



NEWSLETTER

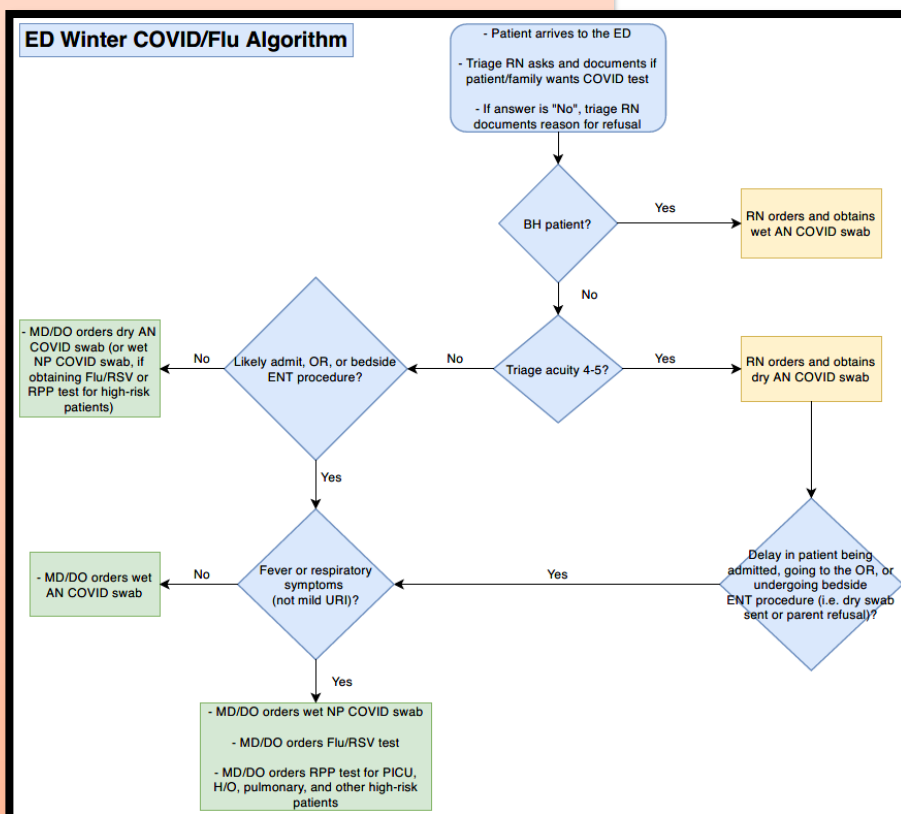
October 2020

Division updates:

Radiology:

- If there is a question on what imaging to obtain for a patient (i.e., CT versus MRI), please feel free to discuss with Rady Radiology (or StatRad, if after hours)
- XR KUB (1-view film) has limited ability to determine obstruction © if concerned, please consider 2-view abdomen

ED Winter COVID/Flu Algorithm:



Epic Updates:

Epic Secure Chat:

Secure Chat has replaced Imprivata Cortext for inpatient communication!

Secure chat allows you to communicate quickly and safely with colleagues by sending secure instant messages within Epic. This can be done within Hyperspace on your desktop computer or your hospital owned mobile device using Haiku or Canto. Messages sent can be associated with a specific patient, and sent to single or multiple recipients. Messages will not be a part of the Legal Medical Record; however the messages are stored in the database and might be legally discoverable. Secure chat messages are stored in Epic for 3 days. After 3 days your messages will not be available to view.

- Send an Epic Secure Chat Message directly from the Storyboard by hovering over the Attending. You can view the treatment team and click on “New Chat” to send a message. This will prevent you sending a message to the wrong staff member.

The screenshot displays the Epic Storyboard for patient Willow, Elaine. The interface includes a navigation bar at the top with tabs for Summary, Chart Review, Results, I/O, History, Orders, Prob/CC, Notes, and Meds. The main content area is divided into several sections: a COVID-19 alert, a Review section with links for VS w/PEWs, Vitals Graph, Respiratory, IO, MICRO Summary, Weights, Patient Summary, A&B/Desat Log, and WAT-1/FINN; a Meds and Notes section with links for Meds, MAR History, MAR Report, RN Notes, Progress Note 5d, TPN, and LDA; a Vitals (Min/Max) section with a View Graph link; and an Intake/Output section showing None. The Treatment Team section is highlighted, showing Daniel W Hershey, MD as the Attending (since 2/25/2020) and Cynthia L Kuelbs, MD as the Primary Care Provider. A red box highlights the 'New chat' button in the bottom right corner of the Treatment Team section.

Which Types of Communication can I use Epic Secure Chat for?

