

# AAP Nevada Chapter

Winter 2016



## Letter from the President

Greetings Colleagues,

Happy Holidays! As the year draws to a close, it seems like an appropriate time to reflect back on the past year with the Nevada Chapter. It has been a year of exciting new programs and work done to lay the foundation for implementing more in the future.

As you are likely aware, 2016 saw the start of Walk with a Doc, the implementation of our HPV MOC initiative, new Facebook and web pages, and the introduction of this very newsletter. We also held one of the most exciting CME meetings, with topics on physician wellness, Zika Virus, and a transgender youth panel. We had several resolutions sponsored by our chapter get adopted at the Annual Leadership Forum, which means the voices of Nevada's Pediatricians are being heard on a national level.

With 2017 comes more advocacy programming and an exciting opportunity for our members to participate in our first ever Physician Wellness retreat! Keep in mind, as winter turns to spring, we will be rolling over our leadership, with Dr. Betsy Huang stepping into the role of chapter president and Dr. Pam Greenspon moving into the VP position. That means we have openings for new leadership spots. Please consider serving on our executive committee as secretary/treasurer or in one of many committee positions including obesity, immunizations, practice management, early career physicians, breast feeding, CME or advocacy. Let's work together to make 2017 an even better year for the children of Nevada and for those who care for them!

Yours in Service,

kami

## Upcoming Events

**Sunday, December 11, 8:30-9:30 AM (2<sup>nd</sup> Sunday of every month)**

Walk with a Doc: Kids Time

Springs Preserve

**April 2017 (Exact Date TBA)**

Physician Wellness Retreat

Mt Charleston, NV

## Important Announcements

Please visit and like our new Facebook page:

[www.facebook.com/NevadaChapterAAP](http://www.facebook.com/NevadaChapterAAP)

## News from the Chapter

### A Year in Review 2016

#### Annual Meeting



#### District Meeting in DC



#### Strategic Planning Retreat with District Leadership



#### Walk With a Doc: Kids Time



## Useful Websites

### Nevada Chapter AAP

[www.nevadaaap.org/](http://www.nevadaaap.org/)

[www.facebook.com/  
NevadaChapterAAP](https://www.facebook.com/NevadaChapterAAP)

### American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

### HealthyChildren.org

[www.healthychildren.org](http://www.healthychildren.org)

## Chapter Officers

**President – Kami Larsen**

**VP – Betsy Huang**

**Secretary/Treasurer – Pam Greenspon**

**Executive Director – Roberta Again**

## AAP Policy Corner

### SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

Abstract:

Approximately 3500 infants die annually in the United States from sleep-related infant deaths, including sudden infant death syndrome (SIDS; International Classification of Diseases, 10th Revision [ICD-10], R95), ill-defined deaths (ICD-10 R99), and accidental suffocation and strangulation in bed (ICD-10 W75). After an initial decrease in the 1990s, the overall death rate attributable to sleep-related infant deaths has not declined in more recent years. Many of the modifiable and nonmodifiable risk factors for SIDS and other sleep-related infant deaths are strikingly similar. The American Academy of Pediatrics recommends a safe sleep environment that can reduce the risk of all sleep-related infant deaths. Recommendations for a safe sleep environment include supine positioning, the use of a firm sleep surface, room-sharing without bed-sharing, and the avoidance of soft bedding and overheating. Additional recommendations for SIDS reduction include the avoidance of exposure to smoke, alcohol, and illicit drugs; breastfeeding; routine immunization; and use of a pacifier. New evidence is presented for skin-to-skin care for newborn infants, use of bedside and in-bed sleepers, sleeping on couches/armchairs and in sitting devices, and use of soft bedding after 4 months of age. The recommendations and strength of evidence for each recommendation are included in this policy statement. The rationale for these recommendations is discussed in detail in the accompanying technical report ([www.pediatrics.org/cgi/doi/10.1542/peds.2016-2940](http://www.pediatrics.org/cgi/doi/10.1542/peds.2016-2940)).

For the full policy statement, please visit:  
<http://pediatrics.aappublications.org/content/138/5/e20162938>

## Contact Us

Questions? Comments? Please contact us at  
[nevadachapteraap@gmail.com](mailto:nevadachapteraap@gmail.com)



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