

Little Ones



Our lives are dedicated to yours

by the Department of Pediatrics and Adolescent Medicine at AUBMC - Issue N° 6

The Seventh Annual Pediatrics Update Symposium

Pediatricians, family medicine doctors, nurses and other child and adolescent healthcare professionals hailing from hospitals and healthcare centers across Lebanon assembled for the seventh year in a row at the American University of Beirut Medical Center (AUBMC)'s Issam Fares Lecture Hall on the 26th and 27th of February, 2016 to attend the 7th Annual Pediatrics Update Symposium.

The symposium, hosted by the Department of Pediatrics and Adolescent Medicine at AUBMC, was held in joint sponsorship with Cleveland Clinic.

Topics of this year's symposium have been selected based on identified professional practice gaps. The program featured a session on Adolescent Medicine that hosted guest speaker, Dr. Mona Eissa, Head of Adolescent Medicine Division at the University of Texas Medical School, Houston. A session on Child Protection and Child Advocacy discussing facts and figures in Lebanon, legal issues, and case presentations followed. The long term effects of prematurity along the lifespan with patient and parent testimonies were discussed in another session. Other sessions addressed significant topics encountered by pediatricians in addition to the latest updates on pediatric guidelines.

The symposium which complies with the Lebanese Order of Physicians Continuing Medical Education guidelines invited INCLUDE, an organization aiming at integrating children and adults with disabilities in mainstream activities, and was also granted 10.25 AMA PRA category I CME credits.

For the seventh year, the pivotal event proved to be a great success with more than 300 specialists in attendance. The symposium started with a foreword by the Chair of the 7th Annual Pediatrics Update Symposium, Dr. Sami Sanjad, Professor of Pediatrics and Pediatric Nephrology, followed by Dr. Miguel Abboud, Chairman of the Department of Pediatrics and Adolescent Medicine at AUBMC and Dr. Kamal Badr, Associate Dean for Medical Education.

In his note, Dr. Sami Sanjad, elaborated on the importance of this yearly tradition in terms of covering many topics of interest to pediatricians. He thanked the sponsors and organizing committee. Dr. Miguel Abboud indicated that this year AUB is celebrating 150 years of its history in serving the region, population and patients, and there is no better department to represent this mission than the Department of Pediatrics and Adolescent Medicine. He thanked AUBMC for the unwavering support to this symposium. (Continued on page 2)



The Seventh Annual Pediatrics Update Symposium

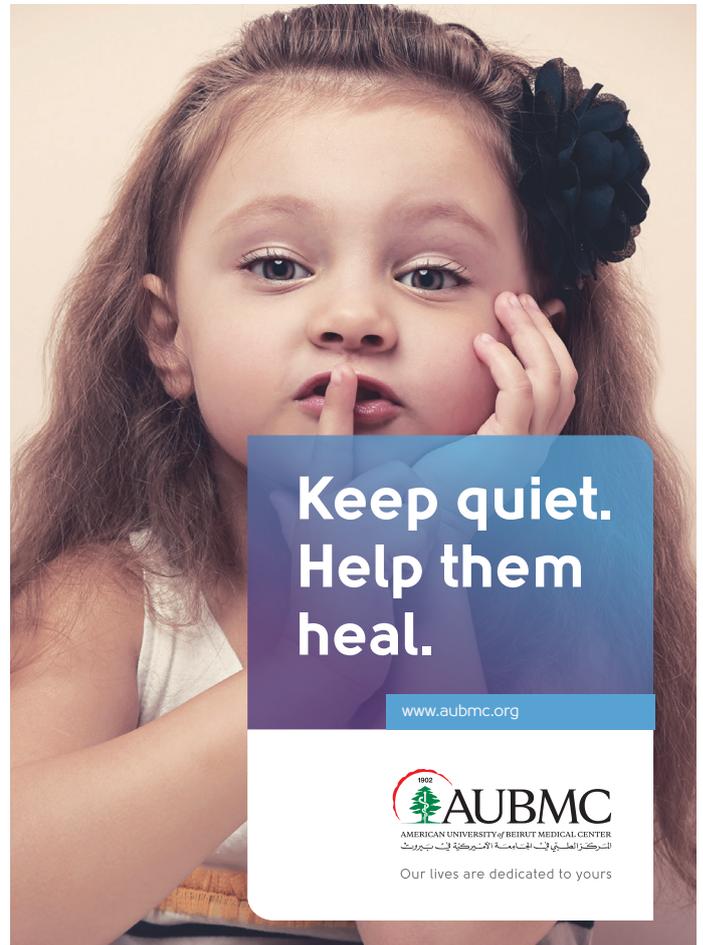
Dr. Kamal Badr welcomed the participants on behalf of Executive VP for Medicine and Global Strategy and Dean of the Faculty of Medicine, Dr. Mohamed H. Sayegh. He stressed on the importance of this yearly symposium in propelling the health of children in Lebanon and the region and indicated that our children and adolescents are subjected to many types of stressors due to the turmoil and tragedies occurring in Lebanon and the region. "This requires the pediatricians to double their efforts," said Dr. Badr. He added, "Within the new vision of the Faculty of Medicine and Medical Center, the plan is to establish a children's hospital and a pediatric center in the new medical complex.

