



June 2024 INAAP News & Updates

This newsletter contains important updates and the latest news from INAAP. Keep scrolling for more information on:

- 2024 INAAP Annual Conference - Early Bird Registration Open!
- Introducing New INAAP Board Members
- CEASE (Tobacco QI Initiative) Enrollment Open
- Reach Out and Read: Summertime Tips for Families
- Upcoming Events
- And More!

Letter from the INAAP President Evan Kreutzer, MD

A recent discussion about beaches with our four-year-old led to an insightful question from him: “Dad, I know about beaches, but where’s the ocean?” My spouse and I looked at each other - a family trip to the beach was long overdue!

Our family, like so many others, spends a considerable part of the summer months in and around bodies of water - be they pools, oceans, lakes, or backyard kiddie pools. But we all know that water equates to potential dangers for children and adolescents.

INAAP’s May in-person meeting was a review of the evidence-based strategies for drowning prevention. I find that few families follow these recommendations for life jacket use, pool safety, or water watchers. Risks and solutions differ in every community and thus counseling will vary in every practice, but I hope you’ll explore the AAP’s robust toolkit ([available here](#)) and the toolkit from the National Drowning Prevention Alliance ([available here](#)) to source flyers and handouts for your families.

There’s so much to keep up on in the practice of pediatrics. Please remember to sign up for the INAAP annual conference. Early bird pricing ends soon and there’s going to be a coffee barista serving free made-to-order coffee!

As you’ll see in the photo below, our kids fell in love with the beach (as well as the adjacent ocean!) and my wife and I felt better knowing that life jackets, water watchers, and guarded beaches provided layers of safety that allowed our whole family to enjoy our recent vacation.





Upcoming Events

INAAP
Webinar Concussions: What
PCPs Need to Know!

June 18, 2024, 12:00 PM - 1:00 PM
Zoom Webinar

[Register Now](#)

INAAP In-person Member
Meeting: Protecting
Medicaid in Indiana

July 10, 2024, 6:00 PM - 8:00 PM
Board of Governor's Room at Riley
Hospital for Children

[Register Now](#)

2024 INAAP Annual
Conference

Thursday, August 22, 2024
502 East Event Center
Carmel, IN

[Register Now](#)

INAAP Webinar
Concussions: Scoliosis
Updates

October 15, 2024, 12:00 PM - 1:00 PM
Zoom Webinar

[Register Now](#)

Welcome Our New INAAP Members!

Last month, the following individuals joined the INAAP community. Please join us in recognizing:

Greshma Susan George, MD | Indianapolis, IN

Stefan Malin, MD | Fort Wayne, IN

2024 INAAP Annual Conference Early Bird Registration Ends June 30!

INAAP is excited to announce that the 2024 annual conference will take place on Thursday, August 22nd in Carmel, Indiana!

Here's a glimpse of what to expect:

- Pre-Conference Dinner at Cooper's Hawk Winery & Restaurant: Join us to kick off the conference the night of Wednesday, August 21 for a celebration dinner and award ceremony. Enjoy a complimentary dinner (and a wine paired with each course) while talking with other members.
- Engaging Breakout Sessions: Whether you're a hospitalist, an independent clinician, or a specialist, our diverse lineup of topics is designed to cater to your interests and professional needs. From feeding and nutrition for newborns to opioid prescription and management to pediatric mental health, there's something for everyone.
- Exhibitor and Community Resource Room: Explore the latest products, services, and resources in pediatric healthcare while connecting with representatives from leading organizations. It's your chance to stay at the forefront of advancements or new offerings.
- On-site Baristas: Fuel your day with the finest coffee made how you like it by on-site baristas (because great conversations are best paired with great coffee).

More information will be coming on this event in future editions of the newsletter, and we hope to see you there!

2024 INAAP ANNUAL CONFERENCE

SAVE THE DATE!
AUGUST 22, 2024

*Join us for a day of
speakers, conversations,
& more!*



**AUGUST 22, 2024 | 502 EVENT CENTER
CARMEL, IN**

INAAP Conference Information and Registration

Call for Nominations: INAAP Annual Awards Nominations Due July 15, 2024



The nomination window for INAAP's annual awards is now open! INAAP traditionally hands out four awards to recognize pediatricians, pediatric clinicians, and community allies for their outstanding efforts related to children's health and the practice of pediatrics. Candidates for these awards can be nominated by any INAAP member.

