

# PEDSLINES



MISSOURI CHAPTER OF THE AMERICAN ACADEMY OF PEDIATRICS | WINTER 2016

P.O. Box 1219, Jefferson City, Missouri 65102 | [moaap.org](http://moaap.org) | [Facebook/MissouriAAP](https://www.facebook.com/MissouriAAP) | [Twitter/MissouriAAP](https://twitter.com/MissouriAAP)

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## OUR ROLE AND RESPONSIBILITY

### DR. KEN HALLER, MOAAP PRESIDENT

As pediatricians, our role is vital to the success and health of our communities. We interact with the kids and families that make up the fabric of our cities, schools, and state. We see kids who are healthy and sick, those who need significant care and those who are in for their annual physical. We visit with parents who are sometimes unsure about their role as parent and caregiver. We provide guidance and support to parents who are doing their best to make sure their children are healthy and safe.

We cross paths with all members of our community – at the grocery store, or a

place of worship, or a local sporting event. We probably get asked about our work, or what are we seeing in our practices. Do we know anything about the latest bug or virus going around the schools? What do we think about all this talk on immunizations? How can we get kids more active and healthier?

It makes sense that we are often asked these questions and sought out by parents and families in our community.

We are pediatricians – a trusted source of information and guidance in our communities. Doctors consistently rank as one of the most trusted professions in America, with pediatricians ranking even higher. This level of trust comes with great responsibility as well.

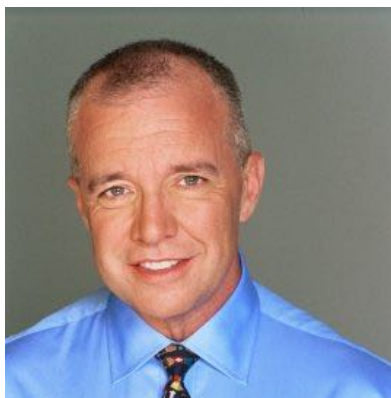
In 2015, we collectively did some great things in Missouri by speaking as one voice. We successfully advocated for new safe sleep requirements in Missouri's licensed child care facilities. We successfully advocated for childproof packaging on liquid nicotine containers. We worked together to raise greater awareness on issues such

as immunizations, powdered alcohol, Medicaid backlog, and many more.

We are advocates for Missouri's children. This responsibility is critical to the health and safety of our youth. Our advocacy work is never complete, and there are always new issues to speak up about. We should not shy around from this responsibility.

Too many children die from gun violence. Too many children are starting to smoke. Too many children are not properly vaccinated. Our work is never complete.

As a chapter, we will continue to speak up for Missouri's children. We hope you will consider doing that with us in person at our MOAAP Annual Advocacy Day, Wednesday, April 13, from 9:00 AM-3:00 PM, in Jefferson City. For more information, please check our website at [www.moaap.org](http://www.moaap.org) and watch your email for further details. There is still much to be done, but I am confident that as pediatricians, we will lead the way.



# MISSOURI PEDIATRICIANS GO TO WASHINGTON

Last fall, Missouri pediatricians joined with others from across the country to attend the AAP National Conference and Exhibition (NCE) in Washington, D.C. The following pages contain dispatches from NCE, along with pictures of our members in D.C. We hope this provides a flavor of the NCE, and encourage members to consider attending the 2016 NCE in San Francisco.

## AAP SECTION ON TELEHEALTH

### DR. JOSEPH KAHN, MERCY

The AAP Section on Telehealth Care (SOTC) sponsored several education activities at the 2015 National Conference and Exhibit held October 24-27 in Washington D.C.

Sessions addressed the ability of telehealth to extend pediatric specialty expertise to community hospital inpatient and ED units, the increasing number of retail telehealth outlets working outside the Medical Home and without the collaboration of primary care pediatricians, and the ability of telehealth to support pediatric practices in the care of the developmentally challenged child.

The Academy is sponsoring broader practice transformation program which will address the relationship of the pediatric office to new payment systems, population health management and quality improvement. Representatives from the SOTC Executive Committee are participating in this endeavor as it is apparent that telehealth will play an ever increasing role in the care of children in their medical homes and in collaboration with pediatric specialists.

