



# SEPTEMBER/OCTOBER 2017 OK PEDIATRICIAN

## LETTER FROM THE PRESIDENT

Hello fellow OKAAPers!



My heart is heavy in the aftermath of hurricanes Harvey and Irma, and I'd like to recognize those impacted in Texas and Florida, including our fellow AAP members and their patients and families in those states. I grew up in Houston and my sister, her husband, and my niece and nephew as well as my mom still live in Houston. Fortunately they were spared from major loss. My mom did lose some belongings she had at a storage facility,

but nothing of significant value. On the other hand, a close family friend and her aunt and uncle and parents (who had relocated from New Orleans to Houston to live near our friend after losing everything in Katrina) all lost everything when Harvey's rains flooded their homes for a week. Thankfully, although they face a long rebuilding process, they experienced phenomenal family and community support as they gutted the interiors of each of the 3 homes over a 3 day period. Over 75 volunteers, most of whom were unknown to them previously, turned out to help them with demolition and removal. If any of you or those you know or love have donated to the recovery effort, I'd like to acknowledge your contributions and highlight your experiences in our next newsletter.

I was hoping to see you at the AAP NCE in Chicago September 15<sup>th</sup> to 19<sup>th</sup>, but I've had a last minute change of plans and won't be able to attend this year. If you do attend, I'd love to hear more about the meeting. Drop me an email when you have time. Don't forget to make time to go to the District Town Hall Meeting on Sunday the 17<sup>th</sup> from 7am to 8:15am where you can meet fellow AAP members from the other four states in our AAP District VII (Texas, Arkansas, Louisiana, and Mississippi).

Please join me in giving a hearty OKAAP welcome to all of our new members listed on page 6 of this issue. If you are a current member and work with any of our new members, please take time to welcome each of them to OKAAP in person.

On Friday, November 3<sup>rd</sup> from 3 to 5pm OKAAP's Fall Legislative

### MARK YOUR CALENDAR - 2017

- ◆ [AAP National Conference & Exhibition: September 15-19 - Chicago, IL](#)
- ◆ [OKAAP Fall 2017 Legislative Meeting: November 3 - OSMA - 3:00-5:00pm](#)

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Conference is at the Oklahoma State Medical Association offices in Oklahoma City. See the information on page 4 of this newsletter issue, and make sure to register so we can plan for appropriately sized space for the meeting.

My sincere thanks go to Amy Prentice our esteemed OKAAP Executive Director, again for putting together such a great newsletter edition. Please contact Amy if you would like to highlight an activity or content area of interest to you that you think would be of interest to other OKAAP members so we can include it in a future OKAAP newsletter.

And thanks for all that my fellow OKAAP members do for Oklahoma children!

Laura McGuinn, MD, FAAP  
OKAAP Chapter President



## OKLAHOMA'S RESIDENT IN THE SPOTLIGHT

### Sunaina Suhag

In the heart of downtown Austin, Texas, pulled back slightly from the hustle of the busy street, stands a small improv theater aptly named The Hideout Theatre. Sunaina spent a few hours a week studying improv here. It didn't take long for her to begin performing regularly on stage



as an improviser, volunteering as an assistant teacher for the neurodiverse improvisational classes catering to adolescents on the Autism spectrum, as well as co-leading improv classes for homeless youth — all while completing her clinical years of medical school. Experiences like these enriched Sunaina's medical education and strengthened values she holds most important in her role as a servant leader: clear communication, building strong relationships, collaborative problem solving, and a sense of humor.

Sunaina has taken several nontraditional approaches to medical education. While an undergraduate at Austin College, she studied Traditional Chinese Medicine at the Yunnan Provincial Hospital of Traditional Chinese Medicine in Kunming, Yunnan Province, China. Here, she learned the importance of whole body wellness and the benefits of herbal medicine, acupuncture, and massage therapy as an adjunct to modern medicine. Studying traditional Chinese medicine allowed her to better understand the social and cultural impacts of wellness and benefits of collaborative care. An avid explorer, Sunaina feels physicians must be global citizens, studying other cultures to build bridges for understanding and perspective. She was therefore honored with a Global Outreach Fellowship in 2010 to study rural medicine in Ayacucho, Peru. Working in Ayacucho highlighted the benefits and challenges of a universal healthcare system. Making house calls to new mothers, distributing prenatal vitamins, and providing breastfeeding education—sometimes while hiking to high altitudes with coolers of vaccinations to administer to children high in the Andes Mountains—taught Sunaina new ways of educating physician-averse populations and the importance of unconditional compassion.