ACGME-I Mock visit: Getting ready

Dr. Rebecca Swan, Assistant Dean of Graduate Medical Education at Vanderbilt University School of Medicine, visited the department as mock visitor on May 11, 2016 and reviewed the department's residency program. Dr. Swan is the co-Chair of the Southeast Region of the Association of Pediatric Program Directors (APPD) as well as the GME representative on the Southern Group on Educational Affairs (SGEA) Steering Committee at the AAMC. Upon her visit, she expressed her appreciation for the efforts exerted to present the program in its highest quality and based on the most advanced standards. The ACGME-I actual review visit is expected in November 2016. The department's Residency Program faculty, residents, and staff have all contributed, with the help of the Graduate Medical Education Office to the success of this process. We look forward to gaining the ACGME-I departmental accreditation to thrive in our leadership role not only in excellent patient care but also in Pediatric education in Lebanon and the region.

Keep Quiet. Help Them Heal Noise Reduction Campaign on 6N

In an effort to reduce noise pollution and its negative effects on patient comfort and staff performance, the patient affairs office launched an initiative to promote noise reduction. After measuring the noise level across the medical center, it was decided with the administration and in coordination with the Department of Pediatrics and Adolescent Medicine to pilot the initiative on 6 North. A multidisciplinary team joined efforts, necessary actions were taken, and a noise detector alarm which lights red whenever the allowed noise threshold is exceeded was installed on the floor. Up to date, our visitors and staff receive stickers that promote noise reduction and help children heal better by ensuring a quiet environment. The project will be later on expanded to other departments.



Kangaroo Care Awareness Day

On May 15, 2016, the Developmental Care and Early Intervention Program in the Neonatal Intensive Care Unit (NICU) celebrated for the second year in a row the "International Kangaroo Care Awareness Day". Parents joined an interactive session that involved kangaroo care. Mrs. Masri, DCEIP Program coordinator, gave an introductory lecture before opening the session for questions and discussion. Parents were invited to hold their infants and practice Kangaroo care during their NICU visit. Mothers and fathers expressed their satisfaction for participating in such a bond strengthening experience. Most importantly infants showed signs of more stable condition, initiated breastfeeding earlier than expected and slept for a longer period of time. Kangaroo care proved to be a successful method worldwide. It grew popular after researchers found that babies who were held close to their mothers' bodies for large portions of the day not only survived, but thrived.

By the end of the session, DCEIP team presented body suits and shirts with a print saying "I am a Kangaroo Care Baby" to all infants in the NICU. Parents and staff received stickers with the logo, "Kangaroo Care Awareness".

This event would not have been successful without the support and contribution of the senior leadership, the dedication of the medical and nursing staff, and the enthusiasm of our NICU parents.



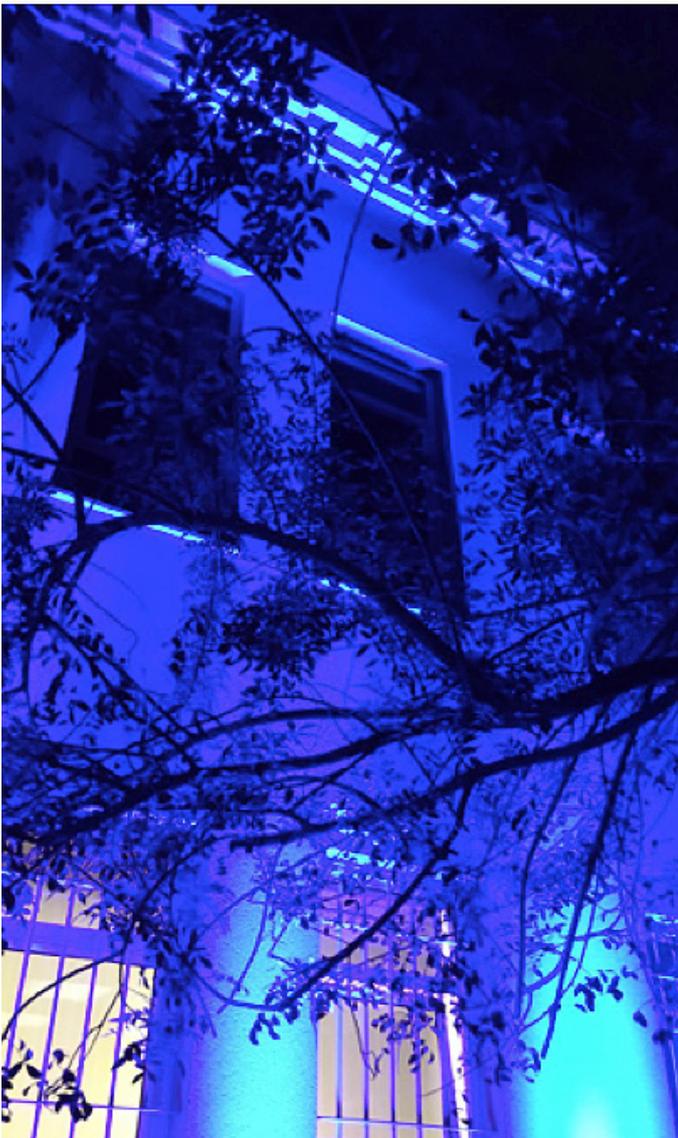
Dr. Fadi Bitar elected President of the Pan Arab Congenital Heart Disease Association (PACHDA)

