The Black History Month Grand Rounds Program held Wednesday, February 22, featured DeWayne Pursley, MD, MPH, Associate Professor of Pediatrics, HMS and Chief, Department of Neonatology and Director, Klarman Family Neonatal Intensive Care Unit at Beth Israel Deaconess Medical Center (BIDMC) and an attending physician in the BCH Division of Newborn Medicine. Dr. Pursley’s presentation, The Persistence of Disparities in Infant Outcomes and the Potential of Choosing More Wisely, emphasized that, despite an overall decrease in US infant mortality rates over the years, disparities in infant mortality among racial/ethnic groups remain. Currently mortality rates of infants born to non-Hispanic Black women are more than double those born to non-Hispanic White women. Dr. Pursley outlined the Choosing Wisely® process, which seeks to better manage existing resources for more optimal health outcomes. Although the US has the highest healthcare spending in the world, there is a poor correlation between those expenditures and improved health outcomes.

The American Board of Internal Medicine (ABIM) Foundation’s Choosing Wisely® website (http://www.choosingwisely.org/societies/american-academy-of-pediatrics/) includes “Top Five” lists of commonly used tests and treatments whose necessity should be questioned and discussed. The development of the American Academy of Pediatrics Section on Neonatal-Perinatal Medicine Top Five list, led in part by BIDMC neonatologists, focuses on improving value in newborn medicine. Dr. Pursley also described the approach of the Collaborative Improvement and Innovation Network to Reduce Infant Mortality (CoIIN-IM) (http://www.nichq.org/childrens-health/infant-health/coiin-to-reduce-infant-mortality), a federally-funded, national collaborative. The focus is on improving social determinants of infant health and equity in birth outcomes, reducing maternal smoking, promoting safe sleep practices for infants, optimizing women’s health, and improving access to risk-appropriate perinatal care. He cited it as an excellent example of combining multifaceted stakeholder involvement, rigorous quality improvement, and collaborative learning to improve birth outcomes, including disparities. “Its goal, as is the goal of Choosing Wisely,” said Pursley, “is to provide higher quality care utilizing resources more thoughtfully and efficiently- an approach desperately needed today, especially in the care of the sickest, smallest, and most vulnerable among us.”

Director’s Perspectives, by S. Jean Emans, MD

In my dual roles as Director of the Office of Faculty Development and Chief of Adolescent /Young Adult Medicine, I am always impressed by the commitment of BCH faculty in addressing diversity and community outreach. This spring we highlight several HMS faculty members for their accomplishments and focus on the social determinants of health: Dr. Jessica Henderson Daniel, in creating the Rev. Martin Luther King, Jr. Legacy Lecture Series that has been held annually at BCH in January; Dr. DeWayne Pursley’s presentation on healthcare disparities in infant mortality as part of Black History Month events; and Dr. Amy Szarkowski’s DCCC Grand Rounds Lecture on caring for Deaf patients and families. Boston Children’s was founded in 1869 to serve the children of the city’s many immigrants and our current faculty have renewed the community mission. Take some time out for your own renewal and enjoy the New England spring!

Dr. Elizabeth Rider Awarded 2016 Platinum Medal for Excellence in Person Centered Healthcare – see p.3

Dr. Louis Kunkel Honored by the CureDuchenne Organization – see p.3
2017 Rev. Dr. Martin Luther King, Jr. Observance Program

The annual BCH Rev. Dr. Martin Luther King, Jr. Observance Program was held on Thursday, January 12 in Folkman Auditorium. The event featured the 2017 Black Achievers, Wadensky Bastien, technologist in Radiology, and Kumara Springer, administrative associate III in Complex Care Services, and also honored the long-term dedication of the Observance Program founder, Jessica Henderson Daniel, PhD, Associate Professor of Psychology (Psychiatry), Associate Director of the Leadership Education in Adolescent Health (LEAH) Training Program in the Division of Adolescent Medicine, and Director of the Psychology Internship Program. Dr. Daniel developed the Observance Program’s Legacy Lecture Series in 2005.