A healthcare advocacy elective during her fourth year of medical school at Texas A&M Health Science Center College of Medicine further enhanced Sunaina's passion for advocacy. She met with the Texas Pediatric Society Advocate, state mental health advocates, and social workers at The Hogg Foundation for Mental Health to discuss therapeutic options for children in Texas with special needs and found a statewide lack of opportunities for unconventional therapies and few academic studies on improvisational theater as a therapeutic tool for neurodiverse children. Sunaina therefore extended her fourth year of medical school to more fully invest herself in teaching at The Hideout. She also became a certified yoga instructor through Dharma Yoga Studio in Austin to further her commitment to comprehensive wellness: mind, body, and spirit.

Building strong relationships, collaborative problem solving, and servant leadership are at the heart of Sunaina's passion to train as a pediatrician at the OU-Tulsa School of Community Medicine. She is excited to flourish in a program that values her compassion, enthusiasm, and unending passion for innovation. She hopes her journey finds her able to combine her many experiences together. Whatever that journey entails, it will surely be interesting—and definitely nontraditional.

## CAMPAIGN HIGHLIGHTS TYPE 1 DIABETES EDUCATION AND DKA PREVENTION

The Oklahoma Chapter, American Academy of Pediatrics is partnering with parent advocates and the nonprofit organization, Beyond Type 1. Type 1 diabetes (T1D) is often diagnosed during childhood but can strike at any age. There is no method of prevention and T1D is a lifelong disease.

In the coming weeks members will receive a type 1 diabetes education campaign mailing to include: print materials (posters) in both English and Spanish, handouts to patients about Type 1 diabetes warning signs, digital resource portal about Type 1 diabetes, audio for office to use during telephone hold-time and a usage survey (and incentive) to track campaign success. Clinicians and families alike are encouraged to know the warning signs (<https://beyondtype1.org/warning-signs-of-type-1-diabetes/>). Patient education materials are also available online (<https://beyondtype1.org/educational-posters/>)



## FIREARM SAFETY RESOURCES FOR PEDIATRICIANS

by Elaine Kennedy, MD, FAAP

“Pediatric firearm-related deaths and injuries are a national public health crisis.” This is the opening sentence of the abstract from “Pediatric Firearm-Related Injuries in the United States”, which is the Review Article in the June 2017 issue of Hospital Pediatrics. This supports my belief that it is one of the jobs of pediatricians to talk with their families and communities, looking for solutions. We have been successful in decreasing child deaths in cars, infant deaths from SIDS and all deaths from drunk drivers.

I made the commitment at the beginning of this year to seek resources with which I could understand the issues. Also I have been talking with people that I meet, even outside of a work setting, about their experiences with unintended child deaths and child and adolescent suicides. Almost everyone has a story of someone in their personal circle dying from an unintended gun shot or suicide with a gun. I have learned to talk with families of newborns and with families on WCC visits about the risk to children of unsecured guns in the home. The families are accepting and I have become more confident. I always mention that I am the daughter of a career military man and lifelong hunter. Guns were in my childhood home.

The materials from [BeSMARTforKids.org](http://BeSMARTforKids.org) are always with me and easy to use in the office. They can be sent home for grandparents, who are at times less knowledgeable about safety than the child’s parents. They can be put on the bulletin boards at daycare centers and church social halls. Nothing in the materials suggests that a person should not own a gun. Lives are saved when all guns are safely and responsibly stored. A fact sheet is available at the site with important information about kids, guns and safety.

The problem of gun deaths is increasing with each passing year. Gun deaths in the USA, excluding suicides, are kept day by day by [www.gunviolencearchive.org](http://www.gunviolencearchive.org). Stories of the children killed come to my Facebook feed from many sources. I encourage everyone who advocates for children to increase their awareness of the issue by following the [Moms Demand Action for Gun Sense in America Facebook](https://www.facebook.com/MomsDemandAction) site.

The website [www.childrensfirearmsafetyalliance.com](http://www.childrensfirearmsafetyalliance.com) also has a registry that records the events of children who are victims of unintended gun shots. [The Trace](http://TheTrace.org) is an online resource which collects newspaper articles from around the country. The web site allows individuals to sign up for

a weekly e-mail newsletter called “[The Canon: Armed with Reason](http://TheCanon.org)” is a web site and Facebook page. This site includes videos and in depth articles that make one question the pitch of gun sellers and producers that we should all be spending our money on guns.

