



INAAP Monthly News & Updates January 2019

Letter from the President

2019 has started out with a bang, I don't expect things to slow down any time soon. It was a pleasure to see so many of you at our first member meeting on January 16th to talk about issues related to caring for kids under supervision of DCS. If you couldn't make that meeting, keep your eye on this newsletter for information about our next general membership meeting which will be held on March 20th.



January has been also been very busy due to the start of the 2019 Legislative Session at the Indiana Statehouse. Our advocacy team has been hard at work talking to lawmakers about bills that have the potential to effect the practice of pediatrics in Indiana. So far this session we have already testified on several bills making their way through the legislature, and there are several more we are actively tracking.

Most importantly, our organization will join others from across the state on January 30th to help advocate for an increase to the price of cigarettes in Indiana. Our voice will be stronger with every member we have in attendance, and I encourage you to join us if you are able. You can find details about the event below, and I hope to see many of you there!



Last Call - INAAP Day at the Statehouse - January 30, 2019 RSVP ASAP

INAAP will host a day at the Indiana Statehouse on January 30th, 2019. The event will be in conjunction with the [Alliance for a Healthier Indiana](#), and together we will be advocating to increase the price of cigarettes in our state by \$2.00 a pack.

Raising the cost of cigarettes is the single best intervention we have available to stop new smokers from starting and for getting current smokers to quit. Additionally, the money raised through the higher

prices can then be used to increase public health spending in Indiana, which currently ranks 49th in the country for how much we invest in health.

The event will include a press conference, a public rally, and a chance to meet with individual lawmakers to discuss why tobacco cessation efforts are so important. All of our members are invited to attend, including medical students and residents. Further, our members are encouraged to wear their white coats and represent pediatric advocates throughout the state!

Please RSVP as soon as possible for the event so that we can start setting up meetings with lawmakers. Please reach out to [Chris Weintraut](#) with any questions, and we look forward to seeing many of you on January 30th.

January 30th Day at the Statehouse RSVP

2019 Legislative Bill Tracking List

The 2019 Legislative Session started on January 3rd, and it has already been an action-filled session. INAAP is currently tracking 177 bills that we have identified as having the potential to have a significant impact on pediatric issues in our state.

You can use the link below to review that bill tracking list and get a summary of each bill we are following. The bill list will also show you where each bill stands in the process. The list is updated in real-time with the latest information, so it will take a few minutes for it to load on your screen.

INAAP has already testified on several of the bills, and we are having regular conversations with lawmakers behind the scenes on dozens more. If you have any questions about any of the bills or what INAAP is doing to address them, please don't hesitate to reach out!



2019 INAAP Bill Tracking List

INAAP Members - Say Hi to Liv!

With an infant mortality rate of 7.3 deaths per every 1,000 live births, Indiana is taking further steps to have more babies reach their first birthday. Liv is a resource developed by the Indiana State Department of Health Maternal and Child Health team. Liv is a resource created for all Hoosiers, men and women, with a unique design to help guide individuals through the before, during, and after stages of pregnancy. These stages can be challenging for most men and women, so Liv was created to be that friend and resource along the way. The free app, which can also be accessed online via the website below, is filled with many resources including: a library of articles, map of resources in Indiana, events page, a dictionary of terms, birth calculators and more. Within these resources there is information regarding nutrition, education, health, development, insurance and safety.

Everyone is a "Friend of Liv." Through planning, pregnancy and parenting, Liv is there as a friend, companion and resource to talk to. Liv can be asked any question online or through the app, and a response will be provided within a week. Liv is educational, yet concise, so the information she provides can be understood by any lay person or health professional. Liv also has her own Twitter account; follow her at @TheLivApp.



Friend of Liv

Nolan Mikowki is a friend of Liv and the face behind the app. Nolan is focused on increasing awareness about Liv, establishing more relationships for Liv at clinics, hospitals, schools, coalitions, and educating on Liv initiatives. Nolan brings a background in public relations, non-profit, and higher education work. Nolan is very passionate about the Liv app and hopes to continue to gain relationships across Indiana in order to increase awareness about Liv. He hopes to support you in any way that he can. If that means speaking to mothers, offering training sessions, passing out flyers or anything in between, he will do whatever it takes to help Indiana have more Indiana babies live to through their first birthday.

How can I bring Liv to my office?

If you are interested in learning more about Liv and set up a meeting to discuss how Liv can support you, please contact Nolan to learn more. Also, if you would like to receive free Liv resources, please fill out the attached form and send to Nolan.

Nolan Mikowski

Email: Nolan@asklivapp.com Visit: www.askliv.com

Phone: 1-(616)-558-3548

Download the Liv app for free on iTunes or the Google Play Store

Increase Your Breastfeeding Knowledge Base and Skills to Optimally Support the Families You Serve!

Breastfeeding improves the health for moms, babies, families, and entire communities. Women are initiating breastfeeding at a high rate; however, moms tend to encounter questions and the need for support after discharge from the hospital. While all pediatricians know that "breast is best," many pediatric providers recognize the need to increase their own breastfeeding knowledge base and skills to optimally support families.



The Indiana Breastfeeding Alliance (IBA) will be hosting a training and Learning Collaborative for Indiana healthcare providers who are interested in increasing their own breastfeeding knowledge and working to improve breastfeeding rates in their office and community. IBA also hopes to understand more about what providers and communities need through this Learning Collaborative. Please complete this survey to help IBA understand what needs you have as a pediatrician in Indiana. You can also indicate your interest in being part of the IBA Learning Collaborative in 2019. If interested, you will be contacted within the next couple months to discuss more details.