Sandra Fenwick, BCH President and CEO, welcomed the many event participants and called attention to Dr. King’s dedication to service to others and his ability to inspire others to be their best selves. Dr. Daniel’s keynote address was introduced by Ferne Pinard, PhD, Instructor in Psychology, and focused on the current relevance of the annual Observance Program topics over 11 years and how each represents a “Legacy” from Dr. King’s social and spiritual commitments, from the Legacy of Literacy to the Legacy of the Civil Rights Worker. In her review of the Programs, Dr. Daniel also discussed the dynamic relationship between her field of Psychology with Dr. King’s investments in the social sciences, community health, and education.

Closing remarks by Kevin Churchwell, MD, BCH Executive Vice President in Health Affairs and COO, praised the work of the MLK Observance Committee, the Black Achievers, and the artistry of the event’s performers, the Boston Arts Academy Spiritual Ensemble. Ronald Lacro, MD, Assistant Professor of Pediatrics, and David Urion, MD, Associate Professor of Neurology, facilitated the opening and closing prayers, respectively.

The MLK Observance Committee, led by acting chair Karol Jordan, organized the event. The event is co-sponsored by the Diversity and Cultural Competency Council, Human Resources, and the Office of Faculty Development.

1/20/17 Diversity and Cultural Competency Council (DCCC) Grand Rounds: Caring for Deaf Patients and Families

On Friday, January 20, the BCH Diversity and Cultural Competency Council Grand Rounds featured Amy Szarkowski, PhD, Instructor in Psychology and 2015-17 Allen C. Crocker Advocacy Fellow, and the topic “Caring for Deaf Patients and Families: Cultural Considerations and Relevant Health Practices.” Approximately 5.4% of school age children have some degree of hearing loss. Dr. Szarkowski discussed how hearing loss screening in babies and children could provide early interventions to lessen the risks of cognitive, linguistic, social, emotional, and academic problems; children who underwent early interventions performed 20-40% higher on school-related measures than children who did not receive these interventions. Deaf culture, in the United States and Canada, is coalesced by the use of American Sign Language (ASL) and the community is noted for its sustaining connections to the performing arts and poetry. However, deriving from a complex set of obstacles, Deaf and hard-of-hearing individuals can experience disparities in health services.

To lessen this inequity, Dr. Szarkowski encouraged health professionals to become aware of communication processes during encounters with Deaf and hard-of-hearing patients. She advises making eye contact, avoiding obscuring your face or mouth (such as, looking down at a chart), signaling topic changes, and making sure the sight line between you and your patient is clear. If an ASL interpreter is present, physicians and health professionals are advised to address the Deaf patient and patient family rather than the interpreter.

Assisting Dr. Szarkowski in responding to questions from the audience were: Arielle Spellun, MD (pediatric intern), Denise Fournier Eng, MA (speech-language pathologist) and Ashleigh Lewkowitz, AuD (audiologist).

DCCC Grand Rounds is sponsored by the Diversity and Cultural Competency Council, Human Resources, the Office of Faculty Development, and the Department of Medical Education.

Amy Szarkowski, PhD

An archived link to the 1/20 presentation can be found on the BCH website: https://meeting.childrens.harvard.edu/p68do9ypw8n/

The BCH Deaf and Hard of Hearing Program offers comprehensive evaluation and consultative services: http://www.childrenshospital.org/centers-and-services/deaf-and-hard-of-hearing-program
Dr. Elizabeth Rider Awarded 2016 Platinum Medal for Excellence in Person Centered Healthcare

Congratulations to Elizabeth Rider, MD, MSW, HMS Assistant Professor of Pediatrics and Director of Academic Programs for the BCH Institute for Professionalism and Ethical Practice (IPEP), who received the 2016 Platinum Medal for Excellence in Person Centered Healthcare by the European Society for Person Centered Healthcare (ESPCH). The award honors excellence in person centered health care advocacy, scholarship, research, and teaching. Dr. Rider was previously recognized as the 2009 BCH Community Pediatrician of the Year and in 2012 received the National Academies of Practice’s (NAP) Nicholas Cummings Award, issued to a member of a NAP Academy who has demonstrated outstanding or extraordinary contributions to interprofessional health care.

OFD Advisory Committee

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LOUIS KUNKEL, PHD, HONORED BY THE CUREDUCHENNE ORGANIZATION

Louis Kunkel, PhD, Professor of Pediatrics in the BCH division of Genetics, who discovered the gene that causes Duchenne muscular dystrophy, was honored on October 20 by the CureDuchenne organization at its inaugural fundraising event in Kendall Square, the biotechnology center of Cambridge. The event, “Dealing for Duchenne,” raised $125,000.