A 5th award was added in 2022 to honor Dr. Chaniece Wallace and recognizes an individual for outstanding commitment to advocacy and equity.

INAAP is excited to once again highlight the exemplary work being done by our members throughout the state. The description for each of the awards can be [VIEWED HERE](#). If you know someone who is worthy of one of these awards for work

that they did over the last year, please consider submitting a nomination letter using [THIS FORM](#) or email Chris Weintraut at cw@inaap.org.

Awardees will be celebrated at a dinner on August 21st (the night before INAAP's Pediatric Conference on August 22, 2024.)

Introducing INAAP's Newest Board Members

The new cycle for INAAP's Board of Directors started on May 16th, 2024 and will run

through May 15, 2026. INAAP is excited to welcome 5 new pediatricians who will join the Board's 10 other members to help guide the organization over the coming years! You can learn more about each new Board member below.

Rita Patel, MD, MPH, FAAP is originally from California and went to UCSD for her undergraduate education. She then went to Harvard Medical School and completed two years of pediatric residency at Boston Children's Hospital. She transferred to Duke for her third year and then went to UNC, Chapel Hill for a Preventive Medicine Fellowship and MPH.



Her research at that time focused on adolescent dating violence so she spent a lot of time working with adolescents and took a job as Medical Director of a nonprofit adolescent clinic (Wake Teen) in Raleigh. Her next position was at Beaumont Hospitals in Michigan and she transitioned to a focus in medical education as Associate Program Director for the Pediatric Residency and Associate Professor at Oakland University William Beaumont School of Medicine. A position as Program Director of the Pediatric Residency Program at PMCH brought her to Indy and she most recently joined the team at Jane Pauley CHC teaching the Community FM residents and seeing an underserved population.

Dr. Patel's husband is a neuroradiologist and she has a 27 year old daughter who is a software engineer in NYC and a 24 year old son who is a MS3.



Ashlie Stallion, MD, FAAP was born and raised in Indianapolis, Indiana and attended Cathedral High School. She received her undergraduate degree from Indiana State University and her medical degree from Indiana University School of Medicine. Following medical school, she completed her pediatric residency at Riley Hospital for Children.

Dr. Stallion enjoys caring for children from infant through adolescence as part of the Community Physician Network. Outside of work, she enjoys traveling, Zumba, community involvement, and spending time with family.

Kristen Frane, MD, FAAP is a board certified general pediatrician and Fellow of the American Academy of Pediatrics. She received her medical degree from Indiana University School of Medicine and her residency was completed at Helen DeVos Children's Hospital in Grand Rapids, Michigan.



Dr Frane practices at Fort Wayne Pediatrics, an independent pediatric practice in Fort Wayne, Indiana. She is also an adjunct faculty teacher and physician mentor for Indiana University School of Medicine. She enjoys mentoring young people interested in a career in medicine and advocating for children's access to quality pediatric medical care.

Bryce McKee, MD, FAAP a pediatrician in Bloomington, IN with Riley Children's Health IUH where he lives with his wife, 3 children and a new brood of 6 hens. Dr.



McKee is passionate about advocacy around access to medication, accessible healthcare for all, vaccine uptake and safe sleep. Dr. McKee loves hiking, anything outdoors, board/card games and spending time with family. He trained at IUSM and then did residency in Albany, New York where his wife was working as a professor. They moved back to Indiana to be close to family in 2019 (just in time for a pandemic!).

Dr. McKee has worked for the last few years on the Payment Committee for INAAP where he has learned SO many acronyms. He also gets to help troubleshoot medication coverage with Medicaid. Dr. McKee loves teaching and his practice is now an official rotation for peds residents at RCH. His group still covers the hospital so he gets to see newborns in the hospital, care for pediatric inpatient folks and work at a very busy outpatient practice. Dr. McKee is looking forward to helping grow INAAP and making sure all the members have a voice that is heard locally and at the state level!