- Only should be used for same-day/same-shift patient-related communication (Otherwise, use In-Basket or email)
- If message is Extremely Urgent, consider sending a webpage.
- Avoid large group chats when possible. Send individual messages if only intended for one recipient.
- The Pediatrics Admitting Resident and also the House Supervisor will have group accounts



Dr. Matt Murray

"I want to thank Dr. Murray for being a great physician and coworker during our resuscitation in the trauma bay the other day. Dr. Murray maintained a calm environment, sought input from his fellow clinicians and the family, and was quick to respond to any of the team's concerns. I'm very glad he was our attending that day and I'm grateful for his insight and professionalism. I look forward to working with him more in the future."

Dr. Fareed Saleh

"My son, Landon, was on his Make-A-Wish trip, but unfortunately had a bump in the road. Landon was having clusters of seizures lasting about 3 hours. I was scared being across the country and away from home. As soon as we entered the Emergency room, I knew we would be okay. Landon's team of doctors and nurses were fantastic and went above and beyond. The amazing communication between the doctors and nurses was fabulous!"

Clinical Director Update

Fareed Saleh, MD, MHA

• Scheduling:

- To be credited for additional hours following the end of your shift time, you need to see new patients → standard for all providers
- AM Surge → new time frame 10:00 to 18:00 with latest to be called by MOOD/Admin on call being 14:00 (i.e., if called at 14:00, then the AM surge has 1 hour to report to ED (start shift at 15:00)
- For October: EDS shift changed from 7p to 11p → 6p to 11p (which is consistent with September schedule as well as syncs with end time of AM surge) → I apologize for any inconvenience and please let me know if you have any difficulty with this change in start time

• Operations:

- Supplies update: **Nitrous oxide** is available again for patients, if needed
- If ordering blood cultures for patients that have multiple port sites, please make sure to select the order to draw blood cultures from each port site (already updated in **ED Fever and Neutropenia** order set)
- If a provider does not have his/her badge, then they will be denied entry to ED → this applies to PEM providers as well as subspecialty providers



• Behavioral Health:

- For all patients that come from Polinsky Children's Center to be evaluated for medical clearance or receive a COVID-19 swab, once the COVID-19 swab is completed the patient does not need to wait in an ED bed for the test result (please discharge the patient to have the room prepped for another patient)
- Please make sure to put in an order for physical restraints with the correct start time ☑ there have been multiple instances where this has not been done recently



QUALITY Improvement

Updates Seema Shah, MD and Amy Bryl, MD

QI Updates:

- Esophageal Button Batteries < 12hrs
 - Honey 10 mL q10 mins x6
- Telemedicine Consults
 - Consulting trainee or parent device workflows
 - Neurology: contact primary neuro attending during day, complete ED attending exam first
- QI course (for fellows and faculty)
 - 3rd Fridays 0830-1030 am
 - Friday November 20th: QI Data and QI Macros

STI Screening

- Chlamydia/GC DNA PCR (in-house test) kit shortage since mid-August
- Order options:
 - Chlamydia/GV RNA TMA (Quest) urine
 - If unavailable, order GC culture AND chlamydia culture (other reference test) vaginal swab. Swab can be done by patient or provider, RN can give instructions
- RNs will be able to place standing order for urine test for patients > 12 with abdominal pain, GYN/GU complaints, behavioral health patients
 - If urine unavailable, they will ask you to order cultures
- Please document confidential teen phone number under Demographics: Teen cell



Demographics

Contact Information Clinical Information Additional Information Advance Directives Inpatient Info

No photo for this patient.

Name: CHRISTIAN SUN SIK REARDON SSN: xxx-xx-xxxx

Sex: Male Birth date: 11/29/2008 Aliases: 1 REARDON, CHRISTIAN

Patient status: Alive Patient IDs: 1 E2300828

Marital status: Single Patient type: 1

Ethnic group: Non-Hispanic Preferred form of address:

1-Permanent 2-Temporary 3-Confidential

Address: 10926 Horseshoe Ridge Ct

City (or ZIP): San Diego

Contact information:

Number	Type	Number
2	Work Phone	
3	Teen cell	
4	Home Fax	

Adolescent Medicine Referrals:

Urgent (we can place this from ED):

- Follow up for patients discharged with PID
- High-risk teens needing contraception (trafficked, high-risk sexual behavior)
- AUB with active bleeding

Routine (PCP referral):

- Menstrual concerns
- Contraception
- Acne
- Eating disorders (not severe enough to require admission or partial hospitalization)
- Substance abuse (tobacco, marijuana, alcohol)
- Transitional support for youth with chronic conditions
- Med management for depression, anxiety, ADHD

* patients with mania, psychosis, increased risk of suicide should see a psychiatrist

Sexual History, Contraception & STI

View last documented values
Unable to assess due to: Patient cognition/functioning

Sexuality

Ever had sex? Yes No Currently sexually active? Yes No

Ever had oral sex? Yes No Ever had anal sex? Yes No

Sexual Orientation: Lesbian or Gay, Straight (not lesbian or gay), Bisexual, Something else, Don't know, Choose not to disclose