EDIE WELLER, PHD, APPOINTED BCH DIRECTOR OF BIOSTATISTICS FOR THE INSTITUTIONAL CENTERS FOR CLINICAL AND TRANSLATIONAL RESEARCH (ICCTR)

On December 1, 2016, Edie Weller, PhD, assumed the position of Boston Children’s Director of Biostatistics for the Institutional Centers for Clinical and Translational Research (ICCTR). Dr. Weller will concentrate on personnel management and strategic planning. Previously, Dr. Weller was the Senior Director of Biostatistics and Statistical Programming at Chiltern International and also worked for over 20 years as a biostatistician at Dana Farber Cancer Institute.

Have you received a research, teaching, mentoring, or leadership award? Please contact the Office of Faculty Development at ofd@childrens.harvard.edu and let us know!
News from the BCH Medical Library, by Meaghan Muir, MLIS

Meet Your Friendly Librarians!

The BCH Medical Library and Hospital Archives are now located on the 5th floor of the Longwood Center, LC 5110, at the corner of Longwood and Brookline Avenues, and across from the Galleria.

The mission of the Medical Library is to provide library and information services to support patient care, research and scholarly activities for all staff and employees at Boston Children’s Hospital. Faculty have been regular users of the library over the years, but if you haven’t recently worked with or met your BCH librarians, please learn more about us and how we can help.

Meaghan Muir, MLIS
As the Manager of Library Service, Meaghan is in charge of library administration and operations. She oversees library relations and develops the library’s print and electronic collection. She also teaches large and small group classes and conducts literature searches and systematic reviews. Meaghan regularly meets with departments and divisions around the Hospital to discuss how the library can provide services and support department activities.

Jessica LaBrie, MSLS
Among her many roles, Jessica focuses on electronic resource and journal management. She is the point person for electronic access issues, and is in charge of catalog maintenance. She also develops and updates the library’s websites and subject guides.

Alina Morris, MLIS
As hospital archivist, Alina selects, preserves and makes accessible records documenting the administrative, patient care, research and teaching activities of Boston Children’s Hospital.

Emily Schon, MLIS
Emily provides individual and group instruction on a variety of topics, ranging from using reference managers to improving literature searches. She also provides consultation and support for hospital personnel on literature searching and systematic reviews in clinical and research topics.

Contact:
Medical Library: library@childrens.harvard.edu; 617-355-7232
Archives: bch.history@childrens.harvard.edu; 617-355-5286
BCH Website: http://web2.tch.harvard.edu/library/

What We Are Reading this Spring:
Meaghan Muir, MLIS, Manager, Library Services: Margaret Atwood’s The Handmaid’s Tale
Alina Morris, MLIS, Hospital Archivist: Laura M. MacDonald’s Curse of The Narrows: The Halifax Disaster of 1917
Jessica LaBrie, MSLS, Librarian: Rebecca Traister’s All the Single Ladies: Unmarried Women and the Rise of an Independent Nation
Emily Schon, MLIS, Librarian: Jodi Picoult’s Small Great Things
Maxine Milstein, MBA, OFD Administrative Director: C.A Belmond’s Cooking for Picasso
Jill Dobriner, OFD Program Coordinator: Elena Ferrante’s The Story of the Lost Child

Massachusetts College of Art (MassArt) - Bakalar & Paine Galleries
621 Huntington Ave, Boston, MA 02115
Open Monday – Saturday, 12 – 6 PM; Wednesday, 12 – 7 PM
Information on Bakalar & Paine exhibitions: https://massart.edu/node/11
Listing of all Mass Art Galleries: https://massart.edu/galleries
As the Longwood Medical Area prizes originality and innovation, it is fortunate that one of its closest neighbors is the Massachusetts College of Art and Design (MassArt). MassArt includes 2 exhibition galleries, the Bakalar & Paine Galleries, open to the public free of charge and featuring contemporary artists and designers. Take a longer lunch break and visit the galleries this spring to explore how other innovators perceive and create our world.