Jeremy Mescher, MD, FAAP is a general pediatrician in Bloomington where he practices with Riley Physicians, caring for children in the 10 counties of south central Indiana. He is a native Hoosier who completed his pediatric training with a focus on primary care at Cincinnati Children’s before returning home.



It was in training that he developed an interest in advocating for all children. During and since that time, he was able to attend the original March For Our Lives in Washington, DC, speak with and learn from community leaders, and testify at both the Indiana and Ohio statehouses regarding legislation affecting children.

In his personal time he most loves spending it with his growing family, but also enjoys staying active via running and hiking, and watching soccer from the local to the world stage!

Nicotine Replacement Therapy Coverage for Youth

Nicotine Replacement Therapy (NRT) can be a very important tool for treating nicotine dependence in youth. Many pediatricians are uncertain about how to use this medication with adolescents, especially those who are under 18 years old.

Given the effectiveness of NRT for adults and the severe harms of nicotine dependence, [AAP policy recommends](#) that pediatricians consider prescribing NRT for youth who are moderately or severely addicted to nicotine and motivated to quit.

Last year, the Indiana Health Coverage Programs (IHCP) announced alignment of all managed care prescription drug benefit programs with the fee-for-service (FFS) Preferred Drug List (PDL), effective July 1, 2023. Effective for claims with dates of service on or after July 1, 2023, all managed care plans will cover both preferred and nonpreferred drugs, maintain the same clinical criteria requirements and use the same format for prior authorization (PA) as the FFS program. Alignment of PA criteria and format for drugs not managed by the PDL will not be included in the process at this time.

Under the SUPDL, most forms of NRT are covered for those aged 10+, and coverage should not vary by plan. Youth under 18 years old need a prescription from a healthcare provider to access all forms of NRT.

Updates from IDOH

Congenital Syphilis Call to Action for Pediatricians

The Indiana Department of Health (IDOH) has a goal of eliminating congenital syphilis from our state. Pediatricians play a crucial role in assisting with this goal, and this is a statewide call to action.

In recent years our country and state have seen an alarming increase in the numbers of congenital syphilis cases. According to the Centers for Disease Control and Prevention (CDC), the United States has seen a 755% increase in congenital syphilis cases between 2012 and 2021. Here in Indiana, the number of congenital syphilis cases has increased by 2,300% from 2018 to 2023.



Suggested strategies for pediatricians could include things such as:

- Reviewing maternal risk factors for syphilis
- Confirming maternal syphilis status by obtaining maternal records, ensuring testing occurred (initial. prenatal visit, 28-32 weeks, and delivery), and verifying results
 - If the mother was treated for syphilis during pregnancy, confirming appropriate treatment
 - Any reactive results for the mother during pregnancy warrants newborn testing at birth
- Prompt identification and treatment of infants with congenital syphilis (AAP Red Book)
 - Consider Infectious Disease consult as available, especially if the child requires more than a single dose of penicillin
- Considering congenital syphilis regardless of maternal history
- Assisting with reporting of newly diagnosed syphilis, both congenital and maternal
- Increasing awareness amongst families presenting for care
 - Educating parents about syphilis and congenital syphilis
 - Verifying that mothers have access to syphilis testing and prenatal care. For example, while evaluating a child during a well check if the mother is pregnant.

IDOH has created a Congenital and Adult Syphilis Toolkit to assist physicians. The toolkit includes test interpretation algorithms, congenital syphilis treatment guidelines and algorithm, a link to reporting requirements, and more.

Thank you for remaining vigilant in the fight against congenital syphilis in Indiana. For more information or assistance, please email cholder@health.in.gov or gcrowder@health.in.gov.

Share this update

Clean Air Corner
with Dr. Sarah Bauer

What is smoking susceptibility?