<https://www.surveymonkey.com/r/GY8M3ZR>

Questions? Contact Emily Scott, MD at escott1@iuhealth.org or Courtnie Leeper at cleeper@isdh.in.gov.

HPV Webinar Opportunities



January 22-28, 2019 marks the the first Human Papilloma Virus (HPV) Prevention Week in the U.S. The IU National Center of Excellence in Women's Health has joined the American Medical Women's Association, the Global Initiative Against HPV and Cervical Cancer (GIAHC), the American College of Obstetricians and Gynecologists, and other healthcare groups to launch this country's first HPV Prevention Week: Us vs. HPV (#UsvsHPV) to be held January 22-28, 2019 during Cervical Cancer Awareness Month. The week's activities will consist of weekly webinars, social media campaigns, and public events to raise awareness about HPV.

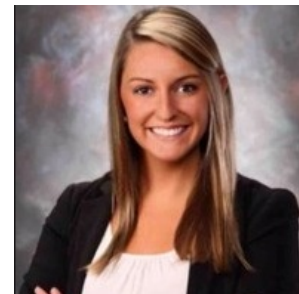
In Indiana, cervical cancer is 100% preventable with the use of the HPV vaccine, but only 59.3% of teens, aged 13-17 have been vaccinated in Indiana making us 14th from the bottom in the U.S

To register for any or all of the webinars 1/23 thru 1/28/2019 go to [here](#).

Tobacco Update from CEASE Program Coordinator Lisa Wegner

The Clinical Effort Against Secondhand Smoke Exposure (CEASE) program has had a successful start over the past few months. CEASE was developed to help child health care clinicians adapt their office settings to address family tobacco use in a routine, effective manner.

Through a partnership between the Indiana Tobacco Prevention and Cessation Commission, INAAP has been able to implement CEASE into four pediatric practices throughout Indiana; Community Anderson Pediatrics (Anderson), All IN Pediatrics (New Albany), IU Health Arnett (West Lafayette), and St. Vincent Pediatric Primary Care (Indianapolis).



Two of the four practices have the program fully operational, and the early results are exciting. Those two practices were able to reach over 345 parents within the first week. The CEASE program consists of two trainings - a peer to peer session with the practice champion, as well as a whole office training where all staff complete a one-hour training.

CEASE works to help parents of pediatric patients quit smoking, and also helps refer them to the Indiana Tobacco Quitline. The other two participating practices are scheduled to fully implement the program by the beginning of February. Looking forward to sharing data on the program in the future!

New Spina Bifida Guidelines Released



The Spina Bifida Association recently released updated guidelines for the care of patients suffering from the condition. The association's new guidelines took three years and over 100 people from eight countries to put together.

The new guidelines include 24 topic areas addressing medical and surgical issues as well as psychosocial concerns and wellness. Each topic is divided into age-based categories. For the PCP, the guidelines on neurosurgical, orthopedic and urologic care provide information regarding how subspecialists approach these issues. The guidelines also address frequency of visits for effective medical home care coordination and triaging potential medical complications such as how to identify children who may have a ventriculoperitoneal shunt malfunction or how to diagnose urinary tract infections in children who are on a clean intermittent catheterization program.

Each year, an estimated 1,500 babies are born in the U.S. with spina bifida (SB). The overall prevalence of SB in the U.S. is approximately three per 10,000 live births but varies by ethnicity, with people of Hispanic ethnicity having the highest prevalence at 3.80 per 10,000 live births

You can access the new guidelines using the link below.

[New Spina Bifida Guidelines](#)

Reach Out and Read Updates for 2019

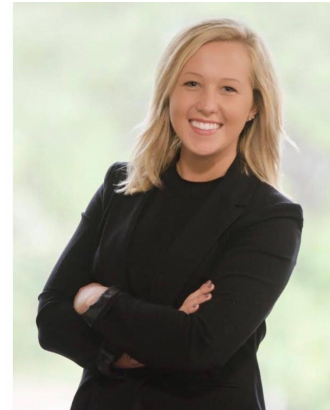
Happy New Year!

My name is Madison Criswell, and I started my new position as Program Coordinator for Reach Out and Read Indiana on January 7th. Though it has only been a short time, I am already very excited about the progress we have made towards bringing this program to as many children as possible in Indiana. If you are not yet familiar with Reach Out and Read, you can learn more about it [here](#).

I am in the process of setting up meetings with all of our existing Reach Out and Read sites to understand how the program works in each location, and to better understand how I can assist with the unique challenges each site faces. In my role, I will be responsible for creating and maintaining relationships with the primary contacts at each ROR sites across the state. My efforts will include helping each site reach their goals related to securing funds for books, database assistance, program progress reports, creating literacy rich waiting rooms, cultivating outside community relationships, and anything else a site may need.

I am so thrilled about this opportunity, and I look forward to the chance to meet many of you in the near future. If you are a current Reach Out and Read site, I am sure you will be hearing from me soon if you haven't already! If you are not currently a Reach Out and Read site but are interested in hearing more about this program, I encourage you to reach out to me either by phone or email (included below).

Stay warm!
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Support INAAP Through Amazon Smile

Did you know that you can help support INAAP with every purchase you make from Amazon? The Amazon Smile program gives a percentage of every purchase back to participating nonprofit organizations, and those donation can really add up during the holiday season. It's just like using Amazon, but with an added philanthropic benefit. Make sure the purchases you would make anyways this holiday season help support INAAP by using the link below!

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