Upcoming events:
4/20-5/10: 2017 MFA Thesis Exhibition

MassArt also has extensive programs for children and teens that cover both the academic year and summer vacations. see https://massart.edu/node/3396 and contact k12@massart.edu, 617.879.7170; in addition, bi-annual Family Days in the Bakalar & Paine Galleries offer free activities and art instruction.
May is Faculty Development Month!
Sponsored by President and CEO Sandra Fenwick, Executive Vice President and COO Kevin Churchwell, Jean Emans, and the Office of Faculty Development (OFD)

2017 Career and Life Skills Seminar Series

Getting Your Clinical Research Funded
Speaker: Isaac Kohane, MD, PhD, Marion V. Nelson Professor of Biomedical Informatics
Tuesday, May 2, 12 – 1 PM, Karp 6 Conference Room, lunch provided
Cosponsored by the Office of Faculty Development and the Office of Fellowship Training
This workshop is designed to present strategies, tips, and practical guidance for fellows and junior faculty to obtain funding for clinical research

Strategies for Saving for College
Speaker: Jonathan Griswold, MD, Instructor in Anesthesia
Wednesday, May 24, 11 - 12:30, Karp 7 Conference Room
Dr. Griswold will discuss various strategies for saving for college and the pros and cons of the different types of college savings plans. The primary focus will be on "529" college savings plans.

How to Plan a Productive Annual Career Conference
Speakers: Margaret Kenna, MD, MPH, Professor of Otology and Laryngology
Alan Leichtner, MD, MSHPEd, Professor of Pediatrics and Chief Medical Education Officer
Moderator: Jean Emans, MD, Mary Ellen Avery Professor of Pediatrics and Director, OFD
Tuesday, May 30, 12 to 1 PM, Enders Seminar 1, lunch provided
This workshop will introduce you to the OFD Career Conference Form, how you can prepare responses/questions in advance of the meeting, and tips for interacting with your chair/mentor.

Register for workshops by emailing OFD@childrens.harvard.edu

Graduate Medical Education Day and Spring Education Retreat
Sponsored by:
BCH Academy for Teaching and Educational Innovation and Scholarship
Office of Graduate Medical Education
Office of Faculty Development
Boston Combined Residency Program Medical Education Academy

Tuesday, April 25, 4 to 5 PM, Patient Entertainment Center
Poster Sessions

Wednesday, April 26, 12 Noon to 4 PM
12:00PM-1:00PM – Grand Rounds
Joan Y. Reede, MD, MS, MPH, MBA, Dean for Diversity and Community Partnership

1:15PM-4:00PM – Spring Education Retreat:
Tools for Burnout Prevention: GMEC Wellness Subcommittee
Choice of 3 “Best Clinical Teaching Practice” Workshops:
Teaching in the Ambulatory Setting by Drs. Sarah Pitts and Robert Sundel
Teaching in the Operating Room by Drs. Craig Lillehei and Benjamin Zendejas-Mummert
Teaching Procedural Skills by Drs. Joshua Nagler and Michael Goldman

For more information, contact BCHAcademy@childrens.harvard.edu
Save the Date: Leadership in Research - Building Your Team and Managing People

Speakers: Melissa Brodrick, MEd; Jordan Kreidberg, MD, PhD; Ellen Rothstein, JD; Lydia Shrier, MD, MPH; Judith Zola, MBA

When: Monday, June 12, 8:00 to 1:00 PM
Location: Karp 6 and Karp 4 Conference Rooms
Breakfast and lunch will be provided

Co-sponsored by the Office of Faculty Development, the Office of Fellowship Training, Human Resources, and the Office of General Counsel

Successful basic science and clinical research projects require a proficient team. If you are a PI or an aspiring leader, come learn about hiring, supervising, and managing your staff.

To register: faculty can email ofd@childrens.harvard.edu

See p. 7 for a list of HMS and BCH leadership programs

Dr. Catherine Brownstein Receives 2017 HMS Office for Diversity Inclusion & Community Partnership Faculty Fellowship

Congratulations to Catherine Brownstein, MPH, PhD, Instructor in Pediatrics in the BCH Division of Genetics, who has been awarded a 2017-2019 HMS Office for Diversity Inclusion & Community Partnership (DICP) Faculty Fellowship to pursue her research project. The Fellowship provides 2 years of research funding of $50,000 per year as well as Fellowship-related activities and opportunities. Dr. Brownstein's project, "Using Whole Genome Sequencing to Find Non Coding Region Mutations Responsible for Very Early Onset Psychosis," focuses on the rare condition of Very Early Onset Psychosis (VEOP) and genetic testing. Her research mentor is Dr. Joseph Gonzalez-Heydrich, Associate Professor of Psychiatry. "Dr. Gonzalez-Heydrich and I have been performing exome and chromosomal microarray (often called CMA) genetic testing on patients with VEOP with success, leading to the discovery of some new genes for this condition," Dr. Brownstein summarized. "However, there is a subset of patients for which this approach has been unsuccessful in producing gene candidates. The DICP award allows us to perform a more complete genetic test, called Whole Genome Sequencing (abbreviated as WGS) on these patients."