## PEDIATRIC LEADERSHIP ALLIANCE

### DR. MAYA MOODY, BETTY JEAN KERR PEOPLE'S HEALTH CENTER

Dr. Laura Waters and I had the privilege of attending our second pre-conference event for the Pediatric Leadership Alliance (YPLA) this year at the NCE in Washington D.C.

The Pediatric Leadership Alliance is three-year leadership and professional development program offered by the Section on Early Career Physicians. The program involves an annual half-day in-person session at the NCE, quarterly conference calls,

and selective readings and self-reflection activities. The program includes sharing leadership principles, behaviors and tools that can benefit Early Career Physicians in achieving their personal and professional goals.

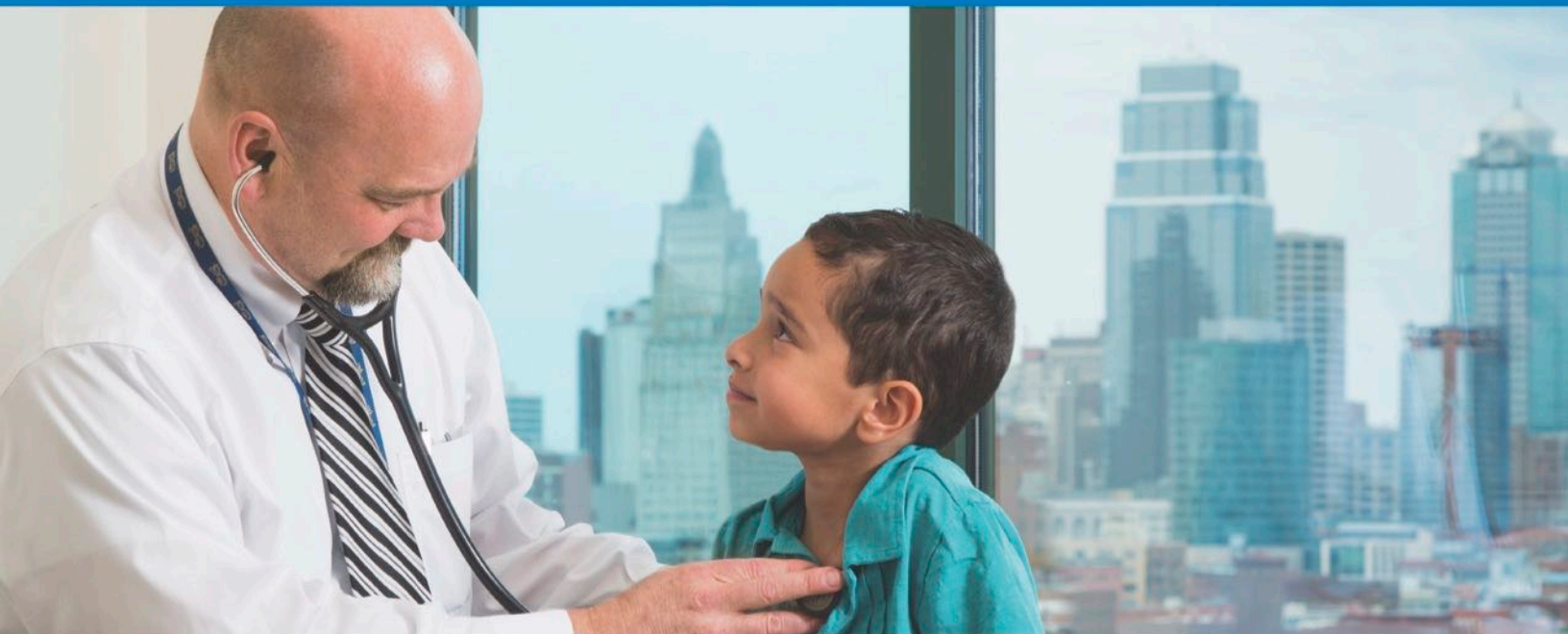
During our first annual session at the 2014 NCE in San Diego, we had an introduction to leadership, learned about personality traits of leaders using the PACE Palette, and discussed Kouzes and Posner's Five Practices of Exemplary Leadership. Dr. Waters and I were able to use these skills both with our work with the Missouri Chapter, and also in our daily work with our clinical teams. We were excited to return to the second year session this year!

