



PULSE

THE QUARTERLY PUBLICATION OF THE AMERICAN COLLEGE OF OSTEOPATHIC PEDIATRICIANS

WINTER • 2010

Plan Now for the 2010 Spring Conference in Williamsburg!

By Judith Thierry, CAPT, DO, MPH, FACOP, FAAP
Program Chair

You don't want to miss the ACOP 2010 Annual Spring Conference in Williamsburg, VA— *Prevention*. ACOP is celebrating its 70th Anniversary!

The topics covered are wide ranging, but central to ACOP's theme of *Prevention*. They include talks on the pediatrician's role in screening and anticipatory guidance for alcohol and drugs; second hand tobacco exposure and use; family and interpersonal violence; and gender specific reproductive health. You will find prevention staples with updates on immunizations and asthma. A presentation from the National Institutes of Mental Health (NIMH) on the current research in the treatment of adolescent Major Depression (TADS) will be offered.

Our Watson Memorial Lecture will be given by Ian Watson, the grandson of James M. Watson. He comes to us from Reykjavik, Iceland. Our highly awaited Past President Emeritus Lectures will be given on Friday by Arnold Melnick, DO, FACOP and Saturday by Benjamin L. Cohen DO, FACOP. Added several years ago, our Emeritus Member speakers serve to enlighten all pediatricians with their expertise and experiences.

In our closing sessions, office practice emergencies converge with hospital systems of care in back-to-back panels. Here the theme of *Prevention* during crisis focuses on communication, anticipation, quick thinking, and drills.

The American College of Osteopathic Pediatricians is committed to teach, inspire and train both students and residents with

the *Conduit for Success*. We have specific lectures for both students and residents. All conference attendees are welcome to attend these lectures. We have lectures on how to handle stress in residency, how to negotiate contracts and lectures on writing grant applications. We have hands-on lectures on Osteopathic Manipulation, as these are always very popular.

We are not all business; there is a Fun Run/Walk on Saturday through historic Williamsburg, which will be enjoyable for all. Nancy Monaghan Beery, DO, FACOP, FAAP will be leading our pack. Be sure to sign up when you register.

We look forward to seeing you in historic Williamsburg, Va and anticipate you will have a magnificent time while engaging in a fantastic educational opportunity and collegial discussions.

Register for the 2010
Spring Conference
Now at
www.acoped.org



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2009-2010

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President's Message

Margaret A. Orcutt Tuddenham, DO, FACEP, FACOP
ACOP President

The disaster in Haiti has consumed our consciousness over the past days as we are horrified by both the death toll and the uncomfortable awareness of the poverty that heightened the effects of the quake. While many of us will make individual contributions, the Board of Trustees has authorized a donation of \$5,000 on behalf of all members of the College to the AAP Children's Disaster Relief Fund. This sum, while modest, gives our members the opportunity to participate immediately in relief efforts as well as leaving us the financial flexibility to contribute again at a later date as reconstruction efforts begin.

On a happier note, I enjoyed seeing many of you in New Orleans and feel a strong sense of satisfaction with the CME program presented. (OK, I spoke and had fun doing it...) We had fabulous attendance and the joint session about Psychiatry/Neurology was wildly successful with standing room only sessions all afternoon. Our next meeting, the Spring CME in Williamsburg, will be held by ACOP alone. It is the 70th anniversary of the College. As a special treat, the Watson Lecture will be given by Dr. Watson's grandson, and we will have a celebratory reception and awards ceremony. Additionally, Saturday's CME will be offered as a web broadcast. This is a trial as we explore the possibility of future remote CME offerings. Williamsburg is a wonderful location with fabulous restaurants and attractions and is easily accessible from both Richmond and Newport News airports.

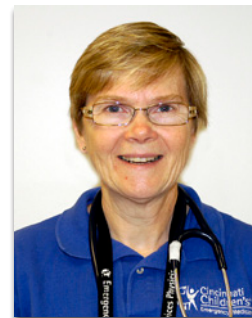
The Executive Committee of the Board of Trustees will be meeting with the executive committee of the AAP's Provisional Section of Osteopathic Pediatricians (PSOOP) in Chicago the first weekend of February

to consider cooperative endeavors that will benefit members of both organizations. We intend to work diligently to maintain ACOP's position as the professional and collegial home for Osteopathic Pediatricians, while working to make as many opportunities as possible available to our members throughout both organizations.

The College has continued to grow both in terms of membership as well as activities. Committees such as the Vaccine Committee and the new Wellness Committee continue to serve our members with national representation and timely information about these vital topics. The *eJournal* has been extremely well received and continues to grow and prosper. Student, resident and fellow participation in the College is growing and keeping us young!