Catherine Brownstein, MPH, PhD

Everyday Stress Management
Some tips from Rana Chudnofsky, MGH Benson-Henry Institute for Mind Body Medicine
Benson-Henry Institute Website: https://www.bensonhenryinstitute.org/about/mission-and-history

Are you getting anxious as you prepare for a long work day? Do you expect stressful research group meetings or encounters with patients? At a March workshop held at Brigham and Women’s Hospital, Rana Chudnofsky, Director of the Resilient Youth Program at the MGH Benson-Henry Institute for Mind Body Medicine, suggested several techniques to calm your nerves before, during, and after any difficult experiences.

- Warm hands can cue the body into a relaxation response (the opposite of the stress response); place your hands on a cup of tea or warm liquid prior to a work meeting or clinical encounter.
- To calm a “monkey mind” that refuses to concentrate, sit comfortably in chair and dig heels into the floor to focus on sensations in your body; press onto your left or right side, and focus on moving your toes and feet. Gradually, relax the entire side. Follow with the other side.
- Qigong, a form of meditative exercise, involves repeated gentle movements such as tapping shoulders, arms, and legs and can relieve tension in muscles.
- During the workday, adopt some meditative practices. Simple breathing exercises can be done while waiting for a computer to boot-up: inhale on 4 counts, hold for 7 counts, and exhale for 8. In addition, inhaling when opening arms and exhaling on closing them can have a calming effect on the body and mind.
- Think about what brings you a relaxed state and try to re-capture the sensation. Some people find that carrying scents (lavender oil, etc) with them is helpful. Music and tokens from childhood or loved ones are also popular.

Rana advises that once you are in a relaxed state, take a few minutes to appreciate the sensations before moving on with your day. The more you practice these techniques, the more you will carry a sense of well-being with you and lessen your stress response.
BCH faculty can take advantage of a number of leadership course opportunities throughout Harvard including the June 12 BCH Leadership in Research course for PIs outlined on page 6.

- OFD seminars on Leadership skills
  http://www.childrenshospital.org/research/ofd
  How to Plan a Productive Annual Career Conference
  Negotiating Up: Dealing with Power Differentials
  Dealing Effectively with Abrasive Personalities
- Harvard Macy Institute Programs: Program for Educators in Health Professions; A Systems Approach to Assessment in Health Professions Education; Leading Innovations in Health Care & Education; Health Care Education 2.0 – Transforming Your Teaching for the Digital Age: Program for Post-Graduate Trainees: Future Academic Clinician-Educators.
  http://www.harvardeducation.org/
- Harvard T.H. Chan School of Public Health two-week Leadership Development for Physicians in Academic Health Centers course
  https://ecpe.sph.harvard.edu/programs.cfm?CSID=LDP1016
  http://www.exed.hbs.edu/campaign/Pages/healthcare.aspx
- HMS Leadership Development Course for Physicians and Scientists (annual)
  http://fa.hms.harvard.edu/leadership-program
- HMS joint hospital course for faculty mentors (annual)
  https://mfdp.med.harvard.edu/mentoring/chaddmentoring
- Harvard Division of Continuing Education offers a number of leadership and professional development courses
  https://www.extension.harvard.edu/professional-development/

Congratulations to the Boston Children’s recipients of the 2017 Harvard Medical School Excellence in Mentoring Awards! HMS ceremony scheduled for 6/12, 4-6 PM, Carl W. Walter Amphitheater.

William Silen Lifetime Achievement in Mentoring Award
- Alan B. Retik, MD, HMS Professor of Surgery, BCH Department of Urology

Young Mentor Award
- Ashwini Jambhekar, PhD, HMS Instructor in Pediatrics, BCH Division of Newborn Medicine

Look for their mentoring tips in our summer issue!
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