



Oklahoma Chapter
American Academy of Pediatrics
INCORPORATED IN OKLAHOMA



November/December 2021

OK Pediatrician

A Message from The Chapter President



Holiday Greetings! I hope this letter finds all of you well and successfully navigating through yet another start of a pandemic winter. As I transition from serving as the AAP's Co-Chair of the National Nominating Committee to serving as Interim President of the OKAAP, I need to give a huge shout out to Dr Dwight Sublett who has served as our President for the past 3 years.

Dr Sublett's work on behalf of the Chapter is greatly appreciated and I want to recognize how closely he worked with the OSMA, Oklahoma Vaccination Coalition, Oklahoma Alliance for Healthy Families, Oklahoma State Department of Health, Oklahoma Health Care Authority, and many many more groups who worked together as the pandemic unfolded and vaccines were rolled out. THANK YOU DWIGHT!

The work continues as we move into 2022 and the OKAAP will be meeting at a strategic planning retreat in January to lay out plans for the year which will include more work in the areas surrounding COVID and vaccinations, avoiding privatization of our Medicaid program, and monitoring the next legislative session for bills that affect the pediatricians in our state.

I look forward to working with the Chapter in these efforts to the benefit of all of Oklahoma's children.

The holidays are a joyous time – indulge yourselves in things that make you feel happy and as stress-free as possible. My warmest wishes for a wonderful holiday season and a happy New Year!

Eve Switzer, MD
OKAAP Chapter President

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47TH ANNUAL ADVANCES IN PEDIATRICS | APRIL 8, 2022

Meeting the Needs of Oklahoma's Children

THIS CONFERENCE WILL BE IN-PERSON AND VIRTUAL

Hosted by the University of Oklahoma College of Medicine Department of Pediatrics in conjunction with the Oklahoma Chapter of American Academy of Pediatrics and the University of Oklahoma College of Medicine Irwin H. Brown Office of Continuing Professional Development



OKLAHOMA CHAPTER
AMERICAN ACADEMY OF PEDIATRICS



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AGENDA

47TH Annual Advances in Pediatrics, Friday, April 8, 2022 | 8 a.m. – 5 p.m.

7:15 – 8:00 a.m. VISIT EXHIBITORS

8:00 – 8:15 a.m. WELCOME, HOUSEKEEPING AND OPENING REMARKS
Morris R. Gessouroun, M.D., Department of Pediatrics Chair

Morning Session Moderator: Alexandria C. Caldwell, D.O., MPH, FAAP

8:15 – 9:00 a.m. COVID-19 AND IT'S EFFECT ON FAMILIES AND CHILDREN
Michael A. Baxter, D.O.

9:00 – 9:45 a.m. COVID-19 AND CHILDREN: WHERE WE ARE NOW
Donna L. Tyungu, M.D.

9:45 – 10:00 a.m. BREAK – VISIT EXHIBITORS

10:00 – 10:45 a.m. PEDIATRIC BEHAVIORAL HEALTH: HOW TO ASSESS, REFER TO EVIDENCE-BASED TREATMENT, AND FOLLOW PROGRESS
J. Carrick Carter, Psy.D. Debbie Gomez, Ph.D.
Beverly Bernal, Psy.D.

10:45 a.m. – 11:30 a.m. PEDIATRIC OBESITY MANAGEMENT THROUGH MOTIVATIONAL INTERVIEWING
Ashley E. Weedn, M.D., MPH

11:30 a.m. – 12:00 p.m. OKAAP UPDATE (No CME credit is provided for this session)
Dwight T. Sublett, M.D., FAAP

12:00 – 12:30 p.m. BREAK – LUNCH – VISIT EXHIBITORS

Afternoon Session Moderator: Marny E. Dunlap, M.D., FAAP

12:30 – 1:15 p.m. JOINT PAINS IN CHILDREN: WHAT DOES IT MEAN?
Ana I. Quintero Del Rio, M.D., MPH, FAAP

1:15 – 2:00 p.m. WHO ARE CHILDREN WITH PROBLEMATIC SEXUAL BEHAVIOR AND WHAT CAN I DO TO HELP?
Jane F. Silovsky, Ph.D.