Finally, the Board of Trustees will conduct a strategic planning session in Williamsburg prior to the main CME meeting. ALL members of the College are invited to send "wish lists" in advance of that date and we will consider them as we try to structure our organization for the coming years.

As always, it is an honor to serve as your president and I look forward to hearing from any member with concerns or suggestions for the College. You can contact me at margaret.orcutt-tuddenham@cchmc.org.



For Membership Questions or to Join ACOP

Contact Kim Battle
kim@ACOPeds.org - (804) 565-6311



MELNICK at large

By Arnold Melnick, DO, FACOP

Ten Thoughts on Preventing Adverse Drug Effects

We've all read much about adverse drug effects—the causes, the incidence, the prevention. We remember the brouhaha a while back about the dangers of using over-the-counter cold remedies for children, with the FDA recommending that they not be given to children under two years of age.

We also have heard about adverse reactions in hospitalized children. Most errors occur in the ordering stage, so prevention includes improved prescription writing, clearer orders, use of electronics, involvement of pharmacy departments and the like.

This is not about that. It is about a study done in private practices on out-patient children for whom prescriptions were written. They found that 16% of these children developed side effects or allergic reactions, either preventable or non-preventable. The study was published in *Ambulatory Pediatrics*. It found that, different than in hospitalized children, 70% of those mistakes were due to errors in drug administration, mostly by parents. Some of it was due to parental misunderstanding of dosages or intervals, but a majority occurred because parents did not notify or delayed notifying the physician when side effects presented or there was an allergic reaction in the child.

This problem calls for a solution different from the difficulties in ordering the medication. Parents must be better instructed and it is in the realm of the pediatrician (in fact, all practitioners) to do this.

The following thoughts struck me as I wondered, "What would I do?"

Examine my office procedure for prescribing medication, who does it, what is told to the parent.

Be sure that a specific, well-thought-out system is in place to assure success in giving parents a prescription that's understood.

Create a system more patient-friendly. I would want to explain things personally to the parent as I hand him/her the prescription, rather than delegating the task to someone else, or having a clerk do it as the patient leaves the office.

Tell the patient what the medicine is and what it is for, and also explain any possible side-effects.

Be especially careful with antibiotics (particularly penicillin or its derivatives), inhaled steroids, cephalosporins and inhaled bronchodilators. These were the most frequent offenders in the children who had reactions.

Be sure that every parent understands timing: what "4 time a day" means or what "once a day" means or what "after meals" means and any other applicable directions.

Be sure every parent understands dosages: what is really a teaspoon? a tablespoon? Or any other indicated measurements. Advise the parents to obtain inexpensive devices from the pharmacy that accurately measure specified doses.

Be sure parents understand possible side effects or reactions or other reasons to stop the medication – and when to call me immediately. Carefully instruct parents not to change dosages or intervals.

If I have any suspicion that the parent does not fully understand, I would go over the instructions again, even asking the parent to repeat them back to me

At the end, I would ask that most important question, one that almost always brings out potential trouble: Do you have any questions?

Attention to these instructive details might prevent a great many of the avoidable errors that crop up in our out-patients. While it may seem a redundant exercise for the pediatrician, savings lives is our business and *primum non nocere* must be our slogan.

BY THE NUMBERS

Morbidity and Mortality of Very Low Birth Weight Neonates

By Jody Zisk, DO

(VLBW = 501 -100 grams)

85%	Survival rate of VLBW infants
56%	Survival rate of Infants born at 24 weeks gestation
4%	Improvement in survival for each additional day in utero between 23 and 24 weeks gestation
26%	Relative decline in mortality of VOBW from 1990-2002
70%	Survival rate without necrotizing enterocolitis (NEC), intraventricular hemorrhage (IVH) and bronchopulmonary dysplasia (BPD) of BLBW infants
28%	Survival without neurodevelopmental impairment of infants born at 24 weeks gestation at 22 months of age
79%	Incidence of antenatal steroid use, which is an 8% increase from 1990-2002
22%	Indidence of BPD
11%	Of VLBW infants go home on oxygen
18%	Incidence of severe neurological impairment at 8 years of age of infants born at 24 weeks gestation



Vaccine Committee Report

Second Meeting with the Assistant Secretary of Health and Human Services

By Robert W. Hostoffer, Jr., DO, FACOP

After general introductions, the meeting began with a welcome to all delegates from Howard K. Koh, MD, MPH, Assistant Secretary of Health and Human Services.

The initial speaker was Bruce Gellin, MD, MPH, Director, National Vaccine Program Office, speaking on the current status of the H1N1 vaccine. Dr. Gellin stated, "We are not where we want to be. There has been a lot of finger pointing for the current delays. This has been a global problem. All countries have had supply issues." The delegates voiced their concerns regarding the hesitancy of some patients to get a vaccination. Dr. Gellin also noted that a two-part segment on 60 Minutes featuring safety will be aired soon addressing these issues.

