represent the physicians' needs and workflows in order to develop processes and systems that facilitate safe and effective care for patients and attempt to improve efficiency for providers. COA has committed to bringing all electronic medical records systems into iConnect. Along with a major iConnect upgrade in April 2014, the Emergency Department will move from Codonix to iConnect for charting. A major future project will be moving all outpatient documentation from Centricity to iConnect.

Newborn Nursery

The Newborn Nursery is moving along in our pursuit of optimal support for breastfeeding and meeting Baby Friendly Hospital designation. Although we still have a way to go to meet our goals; we have shown significant improvement in the number of mothers/infants who ever breastfeed as well as exclusive breastfeeding during the entire birth hospitalization. We anticipate starting "mock audits" this spring in anticipation of our Site Visit from Baby Friendly USA with a site visit planned for the summer.

2013 GRANT FUNDING

In 2013 the Division of General Pediatrics & Adolescent Medicine received over \$1.5 million in grant funding.

CONGRATULATIONS TO ALL AWARDEES!

[Click here for a list of awardees.](#)

NEW ADDITIONS TO GPAM

Welcome all new GPAM Staff!

*Suzanne Cantley—Nurse Practitioner, Family Clinic
*Christy Gaddis—Patient Services Coordinator
*Julie Baker— Clinic Nurse, Primary Care Clinic

*Lisa Everett — Clinic Nurse, Primary Care Clinic
*Alicia Spivey— Pediatric Support Specialist (Scheduling), Primary Care Clinic

*Lauryn Sheffield—Patient Encounter Specialist, Primary Care Clinic
*Kayla Moody—Patient Encounter Specialist, Primary Care Clinic
*Ryan Austin—Office Services Specialist I

2013 BEST DOCTORS IN AMERICA

Hundreds of the nation's top physicians practice at the [University of Alabama at Birmingham](#) (UAB) Health System, according to the latest edition of the [Best Doctors in America](#)® database.

The 2013 list recognizes 6 of our own physicians who are among the top 5 percent of clinicians in the United States, as voted by their peers.

CONGRATULATIONS TO....

Dr. Carolyn Ashworth
Dr. Jason Hartig
Dr. Myriam Peralta-Carcelen
Dr. Anne Stafford
Dr. Anne Thiele
Dr. Terry Wall