Dr. Fadi Bitar, Professor and Director of AUBMC Children's Heart Center (CHC), was elected President of the Pan Arab Congenital Heart Disease Association, PACHDA, a professional organization that aims at promoting the study of Congenital Heart Disease (CHD) in the Arab World. In his new role, Dr. Bitar aims to reform the organization's infrastructure and introduce new educational programs and collaborations to promote and support research in the field of pediatric cardiology throughout the Arab world. He also intends to set the stage for the establishment of collaborative relations among staff and doctors in the field of congenital heart disease within the 22 Arab countries and in other countries around the world. The CHC will also collaborate through the PACHDA with the various charitable organizations that aim to support children with CHD in the Arab World.



Light It Up Blue for World Autism Day

OpenMinds and the AUBMC Special Kids Clinic organized the "Light It Up Blue for World Autism Day" to raise awareness and support autistic children. The Pierre Y. Abou Khater Building was dressed up in brilliant blue on April 1, 2016. Children, parents, faculty and staff enjoyed music, blue balloons and treats for the event.



AUBMC Service Awards 2016

This year held three special awards for the department of Pediatrics which were patient advocate award presented to Dr. Ghadi Abou Daher, pediatrics PGY2 resident, the Technology Award to Dr. Ziad Bulbul, Pediatric Cardiology faculty member, and the Service Excellence Award to Ms. Aisha Ghalayini. We also congratulate our pediatric nurses' winners of this year's Physician's Award for Best Children's Center of Lebanon RN Mahdi Shaheen, Physician's Award for Best Neonatal Intensive Care Unit RN Salam Cheaito, Physician's Award for Best Pediatric Intensive Care Unit RN Randa Al Andary.



Dr. Ziad Bulbul receiving the Technology Award for 2015-2016



Dr. Ghadi Abou Daher, PGY2, receiving the Patient Advocate Award for 2015-2016

Arab Board of Health Specializations Exam

The Department of Pediatrics and Adolescent Medicine organized the Objective Structured Clinical Examination (OSCE) for pediatric residents applying for the Certificate of the Arab Board of Pediatrics on April 15 and 16, 2016. The OSCE is a major part of the certification process. Around 30 residents from Iraq and Yemen gathered at AUBMC to take the exam. Pediatric faculty appointed by the board from the department and other universities in different Arab countries conducted the exam and supervised the process.



Social Events



Residents gathered to wish their program director, Dr. Salman Mroueh, a Happy Birthday on March 11, 2016.



...and their cherished teacher Dr. Hala Tfayli on March 15, 2016!



Pediatric residents organized a hiking trip in Mazraa't El Shouf.



Pediatric residents arranged a basketball game after duty.

For a Healthy Summer Vacation

It's summertime; and it is normal for children to change their eating habits during the season by replacing healthy foods with canned juices and ice-cream. In addition, it has become a trend for children to prefer spending their time indoors behind a screen instead of enjoying outdoor activities. Many children tend to snack more as well due to irregular eating patterns during the three-month summer vacation.

A major challenge to face during hot summer days is keeping your child hydrated. It is often hard to make your child drink plenty of plain water, and it would be smarter to try fruit-flavored water. Help your child choose some fruits, chop these in a bowl and cool them in icy water. Wait for the fruity flavor to seep into the water, and enjoy the taste.

Teach your child how to stay healthy during the summer vacation by following these tips:

- Prepare an eating and snacking schedule to avoid mindless munching during the day. Use the snack as an opportunity to give your child the nutritious fruits and vegetables.
- Plan outings that include some physical activities such as biking, swimming, or hiking.
- Limit the "screen-time" to one or two hours per day for both TV and computer.
- Limit the intake of sugary beverages, like sodas and canned juices.

Have a healthy summer!

Mira Rahm, Nutrition and Dietetics

New Faculty

Dr. Ramia Zakhour joined the department on December 1, 2015 as an instructor of clinical pediatrics and adolescent medicine. Dr. Zakhour graduated from the University of Texas Health Science Center at Houston and is subspecialized in pediatric infectious diseases with emphasis on adolescent medicine. Dr. Zakhour will be seeing patients at AUBMC private clinics (Building 23) and in the OPD Pediatrics. She is an active member of the adolescent medicine division and will cover infectious diseases consultations in satellite hospitals.