The second year session included topics related to leadership roles in developing strategies and execution, gender intelligence and the art of

negotiation. The topics took a deeper look into physician leadership in larger healthcare organizations and the importance of a team approach to both the business and clinical sides of medicine. A lively and insightful discussion was had around the topic of gender intelligence and the importance of recognizing the strength in different gender-based leadership styles. The session concluded with a joint mentorship luncheon with both the first and second year YPLA classes. The energy and inspiration in the room was contagious and it was a pleasure to spend my first day at the NCE with the future leaders of the Academy!

For more information regarding the Pediatric Leadership Alliance, please contact Kimberly VandenBrook at [kvandenbrook@aap.org](mailto:kvandenbrook@aap.org).





To refer a patient, call  
**1-800-GO-MERCY**  
**1 (800) 466-3729**

## WHEN YOUR PATIENT NEEDS A SPECIALIST, WE HAVE MORE THAN 600.

Transforming pediatric medicine every day.

As a physician, you're committed to your patient's successful outcome. At Children's Mercy Kansas City, we are, too. Here, you'll find more than 600 pediatric specialists eager to use their in-depth experience to transform patient health. From subspecialists to nurses, radiologists and lab techs to child life specialists—there's a professional in every position specifically trained to treat children.

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For more information, visit [childrensmercy.org/transform](https://childrensmercy.org/transform)