Why is this different from the 1976 vaccine? This is a novel virus not a novel vaccine. It is not going away and is causing severe illness. There have been many clinical trials. They are being performed by all the top vaccine corporations including nine NIH trials with 4000 subjects that are nearly complete. These studies are mostly concerned with immunogenicity; one or two shots or is an adjuvant needed? The studies are currently ongoing. Some information on side effect profiles is being addressed in these studies.

Some suggest that President Obama should inform the public that his children have been vaccinated, which would go a long way to encourage the general population to be vaccinated.

The CDC covered vaccine promotion and communication. The seasonal flu campaign has begun, although in a smaller venue. Because of the shortage of swine flu vaccine, the campaign has been postponed to prevent frustration. Ethnic population round tables have been popular in order to promote vaccinations in those populations. Informational literature concerning flu is available.

Vaccine safety communications have been out since approval of vaccine. Lower literacy information has been promoted. News briefs have been propagated at the end of October 2009 with the focus being on immunization of pregnant patients and children. Multiple resources can be found on the CDC website. The AAP wishes to place advertisements supporting flu immunization in USA Today. Funds have been requested through the Department of Health & Human Services.

The CDC has considered the use

of Twitter and blogs to better inform the younger population.

Angela Shen from the Centers for Medicare & Medicaid commented on reimbursements. Providers should be able to bill insurers at possibly more than the current Medicare rates. Providers cannot charge more than Medicare currently charges patients who pay out of pocket. This is to prevent gouging. There is an inequity between Medicare and Medicaid billing procedures. The federal government is encouraging states to cover the administration fees. Medicare & Medicaid billing information may be found on their web site at <http://www.cms.hhs.gov/>. On a separate note, the H1N1 modifiers differ from the regular flu modifiers.

Questions were asked regarding the current supply and distribution problems for the H1N1 vaccine. The government totally disregarded questions about the possibility of problems with distribution of the H1N1 vaccine. They continually responded that the supply was inadequate and the demand was high.

The ACOP Vaccine Committee will keep you up to date on the vaccine dilemma.



ACOP Would Like to Thank Our 2010 SUPPORTERS & SPONSORS

PLATINUM



GOLD





BACKWARD GLANCE

By Arnold Melnick, DO

Sometimes it is worthwhile -- or interesting -- or even fun-- to look backward, especially in an organization like ACOP, with its rich history of things to look back on.

This issue we bring you a few snapshots of ACOP Past Presidents, particularly worthwhile because they seem to be at the same meeting and working for our organization-- not just portraits, but working photos. It would appear that these were taken at a meeting of the American Osteopathic Board of Pediatrics, on which all of them served. My guess it that the snaps were taken sometime in the sixties.



Past President Martin A. Finkel, DO, FACOP (left) presents certificate to Past President Arnold Melnick, DO, FACOP for the James M. Watson Memorial Lecture in 1999. This was Dr. Melnick's second Watson Lecture.

Another great *Backward Glance* occurred in 1990 when Michael E. Ryan, DO, FACOP, then President of ACOP, engaged writer Robert Phillip Bombay to prepare a history of the first 50 years of our college's history. It turned out to be a monumental work, and a landmark of Mike's term, crafted so elegantly by the author with Mike Ryan looking over his shoulder. Copies may be found in many osteopathic college libraries or in the present office of the ACOP.

(Members who have keepsake photos of ACOP's past are encouraged to submit a copy to us for future publication. Mail to Arnold Melnick, DO, Co-editor PULSE, 3675 N. Country Club Drive, Apt. 2206, Aventura, FL 33180.)



Thomas E. Jarrett, DO, FACOP, (President, 1966-1967) is seen interviewing a candidate.



James Powell, DO, FACOP (President 1968-1969) is shown making some progress notes.



Martyn E. Richardson, DO, FACOP (left) (President, 1963) and the late Thomas F. Santucci, DO, FACOP (right) (President, 1954-55) confer over some records.