2:00 – 2:15 p.m. BREAK – VISIT EXHIBITORS

2:15 – 3:15 p.m. DIGITAL MEDIA USE AND CHILD HEALTH
Jenny S. Radesky, M.D. (Keynote speaker)

3:15 – 3:30 p.m. BREAK – VISIT EXHIBITORS

3:30 – 4:15 p.m. MITIGATING ADVERSE CHILDHOOD EXPERIENCES (ACEs) THROUGH EARLY RELATIONAL HEALTH
Amy N. Emerson, M.D., FAAP

4:15 – 5:00 p.m. TREATMENT OF PAIN IN CHILDREN: WHAT ABOUT OPIOIDS?
Devon W. Hahn, M.D.

5:15 – 6:30 p.m. OKAAP RECEPTION (No CME credit is provided for this session)
Roof top weather permitting. Basement if inclement weather.



Oklahoma Child & Adolescent Psychiatry & Mental Health Access Program (OKCAPMAP)

Thanks to a recently awarded 5-year HRSA grant, a pediatric psychiatry and mental health access program is being developed in Oklahoma. The program will be named **Oklahoma Child and Adolescent Psychiatry and Mental Health Access Program (OKCAPMAP)** and will provide Oklahoma's primary care providers access to child and adolescent psychiatry and mental health consultation, behavioral health education, and referral assistance to local and statewide mental health services. This is a program by providers for providers. As the OKCAPMAP team develops the program, they want your feedback regarding the needs of your practice as it relates to child and adolescent mental health. Please find the link to a quick (approximately 5 minute) survey below.

We hope you will share your thoughts and clinical needs relating to pediatric behavioral health care in the Oklahoma primary care setting to inform this important program development.

Please Note: The survey asks for your practice address and email. This information will only be used by the OKCAPMAP team to inform you of opportunities to be supported in your practice. Thank you for participating in this important opportunity.



Access Graphics Throughout the Year on the OKAAP Facebook Page

We will continue to create graphics throughout the year which you are welcome to use on your own social media pages. Follow the OKAAP on Facebook page where you will find the latest resources.



MERRY CHRISTMAS
& Happy New Year

"To a joyful present and a well remembered past. Best wishes for Happy Holidays & a magnificent New Year"

OKAAP EVP
Kari Webber, CAE



How to Talk About Mental Health With Your Child and Their Pediatrician

By Jeffrey D. Shahidullah, PhD and Rebecca A. Baum, MD, FAAP

Children, teens and families are navigating difficult times. Sometimes it can be hard to tell whether day-to-day stress is getting the best of us, or when something more serious may be going on. In either case, talking with your child's pediatrician is a great place to start.

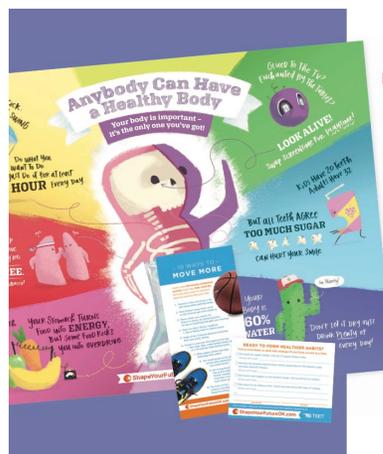
Starting the Conversation

Many pediatricians check for mental health concerns at well-child visits. The doctor may ask your child questions or ask them to fill out a questionnaire that checks in about how they're doing. As your child gets older, it's important for them to have the opportunity to talk privately with their pediatrician. This also lets them practice talking with the doctor, which is a skill they'll need as a young adult.

What to Look for in your Child or Teen

It's normal for your child to experience difficult thoughts, feelings and emotions. When these issues occur more than usual and begin to get in the way of regular functioning, it could be a sign of something more serious.

Continued on page 6



NEED FRESH WAYS TO START IMPORTANT CONVERSATIONS?
Free Health Care Provider Materials

Shape Your Future has posters, tip cards and prescription pads to:

- Provide nutrition tips and physical activity ideas to your patients
- Teach parents how to talk to their kids about health in an approachable way
- Help you work with patients to set healthy goals that are within reach

Visit ShapeYourFutureOK.com/order to get yours.