Suicide from the use of a gun is increasing in the country and in Oklahoma. Suicides with guns are 85-90% fatal. Other suicide methods are only 15% likely to be fatal. 90% of people who fail a suicide attempt will live their lives without dying from suicide. Death from suicide is a known risk for adolescents. In my practice in Tennessee a 12 year old girl came home from school upset and, with her parents away, used their gun to end her life. A friend in Oklahoma tells me the story of her 18 year old brother buying a gun as a birthday present for her 16 year old brother. The 16 year old used the gun to end his life. The suicide of a family member is heartbreaking for all and an ongoing loss. My closest childhood friend, who remains my closest adult friend, had two failed suicide attempts with pills. She is a beautiful artist, mother, and grandmother. She is a blessing to all who are around her. We all benefit when suicide deaths are prevented.

In Oklahoma, loyalty for family and community is more pronounced than in other areas of our country. It is my sincere belief that if people knew the risks that guns pose for children, they would secure them. The small number of people that I can reach personally is not for me a sufficient response to the crisis. I am looking for people to help with a state-wide effort to provide facts and information on securing guns away from children and away from all individuals at risk for suicide. We are looking for ideas that would help fine tune messaging to keep it from being threatening to responsible gun owners especially those in small towns and rural areas.

Also we need to know which organizations and individuals in every county of the state would be willing to help with the effort. If you or a family member would be willing to commit time to this effort, please contact me at [Elaine-kennedy@Cherokee.org](mailto:Elaine-kennedy@Cherokee.org). The goal would be to provide resources and information about gun safety and suicide prevention throughout the state.

### HPV VACCINE REPORT

*Working Together to Reach National Goals  
for HPV Vaccination.*

The following is a link to the newest report provided by the CDC regarding Oklahoma’s HPV vaccine coverage.

[August 2017 HPV Vaccination Report: Oklahoma](https://www.cdc.gov/od/oc/media/press-releases/2017/s170817a.htm)



## MAKING A DIFFERENCE IN MINUTES: YOUR ROLE IN ADOLESCENT REPRODUCTIVE HEALTH

Adolescents have unique reproductive and sexual health needs. Pediatricians and family medicine providers play a critical role in ensuring that adolescents make smart choices about their health and relationships and whenever possible, do that with their parent's support.

Please join the Tulsa Campaign to Prevent Teen Pregnancy Community Advisory Group for drinks and dinner to hear from national and local experts about how you can deepen your communication to this population to ensure their reproductive and sexual health needs are met.

**Making a Difference in Minutes:  
Your Role in Adolescent Reproductive Health -  
September 28, 2017**

[Download the program invitation flyer here.](#)

Program begins at 6:45p with featured keynote speakers:

Dr. Melissa Kottke, Associate Professor at Emory University School of Medicine's Department of Gynecology and Obstetrics and Medical Director at The Jane Fonda Center for Adolescent Reproductive Health and Dr. Rupa De Silva, OBGYN at Women's Health Group and Oklahoma's only Pediatric and Adolescent Gynecologist.

Following the program there will be an interactive Q&A panel with additional health care professionals who are actively involved in transforming adolescent reproductive health in Tulsa including:

- Dr. Laurie Hamilton (OBGYN at Morton Comprehensive Health Services)
- Priscilla Haynes (Division Chief of Community Health at Tulsa Health Department)
- Annie Skorupa (APRN-CNP at Community Health Connection)

Sponsors: Tulsa Campaign to Prevent Teen Pregnancy, Take Control Initiative, and The American Congress of Obstetrics and Gynecologists

For more information and to RSVP visit:  
[tinyurl.com/docstalk](http://tinyurl.com/docstalk)

November 3, 2017 – 3:00PM



## OKAAP Fall 2017 Legislative Meeting

*Oklahoma State Medical Association*

Please RSVP at  
[okaap.org/legislativeconference](http://okaap.org/legislativeconference)

Discuss the legislative agenda for children.  
Learn about the issues facing pediatricians.