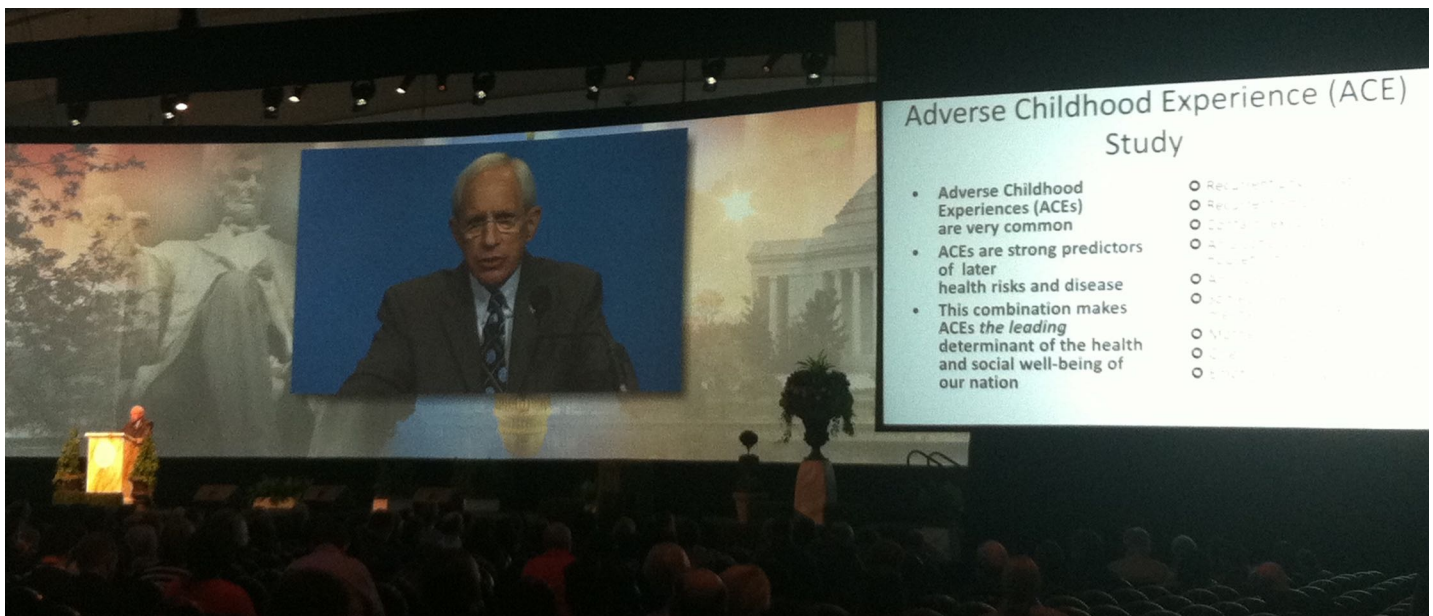
# PLENARY ON ADVERSE CHILDHOOD EXPERIENCE RECEIVES ENTHUSIASTIC RESPONSE

Former AAP President Robert Block, MD, FAAP, gave a thoughtful, impassioned plenary at the 2015 AAP National Conference and Exhibition on “Adverse Childhood Experiences, Social Determinants of Health: Guidance and Support for Pediatricians,” on Sunday morning, October 25, 2015.

Speaking to a full ballroom at the Walter Washington Convention Center in Washington, DC, he presented the strong evidence from the Adverse Childhood Experience (ACE) Study that Social Determinants of Health have profound, lifelong adverse effects on the health and well

being of children. Dr. Block quoted President Kennedy, who said, “The needs of children should not be made to wait. We can say that children may be the victims of fate; they will not be the victims of our neglect.”

Sadly, Dr. Block noted, a half century later American children all too often remain the victims of our neglect. His call to all pediatricians to assure that we use our power and influence to end this neglect was met with a standing ovation from the capacity crowd.



## PROJECT ECHO PRESENTATION

### DR. KRISTIN SOHL, UNIVERSITY OF MISSOURI

Project ECHO is taking the globe by storm to demonopolize specialists medical knowledge to get it into the hands of primary care providers. Dr. Sanjeev Arora, a hepatologist from the University of New Mexico presented a plenary on the 2nd day of the AAP meeting to a packed crowd. He shared how he has been working with providers all across the world to improve healthcare access, particularly to rural and underserved populations.

The model uses multi-point videoconferencing to provide telementoring between primary care providers and specialists. Through case-based learning providers co-manage common, chronic, and costly diseases to improve health outcomes and access to care. Project ECHO Institute has trained AAP national to be a training hub for ECHO. Stay tuned for exciting news about Project ECHO and how you can be involved in this exciting movement.

# HOW ONE PEDIATRICIAN MADE A DIFFERENCE: RICHARD PAN & IMMUNIZATIONS IN CALIFORNIA

On Friday, October 25, Dr. Richard Pan, MD, MPH, FAAP, gave a presentation to an enthusiastic crowd at the 2015 AAP NCE on “How California Eliminated Non-Medical Exemptions to School Vaccination Requirements.”

Dr. Pan, who is also a California State Senator, described how the Disney measles outbreak added new urgency to moves to assure that all children who attend California schools would be as safe from vaccine-preventable diseases as possible.

He described the ultimately successful fight to pass SB277, which eliminated personal and religious exemptions from vaccination for public school entry. He detailed the painstaking work of creating a broad-based coalition to pass the bill and recounted the often desperate measures of the anti-vaccination forces which sought to demonize him personally and are still working to have him recalled from the California Senate.

His bill and his work represent a turning point in the fight for sanity and science in the effort to assure that children remain free from preventable disease.



## KEEPING KIDS SAFE FROM GUN VIOLENCE

One of the most contentious public health issues facing pediatricians, gun violence and children, was addressed by Dan Gross, President of the Brady Center, in his AAP NCE plenary, “The Human Toll: Gun Violence in America,” on Tuesday morning, October 27. Citing numerous studies and heart-breaking stories, Gross made the point that preventing gun violence is a priority for the vast majority of Americans and is helping parents keep their kids safe is the job of every pediatrician.

**Brady Campaign**  
★ ★  
**To Prevent Gun Violence**

### GUN VIOLENCE IN AMERICA

Every day, **297 people are shot**. Of these, **89 people die**.

Every day, **48 children and teens** are shot. Of these, **7 children and teens die**.

On average, **over 2,600 childrens and teens die** from gun violence each year.

All statistics are from the **Brady Center to Prevent Gun Violence**. More information online at [www.bradycampaign.org](http://www.bradycampaign.org).