- Smoking susceptibility is a lack of firm decision against smoking.
- Smoking susceptibility has been shown to be a strong predictor of future smoking experimentation and is associated with cigarette smoking initiation.
- According to the most recent 2022 Indiana Youth Tobacco Survey, about 1 in 4 Indiana middle school and high school students are smoking susceptible.
- In comparison, a recent study in Pediatrics found 1 in 5 nonsmoking adolescents 13 to 15 years old were susceptible to cigarette use worldwide.
- Adolescents who are smoking susceptible are approximately 2 to 3 times more likely to experiment with cigarettes vs adolescents who are not.
- The AAP recommends screening all youth for tobacco use and exposure at each clinical encounter.
- Access to the AAP's free Tobacco Cessation Progressive Web Application can be found at: aap.org/helpkidsquit



Refs:

<https://www.in.gov/health/tpc/files/Highlights-from-the-2022-IYTS.pdf>

Liu H, Qi Q, Duan Y, et al. Smoking Susceptibility and Trends Among Nonsmoking Adolescents: An International Study. *Pediatrics*. 2024;153(3):e2023062360.

For more information, questions, or suggestions on future topics, please contact Sarah E. Bauer, MD at bauersae@iu.edu or Clare Wright at cb@inaap.org.

CEASE 2024 Enrollment Open Now! QI Initiative to Address Youth + Family Tobacco Use

Tobacco use and exposure to tobacco smoke is a serious concern for all family members. Child healthcare clinicians are in a unique and important position to address tobacco use and exposure to tobacco smoke because of the regular contact they have with families and the harmful health consequences that tobacco smoke exposure has for their patients.



The Clinical Effort Against Secondhand Smoke Exposure (CEASE) addresses family tobacco use in a routine and effective manner. CEASE adds a comprehensive tobacco screening tool into your workflow, making it easy to address and treat family and youth tobacco use. The program has been funded by the Indiana Department of Health for the last 6 years, allowing us to provide all materials, technical assistance, and training free of cost to your clinic. *Participation also could qualify you for MOC Part 4 credit.*

Let's work together to make a lasting impact on your patients!

Contact Kelsey Back at kb@inaap.org for more information or to get started with CEASE.

Learn more about CEASE

Visit our Website

Reach Out and Read Summertime Tips for Families



As the temperatures rise, it's time to explore the perks of grabbing a book and your kids and heading outside! Exploring the great outdoors with your kids isn't just about getting in the sunshine—it's also an opportunity to cultivate a love for reading!

Taking storytime outside strengthens family bonds as you share stories, laughter, and new experiences in nature. It's a chance to connect on a deeper level while creating cherished memories that will last a lifetime.

Outdoor settings spark creativity and imagination in children. Surrounded by the sights and sounds of nature, kids are inspired to dream and explore. Reading outside encourages physical activity and exploration. Whether it's chasing butterflies, climbing trees, or simply running through the grass, kids engage their bodies while engaging their minds, promoting healthy habits and active lifestyles.

Nature has a calming effect on both children and adults. Reading outside provides a tranquil escape from the hustle and bustle of daily life, allowing kids to unwind, de-stress, and immerse themselves in the joys of storytelling. Outdoor environments offer endless opportunities for hands-on learning and discovery. From identifying plants and animals to exploring natural phenomena, reading outside stimulates curiosity, fosters a sense of wonder, and deepens children's understanding of the world around them.

So, grab a blanket, pack some snacks, and head outdoors with your favorite books in tow! Whether you're lounging in the backyard, picnicking at the park, or hiking through the wilderness, reading outside with your kids is a rewarding adventure for all!

INAAP's Mental Health Program Connect with CARE

Mental Health Awareness Month

May is particularly important for our CARE Team as we honor and celebrate Mental Health Awareness Month! This special window of time invites us to acknowledge those affected by mental health conditions, advocate for their challenges, and



normalize conversations that reduce stigma. Celebrating Mental Health Awareness Month also creates the perfect opportunity to discuss the CARE Program with families.

As a reminder to those unfamiliar with the program, CARE connects children and their families to the mental health services they need. The CARE Program and CARE Line help to identify and address barriers that negatively impact a family's ability to seek out and effectively engage in mental health services. CARE is Indiana's only mental health referral resource that is dedicated to children and families.

