

# Nevada Chapter AAP

Winter 2018



## Letter from the President

Dear colleagues,

Happy holidays! I can't believe 2018 is wrapping up. It's been an exciting year for our chapter as we continue to work hard to support our members and the children we take care of. Please take a look at some of the highlights of our chapter this year on page 2.

The current term for chapter officers end April 2019. I'm grateful for our extraordinary board for their hard work. We will be having elections for a new secretary/treasurer at the beginning of next year. Additionally, all of our committee chair positions will be open. I encourage everyone to consider taking a leadership role in our chapter. If you have any questions, please reach out to us.

I am excited to introduce our brand new mentorship program! We are hoping to match pediatricians and pediatric specialists with residents and early career physicians for unique insight and advice based on interest. You can sign up on our website ([www.nevadaaap.org](http://www.nevadaaap.org)). Thank you to everyone who has signed up so far. We are currently working on matching up pairs.

We have big plans for 2019. Our chapter will be participating for the first time in Children's Week at the Nevada Legislature. We are already planning next year's physician wellness retreat and the annual meeting. We also plan to have more social events. Please stay tuned for more details.

As always, if you have any ideas for advocacy or projects, please let us know. Your chapter is here to support you!

Wishing you and your family a happy holiday season!

On to 2019,

Betsy

## Upcoming Events

### Reno Walk with a Doc: Kids Time

Date: Saturday, Jan 12, 9:30-10:30 (2<sup>nd</sup> Saturday of every month)

Location: Sparks Marina Gazebo, Reno

### Las Vegas Walk with a Doc: Kids Time

Date: Sunday, Jan 13, 8:30-9:30 (2<sup>nd</sup> Sunday of every month)

Location: Springs Preserve, Las Vegas

### Children's Week at Nevada Legislature

Date: March 14, 2019 (Children's Health Day)

Location: State Capitol, Carson City

### Physical Wellness Retreat

Date: Saturday, April 6, 2019

Location: Canyon Gate Country Club, Las Vegas

# News from the Chapter

## A Year in Review

### Physician Wellness Retreat



### Renown Grand Rounds and Happy Hour



### Welcome Intern Happy Hour



### Annual Meeting



### Walk with a Doc: Reno and Las Vegas



## AAP Policy Corner

### Sport-Related Concussion in Children and Adolescents

Abstract:

Sport-related concussion is an important topic in nearly all sports and at all levels of sport for children and adolescents. Concussion knowledge and approaches to management have progressed since the American Academy of Pediatrics published its first clinical report on the subject in 2010. Concussion's definition, signs, and symptoms must be understood to diagnose it and rule out more severe intracranial injury. Pediatric health care providers should have a good understanding of diagnostic evaluation and initial management strategies. Effective management can aid recovery and potentially reduce the risk of long-term symptoms and complications. Because concussion symptoms often interfere with school, social life, family relationships, and athletics, a concussion may affect the emotional well-being of the injured athlete. Because every concussion has its own unique spectrum and severity of symptoms, individualized management is appropriate. The reduction, not necessarily elimination, of physical and cognitive activity is the mainstay of treatment. A full return to activity and/or sport is accomplished by using a stepwise program while evaluating for a return of symptoms. An understanding of prolonged symptoms and complications will help the pediatric health care provider know when to refer to a specialist. Additional research is needed in nearly all aspects of concussion in the young athlete. This report provides education on the current state of sport-related concussion knowledge, diagnosis, and management in children and adolescents.

For the full policy statement, please visit:  
<http://pediatrics.aappublications.org/content/142/6/e20183074>

### Announcements

We have brand new Twitter and Instagram accounts! Follow us @NevadaAAP and #NevadaAAP.



### Useful Websites

#### Nevada Chapter AAP

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

#### American Academy of Pediatrics

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

#### HealthyChildren.org

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

### Chapter Officers

#### President – Betsy Huang

#### VP – Pam Greenspon

#### Secretary/Treasurer – Vanessa Slots

#### Executive Director – Roberta Again

#### Immediate Past President - Kami Larsen

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## National Conference & Exhibition Reflection

Contributed by Diana Pena, MS2, UNLV SOM

This was my first time attending NCE and left wanting to come back next year. A topic that I heard about at NCE was Adverse Childhood Experiences. I had briefly learned about this at my medical school and had watched Dr. Burke Harris' TED Talk on it. I cannot express how exciting it was to hear Dr. Burke Harris speak on this topic in person at the SOPT session at NCE. It was really an amazing experience. The Plenary Sessions that were offered were so interesting to watch as well. I got the opportunity to watch the opening plenary session, which was so energetic and awesome, as well as other great speakers that were so motivating and inspirational. Lastly, it was so great to meet new people including medical students, residents, and pediatricians. Everyone I met was so nice and it was a great opportunity for networking. Overall, I had a great time and was amazed by all that was offered (including the awesome discounted ticket to Universal Orlando). I am excited to be back another year!

## National Conference & Exhibition Experience

Contributed by Eesha Farooqi, PGY2, UNLV SOM Pediatrics

Along the extensive and exhaustive course of medical education, one can often get lost in the mix of exams, patient notes and duty hours, losing sight of what they once dreamed from their career. This year's AAP National Conference & Exhibition followed a theme of "the sky's the limit," which appropriately addressed the meaning of our scope as physicians and brought back into focus long stored-away goals of being a patient advocate and healer. From the inspiring story of a previous opioid-dependent mother now-successful social worker, to the plea of a defense lawyer to use our "sword and shield," each session reminded us that as physicians, we are gifted with a certain position in society.

The most important experience of this conference was learning about various tips and tools on how to use our unique position towards advocating for our patients especially at the local level. Some of these tools included how to contact local policy-makers, get involved with state level AAP, and how to improve communication with patients' families about their personal social issues such as food availability, transportation and stressors. Additionally, we had the opportunity to hear from Dr. Nadine Burke Harris about toxic stress in relation to adverse childhood events (ACEs) and the effect on long term health. I hope to bring back to



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## National Conference & Exhibition Experience Continued

Las Vegas the tools she provided to use in our own local resident clinic to survey ACEs in our patient population and find opportunities to effectively treat and manage toxic stress. Overall, this conference reminded me of my purpose in embarking on a medical career path and empowered me with tools that I can not only share with colleagues but also utilize even in the smallest ways when providing healthcare to patients.

## AAP Advocacy Toolkit

Currently, there are many ongoing issues affecting children's health from protecting children from gun violence to protecting migrant children's health to protecting children's access to healthcare, just to name a few. There are also many advocacy opportunities for pediatricians. The AAP Advocacy Toolkit is a great resource with helpful tips and useful statistics. You can access the AAP Advocacy Toolkit here: <https://federaladvocacy.aap.org/>. You can also sign up for Advocacy Alerts by emailing [kids1st@aap.org](mailto:kids1st@aap.org).

Your chapter is always hard at work coordinating with national AAP and engaging our members to participate in advocacy projects. If you are interested in doing more advocacy work, you can join our advocacy committee. If there are any advocacy projects you are interested in, please contact us.

## Volunteers

We are looking for speakers for **Walk with a Doc** in Las Vegas and Reno. You can talk about any healthy lifestyle topic.

We are also looking for volunteers for the planning committees for next year's wellness retreat and annual meeting. If you are interested, please contact us.

## Contact Us

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



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