### FINISH THE JOB

Millions of guns are sold every year in “no questions asked” transactions. Experts estimate that **40 percent of guns** now sold in America are done so without a Brady background check.

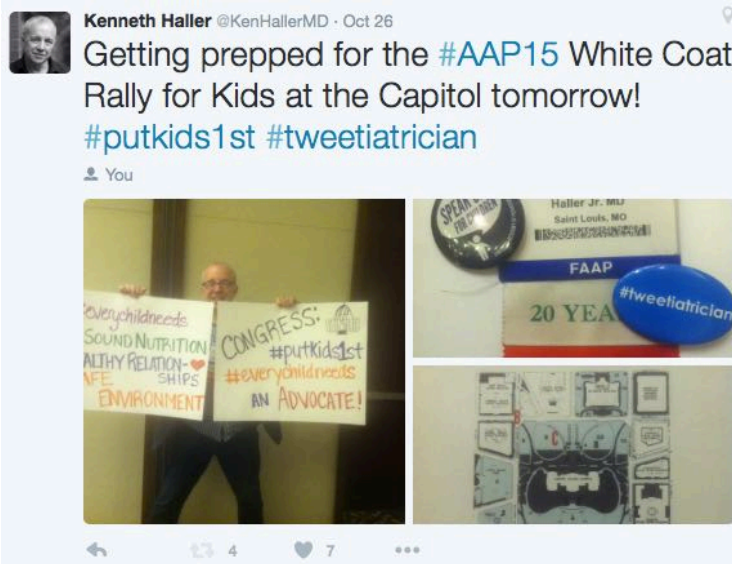
The Brady Background Check is supported by:

- 93% of the American public
- 90% of Republican voters
- 80% of gun owners
- 74% of NRA members



# SOCIAL MEDIA at NCE

There was lots of great social media activity and engagement during NCE. Here are some snapshots of the conversation taking place on Twitter. If you are on Facebook or Twitter, be sure to get in on the conversation. Social media is a great way to connect with fellow #tweetiatricians and advocate for children. Be sure to like our Facebook page at [www.facebook.com/MissouriAAP](http://www.facebook.com/MissouriAAP) and follow us on Twitter at [www.twitter.com/MissouriAAP](http://www.twitter.com/MissouriAAP). Happy Tweeting!





**Kenneth Haller** @KenHallerMD · Oct 27  
Getting ready to Rally for what  
#everychildneeds #AAP15 #tweetiatrician  
#putkids1st



2 2

Kenneth Haller Retweeted  
**Ken Hussey** @Ken\_Hussey · Oct 27  
@KenHallerMD @mayaemoody and @thedr\_alexjames advocating for  
what #everychildneeds at NCE in DC #putkids1st



**Kenneth Haller** @KenHallerMD · Oct 27  
Boarding for #CapitolHill #AAP15 #putkids1st #tweetiatrician Hey,  
@slucare, I'm wearing the #WhiteCoat!



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## PEDIATRICIANS ON SOCIAL MEDIA

*Here are some recommended pages to like, users to follow, and hashtags to use.  
Join the conversation about children's health and well being online!*



@MissouriAAP  
@AmerAcadPeds  
@AAPNews  
#tweetiatrician  
#PutKids1st



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# UPDATES FROM THE STATE

The next two pages contain updates from our partners at the State of Missouri.

The Department of Mental Health shares information on the impact of trauma on children, along with some resources on this topic.

The Department of Health and Senior Services highlights the refreshed Missouri Citizen Portal, which has an updated look online.

Look for updates from the state in future issues of Pedslines!



## IMPACT OF TRAUMA ON BRAIN

Pediatricians know that childhood is a critical period of brain development, from the growth in neural connections in early childhood to the selective pruning process and other changes during adolescence.

Providing positive stimulation and experiences is key to healthy brain development; but what happens when the experiences are negative, even frightening? Science has been able to map the impact of trauma and toxic stress on the brain including such things as emotional and behavioral regulation, attachment and relationships, attention, memory and even long-term physical health outcomes.