ShapeYourFutureOK.com





You put patients first — and so do we.



The Oklahoma Tobacco Helpline offers **FREE** individualized support to quit tobacco.

FREE services include:

- At least a two-week supply of patches, gum or lozenges
- Coaching calls that provide advice and support
- Web coaching that puts patients in touch with a positive online community and more



Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8669 OKhelpline.com

A Program of TSET



Here are some signs to look for that may signal the need for additional support.

- Feeling "on edge" or "wound up" most of the time
- Worrying about things for no reason or having negative thoughts that are hard to control
- Feeling panicky or having physical symptoms like headaches, stomach pains, rapid breathing, fast heartbeat, or diarrhea
- Avoiding activities because of fear or anxiety
- Changes in sleep habits (trouble sleeping or being tired during the day)
- Changes in eating habits (eating too much or too little)
- Being quick to give up on challenging tasks
- Struggling with schoolwork
- Spending more time alone
- Feeling sad or irritable
- Feeling guilty about things
- Talking about death or suicide

How Your Child's Pediatrician Can Help

Talk with your child's pediatrician if you have noticed signs or symptoms that concern you. Even if you're just wondering if something is "normal" for your child's developmental level, your child's pediatrician is an ideal source of support. You can also talk with the nursing staff or do a telehealth visit.

Your child's pediatrician can also help you sort out whether talking with a mental health professional may be a good idea. They can help determine which issues they can support in their office versus when to see other mental health professionals, such as a psychologist, psychiatrist, social worker, or licensed professional counselor.



IS THERE A TREATMENT FOR COVID-19?

Yes! If you've tested positive for COVID-19 and your symptoms began in the past 10 days, you may be eligible for a treatment called **mAbs**.



WHAT ARE mAbs?

Monoclonal antibodies, or mAbs, are man-made proteins that help your body fight off the virus that causes COVID-19. In fact, just one mAb treatment may help keep you from getting sicker and going to the hospital.

ARE YOU ELIGIBLE FOR mAbs?

You may be eligible if you have tested positive for COVID-19, are 12 years of age or older (and at least 88 pounds), and are at a greater risk of developing severe COVID-19 symptoms. The list of high-risk characteristics and conditions has recently expanded to include many more people.*

NOT SURE IF YOU QUALIFY?

Contact your healthcare provider to see if you're eligible for mAbs.

HOW THE TREATMENT WORKS:

mAbs are man-made proteins designed to fight off the virus that causes COVID-19. The infusion can take from 20–70 minutes, with an observation time afterward. You'll only need the treatment once. It's easy, safe, and authorized by the FDA. [\[WATCH THE VIDEO\]](#)

HOW TO BOOK A TREATMENT:

Step 1: Test positive for COVID-19 within the last 10 days.

Step 2: Receive a referral from a healthcare provider.

Step 3: Book an appointment at a nearby infusion treatment center.

It's covered by health insurance, although there may be some costs for patients. If you don't have coverage, it's free.

Visit [CrushCOVID.com](https://www.crushcovid.com) to find a treatment center near you.

COVID CME 1 CREDIT AVAILABLE NOW!
[CLICK HERE](#)

The post-acute sequelae of COVID-19, also known as Long COVID, are increasingly being recognized as a significant burden upon survivors. Much is still unknown but primary care physicians need education about evaluation and management with a symptom-based approach. **BONUS:** Tipsheet on "COVID in Primary Care" and "Contingency Planning for Primary Care Practices"



*High risk includes any of the following characteristics or conditions: 65 years of age or older; Chronic kidney disease stage 3 or 4; Pregnancy; Chronic kidney disease; Diabetes Type 1 and Type 2; Weakened immune system; Currently receiving immunosuppressive treatment; Cardiovascular disease/hypertension; Chronic lung disease; Sickle cell disease; Neurodevelopmental disorders; Medical-related technological dependence.
CRUSHCOVID.COM

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