RSVP



# KNOWLEDGE, ATTITUDES, AND PRACTICES OF PHYSICIANS ABOUT EHDI SYSTEMS:

Part 19 – Genetic Referrals upon Hearing Loss Diagnosis  
 By the Oklahoma Audiology Taskforce & OU Genetics



The American Academy of Pediatrics (AAP) recommends referring for genetic medical evaluations to determine etiology and identify related conditions. To understand what physicians think, know, and feel about newborn hearing screening and follow up, the Oklahoma Newborn Hearing Screening Program (NHSP)/Early Hearing Detection

and Intervention (EHDI) system partnered with the National Center for Hearing Assessment and Management (NCHAM) at Utah State University, Boys Town National Research Hospital, and the University of Oklahoma Health Sciences Center – Department of Communication Sciences and Disorders to conduct a nationwide survey with state specific information. According to Knowledge, Attitudes and Practices of Physicians study, only 8.9% of Oklahoma medical providers refer to a geneticist or genetic services.

To ensure Oklahoma providers are aware of genetic services in Oklahoma and the importance of referring children with hearing loss for these services, the Department of Pediatrics, Section of Genetics at the University of Oklahoma

Health Sciences Center (OUHSC) has been asked to provide information on this important topic.

## ASK THE EXPERT: OUHSC Licensed Genetic Counselor Team

The addition of hearing screening to the state’s newborn screening program has provided an opportunity to identify children with congenital hearing loss at an optimal time. Early detection allows for intervention at a young age in the hope of preventing developmental impacts associated with early-onset hearing loss. As genetic testing is becoming increasingly less expensive and more publically discussed many parents wonder if genetic testing is right for their child; parents aren’t the only ones- many physicians are curious about the power genetic testing can hold for a family, but the fear of opening Pandora’s Box continues to be a barrier. As 95% of children with hearing loss are born to hearing parents, genetic testing may not be the first concern for parents, though practitioners should not dismiss its utility.

The link between genetics and hearing loss is nothing new, though heterogeneous in nature and often presenting clinically with an unclear etiology. Our ability to pin-point the genetic ‘culprit’ within families has improved over the last decade as our knowledge of genetic alterations responsible for both syndromic and non-syndromic hearing loss has expanded. As over 400 genetic syndromes are known to be associated with hearing loss, narrowing down to a specific gene can seem a daunting task. Next-generation sequencing (NGS) technology allows for analysis of many genes in one process, simplifying the previous approach of single-gene sequencing and genotyping. This new technology provides a cost-effective method for identifying a genetic component to hearing loss and a number of NGS tests are now available clinically. An up-to-date list of available genetic tests can be found by visiting the GeneTests or Genetic Testing Registry websites.

List any specialists to whom you would routinely refer the family of a child with confirmed permanent hearing loss (list the types of specialists):

	2006 - USA	2012 - OK
ENT/Otolaryngology	78.5%	65.3%
Geneticist	8.9%	3.4%
Ophthalmologist	0.9%	0.8%
Audiologist	41.3%	58.5%
SLP/Speech Therapy	27.9%	31.4%
Occupational Therapist	2.3%	0.8%
Child Development/EI	11.4%	6.8%
Neurology	7.1%	1.7%
Pediatrician	2.0%	5.1%
Social Worker	---	0.8%
EHDI	---	0.0%
Other	2.1%	10.2%

By visiting the GeneTests or Genetic Testing Registry websites.

To learn more about the Oklahoma Newborn Hearing Screening Program, gather resources for families, or receive a copy of the previous articles in this series, please send an email to [NewBornScreen@health.ok.gov](mailto:NewBornScreen@health.ok.gov)





The OKAAP Board of Directors would like to welcome the most recent new and returning Chapter Members!

Ahmed Abdin, MD, FAAP	Fellow
Syed Ahmed, MD	Resident Member
Tamara Alexander, MD	Resident Member
Stephanie Annor, MD	Resident Member
Claire Atkinson, MD	Resident Member
Christine Beeson, DO	Resident Member
Christina Benjamin, DO	Resident Member
Jamie Brown, DO	Resident Member
John Burk, DO	Resident Member
Katherine Butler, MD	Resident Member
Anita Chaphekar, DO	Resident Member
Rachel Courtney, DO	Resident Member
Taylor Craft, DO	Resident Member
Kimberly Day	Resident Member
Blake Gruenberg, MD	Resident Member
Cristin Harper, MD	Resident Member
Sarah Hayden, DO	Resident Member
Jacey Hutchison, DO	Resident Member
Betsy Kadapuram, DO	Resident Member
Jacob Kaminski	Resident Member
Alicia Loch, DO	Resident Member
Alysia, Mendoza, MD	Resident Member
Kristina Miles, DO	Resident Member
Terresa Miller, DO	Resident Member
Hong Nguyen, DO	Resident Member
Tuan, Nguyen, DO	Resident Member
Jason Onarecker, MD	Resident Member
Norman Parks, MD	Resident Member
Colleen Parrish, MD	Resident Member
Hitesh Patel	Medical Student
Alizah Patterson	Medical Student
Emily Pirmann, DO	Resident Member
Fatima Ramirez, DO	Resident Member
Muhammad Rashid, DO	Resident Member
Eevar Rossavik	Medical Student
Pierre Ruhlmann, MD	Resident Member
Taylor Saley, MD	Resident Member
Courtney Sauls, DO	Resident Member
Caitlin Schaede, DO	Resident Member
Scott Stroshine, DO	Resident Member
Jonathan Stubblefield, MD	Resident Member
Joel Thompson, MD, FAAP	Fellow
Gavely Toor, DO	Resident Member
Natalia, Tutak, MD	Resident Member
John Walker, DO	Resident Member
Sarah Walter, MD	Resident Member
Jonathan Walther, MD	Resident Member
Heather Weber, DO	Resident Member
Elizabeth Wiewiorowski, MD	Resident Member
Elise Wolff	Medical Student
Elena Woodson, MD	Candidate Member
Brandon Wort, DO	Resident Member