The Adverse Childhood Experience Study, conducted through a partnership between Kaiser-Permanente and Centers for Disease Control, first brought to light the relationship between childhood trauma, brain development and adult social and health outcomes. ([www.cdc.gov/violenceprevention/acestudy/](http://www.cdc.gov/violenceprevention/acestudy/)).

CDC has identified trauma as a major public health issue due to its prevalence and the broad and long-term impact. The

research base continues to grow. The American Academy of Pediatrics is providing guidance to physicians on screening and addressing trauma ([www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/default.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/default.aspx)).

In Missouri, the Department of Mental Health has been leading the campaign to educate individuals, organizations and systems on trauma and building resilience ([dmh.mo.gov/trauma/](http://dmh.mo.gov/trauma/)) providing training and consultation. Specialized services to address trauma are being developed across the state.

A model, receiving national attention for the early childhood population, has been developed by Crittenton Children's Center and piloted in several areas in Missouri (see Trauma Smart – A Program to Address Early Childhood Trauma). In taking a comprehensive approach to children's health, pediatricians are the front line in identifying and addressing the impact of trauma on children as well as assisting caregivers in developing resilience in children.

- Well-functioning brain systems that respond to stress are essential to healthy development.
- The relationships children have with their caregivers play critical roles in regulating stress hormone production during the early years of life.
- Frequent or sustained activation of brain systems that respond to stress can lead to heightened vulnerability to a range of behavioral and physiological disorders over a lifetime.
- Sustained or frequent activation of the hormonal systems that respond to stress can have serious developmental consequences and can lead to impairments in learning, memory, and the ability to regulate certain stress responses.

*National Scientific Council on the Developing Child (2005/2014). Excessive Stress Disrupts the Architecture of the Developing Brain: Working Paper No. 3. Updated Edition.*



# TRAUMA START

Across the United States, 25% of children experience at least one traumatic event by the age of four. To successfully thwart this epidemic requires the full engagement of the people most affected by the chronic stress and traumatic experiences. The Trauma Smart® model was developed at Crittenton Children's Center in Kansas City, MO as a way to establish a lasting culture of resilience, especially in impoverished or high risk communities. The model prescribes braided application of multiple evidence-based practices to establish common goals, skill sets and both

individual and collective health.

Deemed by HHS officials as a best practice, Trauma Smart® is currently operational in early learning environments in Head Start centers located in 26 Missouri counties, in the Shawnee Mission School District (Overland Park, KS) Early Childhood program, and in the Menominee Indian School District, Menominee, WI.

Teachers in Trauma Smart® programs love the fact that they spend less time on discipline and more time preparing children to successfully enter kindergarten. More information on the Trauma Smart® model may be found at [www.traumasmart.org](http://www.traumasmart.org).