Talking to Families about CARE

We know it can be difficult to engage families in the conversation when it comes to a child's mental health. It's especially difficult when you have concerns and parents/caregivers just can't seem to get on the same page. We know it's difficult because we are navigating these conversations, too! Our CARE Team prioritizes building rapport with the goal of establishing trust and developing meaningful relationships. We approach every client referral carefully, as we are well aware of the underlying fragility that can make or break the mental health experience for these families.

If you've considered referring a patient to our CARE Program but ultimately did not because you were unsure about the family's willingness to participate, please complete a Primary Care Provider Referral Form on their behalf. Our skilled and emotionally intelligent Family Navigators will reach out to the family and do our best to help them overcome their reservations.

CARE Program: Get Connected

Option 1: Client Intake Form

- A patient's parent or legal guardian can complete the form below for their child.
- The form asks for basic patient information such as name, address, medical insurance, etc.
- The form also allows parents to identify the specific mental health service(s) and type(s) of treatment(s) they are seeking (but can also be left blank if they are unsure).
- Once submitted, a CARE Program Family Navigator will reach out to the family to schedule an intake session.

[Click here for the Client Intake Form](#)

Option 2: Primary Care Provider Referral Form

- PCPs can use this form to refer patients when various barriers, such as access to technology or inertia prevent the family from completing the client intake form themselves.
- This referral form is designed to be brief and should take less than five minutes to complete.
- None of the fields on the form are required. Provide the information you can, and the CARE Program will do the rest!

[Primary Care Provider Referral Form](#)

Option 3: The CARE Line

- Anyone can connect to the program by calling the toll-free phone number (855-495-7271), and the CARE Team will do the rest.

[Visit our Website](#)

Mental Health Awareness Month Resources

The National Institute of Mental Health (NIMH) has created impressive visuals that can serve as helpful tools when talking to families about mental health. You can access NIMH's Digital Shareables on Child and Adolescent Mental Health here:

[NIMH Digital Shareables](#)

These NIMH infographics on Teen Depression and differentiating between Stress and Anxiety are favorites:

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



■ Do you often feel sad, anxious, worthless, or even "empty"?



■ Have you lost interest in activities you used to enjoy?



■ Do you get easily frustrated, irritable, or angry?



■ Do you find yourself withdrawing from friends and family?



■ Are your grades dropping?



■ Have your eating or sleeping habits changed?



■ Have you experienced any fatigue or memory loss?



■ Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?



■ **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



■ **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



■ **Try to spend time with friends or family**, even if you don't feel like you want to.



■ **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



■ **Try to keep a regular sleep schedule.**



■ **Eat healthy foods.**

You're not alone, and help is available. You can feel better.
To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.



NIH National Institute of Mental Health

nimh.nih.gov/depression



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



National Institute of Mental Health

nimh.nih.gov/stressandanxiety

New in 2024: INAAP Career Center

INAAP is proud to announce the launch of its new Pediatric Career Center. Whether you are looking for a new opportunity or looking to hire top pediatric clinicians, this is the spot for you:

- Search and apply to top pediatric jobs at institutions that value your credentials.
- Upload your resume so employers can contact you. You remain anonymous until you choose to release your contact information.
- Create Job Alerts and receive an email each time a job matching your specified criteria becomes available.
- Access career resources, job searching tips, and tools.
- Post your job, or your institution's job, where the industry's most qualified pediatric professionals go to advance their careers.
- Email your job directly to INAAP job seekers via our exclusive Job Flash™ email.
- Search our Resume Bank using robust filters to narrow your candidate search.



Explore the benefits of our new career center by logging in or creating a new account today!

INAAP's Payor Council is Here to Help!

Do you have a payment, prior authorization, or formulary issue that you just can't get resolved? Help is here! Submit your problem to INAAP and our payor council will work with our partners at the Indiana State Department of Health and the Family and Social Services Administration to see if we can find a solution.

Email concerns to Chris Weintraut at cw@inaap.org.



Need something new to listen to?

Whether you are on your way to work or have a few moments of downtime, this podcast is perfect for you! Get the latest AAP updates with this [podcast](#) that features interviews about new research and hot topics in the field of pediatrics.



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