## OKAAP WELCOMES NEW ECP REPRESENTATIVE



We'd like to recognize the Chapter's newest Early Career Physician (ECP) Representative, Dr Hokehe Effiong. Dr Effiong is a Board Certified Pediatrician practicing general pediatrics at Jackson County Memorial Hospital (JCMH) in Altus. She received her Bachelor of Science in Psychology from University of North Florida, and a Masters of Public Health in Tropical Diseases / Global Health from University of South Florida. She received her

MD degree from St. George's University School of Medicine. She is the Medical director of the Reach Out and Read program at the JCMH Pediatric Clinic. Dr Effiong is passionate about optimizing early childhood development and education, and is the Vice-President of the STEM Achievement foundation dedicated to inspiring young students (K-12) engagement and interest in Hands-on/Mind-on STEM education and careers using STEM activities integrated with sports. She lives in Altus, Oklahoma with her husband and their three children.

The role of the Chapter ECP Representative is to help improve communication between the Chapter and AAP on ECP issues and also serves as a valuable resource for chapters in engaging other ECPs.

### CALLING ALL PEDIATRIC SUBSPECIALISTS!

Share your subspecialty knowledge and information with other OKAAP members. Submit an article for the OKAAP E-newsletter. Contact Amy at [aprentice@upal.com](mailto:aprentice@upal.com) or 918-858-0298.



# NEWS AND OPPORTUNITIES

## Volunteer Opportunity

OKAAP is seeking to fill the position of The Chapter Breastfeeding Coordinator (CBC). The CBC is an ambassador of the AAP Section on Breastfeeding (SOBr). The Chapter CBC provides leadership in promoting, protecting, and supporting breastfeeding in their state chapters and communities. Download the position summary, requirements, and job description of the CBC here. <http://www.okaap.org/wp-content/uploads/2017/05/CBCJobDescription2016.pdf>

## Elias Srouji Visiting Lectureship In Medical Humanities

A Tale of Two Brains: How to Rekindle the Artist Within presented by Salvatore Mangione, MD.  
Wednesday, October 18th at the Rainbolt Family Auditorium at 12:15pm. [More details here.](#)

## Go the Extra Mile

The American Academy of Pediatrics invites you to the 2017 National Conference & Exhibition (NCE) on September 16-19. There will be over 350 educational sessions including practical hands-on learning and networking in addition to the largest pediatric technical exhibit of its kind. Register at <http://aapexperience.org/>.

## Academy supporting Texas families after Hurricane Harvey

The Academy is working closely with the Texas Pediatric Society to aid families impacted by Hurricane Harvey. AAP President Fernando Stein, M.D., FAAP, who has been practicing in Houston for the past 35 years, underscored that commitment in a [statement](#) Tuesday on August 29th. [Read the full article here.](#)

## Senators Strike Deal To Extend CHIP Program.

The chairman of the Senate Finance Committee and the top Democrat on the panel announced on Tuesday night that they had reached agreement on a plan to prevent the imminent exhaustion of federal funds for the Children's Health Insurance Program. [Read more.](#)

## AAP Issues Updated Flu Vaccine Recommendations

The NPR (9/4) "Shots" blog reported the American Academy of Pediatrics issued updated recommendations Monday for the flu vaccine, but some parent and pediatricians were disappointed that the FluMist nasal vaccine is once again not recommended. [Read the full article.](#)

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