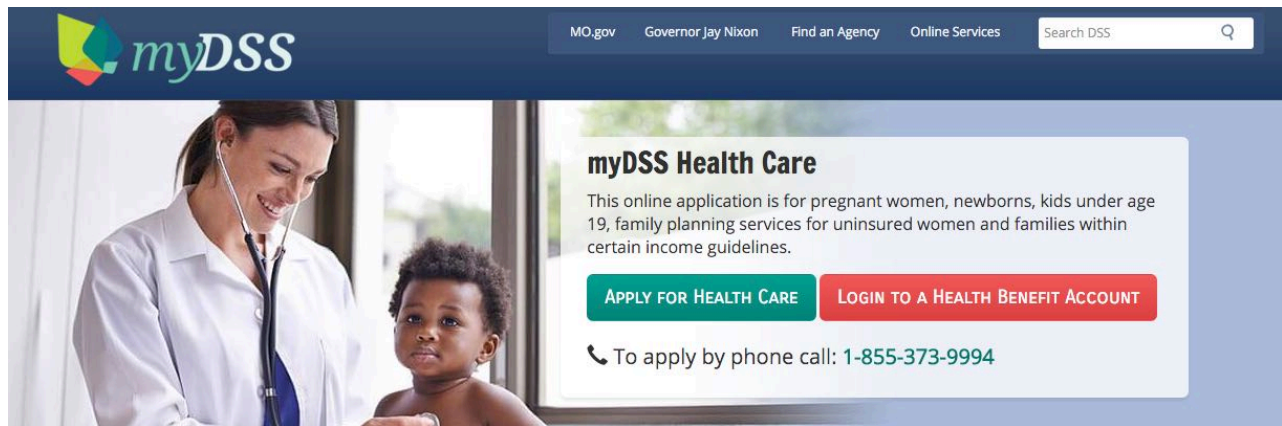
## TRAUMASmart

## NEW MISSOURI CITIZEN PORTAL LANDING PAGE

Missouri's Citizen Portal, [mydss.mo.gov](http://mydss.mo.gov), has been restructured to make it easier for citizens of Missouri to apply for DSS benefits and thereby increase the number of electronic applications for benefits. The website was given a new, modern look and is able to easily be viewed on mobile devices such as tablets and smart phones. The new site

makes it easier to perform quick updates, as needed, to keep the public informed of important information.

An additional improvement included in the restructure is leveraging the Missouri Pre-Eligibility tool (MOPET) to make it easier for citizens to see all of the benefits that they might qualify for.



### APPLICATION CHECKLIST

#### Frequently Asked Questions

- What types of MO HealthNet coverage are available for my family and me?
- Who can apply for MO HealthNet benefit coverage?
- How do I find the status of my application?
- When will my MO HealthNet coverage start and how much will it cost?

[View all FAQs](#)

### Other Family Support Division Services

#### What Other Benefits Do I Qualify For?

#### Child Care

#### Food Assistance

#### Health Care

#### Blind Services

#### Temporary Assistance

# NEW ORAL HEALTH RESOURCES IN SPANISH

The Campaign for Dental Health is pleased to announce its new Spanish language website, online at [spanish.ilikemyteeth.org](http://spanish.ilikemyteeth.org). Find information on fluoride and preventing children's tooth decay. A search function makes it easy to ask questions and find answers about fluoridation.

Resources for parents, families and health professionals are easy to download and share. Visit <http://spanish.ilikemyteeth.org>, and please share this announcement. Thank you!

# NUEVOS RECURSOS EN ESPANOL SOBRE LA SALUD BUCAL

La Campaña de salud dental tiene el agrado de presentar su nuevo sitio web en español: <http://spanish.ilikemyteeth.org/>. Encuentre información sobre el fluoruro y cómo prevenir las caries en los niños. Una función de búsqueda le permitirá hacer preguntas y encontrar respuestas sobre la fluoración con mayor facilidad.

Los recursos para padres, familias y profesionales de la salud son fáciles de descargar y compartir. Visite <http://spanish.ilikemyteeth.org/> y comparta este anuncio. ¡Gracias!

PROFESIONALES DE LA SALUD EN INGLÉS

CAMPAÑA POR LA **SALUD DENTAL**  
La vida se disfruta más con sonrisa saludable

[Acerca](#) [Alados](#) [¿Cuál es el debate?](#) [Aprenda](#) [Comparte](#)

## ¿Preguntas Sobre El Fluoruro?

Estamos aquí para ayudarle a explorar la información científica para encontrar respuestas con credibilidad a todas las preguntas que usted pueda tener.


PREGUNTE

Entonces, ¿tomar agua fluorizada es seguro?

¿Dónde puedo saber si hay fluoruros en mi agua potable?

¿Son los tipos de fluoruro usados en el agua potable seguros?


[VEA TODAS LAS PREGUNTAS MÁS FRECUENTES SOBRE FLUORURO >>](#)



### El debate

Una rápida mirada a ambos lados en el debate sobre la fluoración.


[CONOZCA REPORTES CIENTÍFICOS >>](#)



### Conozca

Respuesta a todas sus preguntas sobre la fluoración, sin tecnicismos ni términos complicados.

[OBTENGA LAS RESPUESTAS >>](#)



## Comparte

[VER TODOS >>](#)



SOY MÉDICO, PERO TAMBIÉN SOY PADRE



SOY MÉDICO, PERO TAMBIÉN SOY MAMÁ



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