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- 1942-1943 Mary O'Meara Pepper, DO, FACOP
- 1943-1944 Ruth E. Tinley, DO, FACOP
- 1944-1945 William S. Spaeth, DO, FACOP
- 1945-1946 Dorothy Connet, DO, FACOP
- 1946-1947 Helen Hampton, DO, FACOP
- 1947-1948 Beryl E. Arbuckle, DO, FACOP
- 1948-1949 Roger A. Peter, DO, FACOP
- 1949-1950 F. Munroe Purse, DO, FACOP
- 1950-1951 Mary E. Golden, DO, FACOP
- 1951-1952 Betsy F. MacCracken, DO, FACOP
- 1952-1953 Arnold Melnick, DO, FACOP
- 1953-1954 Patrick D. Philben, DO, FACOP
- 1954-1955 Thomas F. Santucci, DO, FACOP
- 1955-1956 Robert R. Tonkens, DO, FACOP
- 1956-1957 Otto M. Kurshner, DO, FACOP
- 1957-1959 Everett C. Borton, DO, FACOP
- 1959-1960 Wayne G. Peyton, DO, FACOP
- 1960-1961 Harold H. Finkel, DO, FACOP
- 1961-1962 Nelson D. King, DO, FACOP
- 1962-1963 George B. Stineman, DO, FACOP
- 1963 Martyn E. Richardson, DO, FACOP
- 1963-1964 F.L. Reed, DO, FACOP
- 1964-1965 Myron D. Jones, DO, FACOP
- 1965-1966 Myron S. Magen, DO, FACOP
- 1966-1967 Thomas E. Jarrett, DO, FACOP
- 1967-1968 Mischa F. Grossman, DO, FACOP
- 1968-1969 James Powell, DO, FACOP
- 1969-1970 M. Michael Belkoff, DO, FACOP
- 1970-1971 Gilbert Roth, DO, FACOP
- 1971-1972 Patricia A. Cottrille, DO, FACOP
- 1972-1973 Charles A. Kline, DO, FACOP
- 1973-1974 Benjamin L. Cohen, DO, FACOP
- 1974-1975 John W. Milionis, DO, FACOP
- 1975-1976 Robert Berger, DO, FACOP
- 1976-1977 Samuel L. Caruso, DO, FACOP
- 1977-1978 David W. Leopold, DO, FACOP
- 1978-1979 Kenneth J. Mahoney, DO, FACOP
- 1979-1980 K. Patrick McCaffery, DO, FACOP
- 1980-1981 Gordon L. Lerch, DO, FACOP
- 1981-1982 Thomas F. Santucci, Jr., DO, FACOP
- 1982-1983 Herbert L. Miller, DO, FACOP
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- 1984-1985 Dwain L. Harper, DO, FACOP
- 1985-1986 Neil M. Kantor, DO, FACOP
- 1986-1987 Dennis J. Hey, DO, FACOP
- 1987-1988 Joseph A. Dieterle, DO, FACOP
- 1988-1989 Ella J. Marsh, DO, FACOP
- 1989-1990 Michael E. Ryan, DO, FACOP
- 1990-1991 M. Richard Levinson, DO, FACOP
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- 1992-1993 Fred K. Hall, DO, FACOP
- 1993-1994 Mark P. Jacobson, DO, FACOP
- 1994-1995 Ruth Worthington, DO, FACOP
- 1995-1996 Gregory L. Garvin, DO, FACOP
- 1996-1997 A. Faye Rogers-Lomax, DO, FACOP
- 1997-1998 Martin A. Finkel, DO, FACOP
- 1998-2000 Michael N. Musci, Jr., DO, FACOP
- 2000-2002 Stanley E. Grogg, DO, FACOP
- 2002-2004 Steven M. Snyder, DO, FACOP
- 2004-2007 Lee J., Herskowitz, DO, FACOP
- 2007-2009 Robert W. Hostoffer, Jr., DO, FACOP
- 2009-2011 Margaret A. Orcutt Tuddenham, DO, FACEP, FACOP

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AMERICAN OSTEOPATHIC BOARD OF PEDIATRICS 2010 EXAMINATIONS



Spring 2010 Examinations will be given at the
Colonial Williamsburg Lodge in Williamsburg, Virginia.

Sub-specialty Certification and/or Recertification Exams – Thursday, April 22, 2010

These include: Adolescent Medicine, Pediatric Allergy & Immunology, Pediatric Endocrinology, Neonatology and Pediatric Pulmonary Medicine

First Application Deadline: Friday, January 22, 2010 (no late fee)

Final Application Deadline: Monday, February 22, 2010 (\$150.00 late fee)

Computerized General Pediatrics Certification and/or Recertification

General Pediatrics Certification Exam: Saturday, May 15, 2010

General Pediatrics Recertification Exam: Saturday, May 22, 2010

First Application Deadline: Monday, February 15, 2010 (no late fee)

Final Application Deadline: Tuesday, March 16, 2010 (\$150.00 late fee)

Senior residents may take the exam and must have completed 30 months of their residency and must submit a letter of recommendation from their residency program director stating that the resident is qualified to take the exam. Board scores will not be released to any resident until the resident has submitted all required documentation, has successfully completed the residency program and has been approved by all involved agencies.

If you have any questions or need an application, please contact Ellie Kraynak at ekraynak@osteopathic.org or via phone at (800) 621-1773 x 8195.