Number of partners in lifetime: [] Number of partners currently: []

Contraception

What contraception is used: Condom, Birth control pill, Patch, Depo, IUD, Nexplanon, Other contraceptives, None

How often are condoms used: always, sometimes, never

Sexually Transmitted Infections

STI Labs (last 12 months)

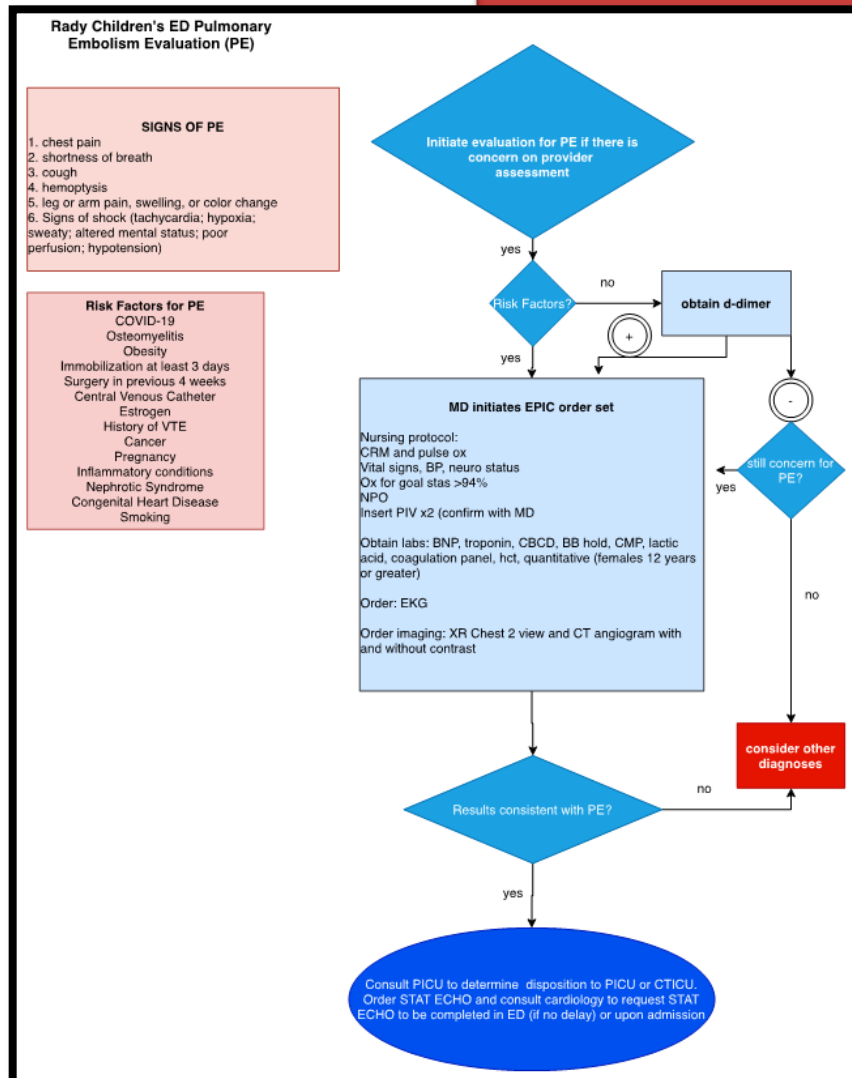
Ever had: Gonorrhea, Chlamydia, Herpes, HIV, Syphilis, Trichomoniasis, Hepatitis B, Hepatitis C, Genital Warts, Other (add comment)

None

Mark As Reviewed Never reviewed

PE Guidelines:

- The d-dimer cut off recommended by hematology is 0.5 ug/mLs



Ultrasound *Spotlight*

Atim Uya, MD

THE ULTRASOUND CHALLENGE CUP

The days of COVID have led to a lot of introspection and I'm sure, most of us, if not all, have wondered at some point in time, how many ultrasound scans can I perform in 6 months? How well would I perform amongst my peers? There is no need to wonder anymore!!!

We are happy to announce the ultimate in ultrasound challenges, THE ULTRASOUND CHALLENGE CUP.

The aim of this friendly ultrasound competition is simple, perform as many ultrasound scans as possible and WIN!

How does it work?

Faculty and fellows form a team and pick a name (based on fellow family groups, see below). Each team performs as many scans as possible (both educational and scans used in medical decision-making count). At the end of 6 months, we count the number of scans from all team members and add them up. The team with the highest number wins the prizes!!

What's the prize?

\$200 for the fellow

\$300 for the family group to use for dinner (solid or liquid)

AND

The name of the winning team on the Ultimate Ultrasound Challenge Champions cup (+ bragging rights)



When does it start and end?

Nov 1st – May 1st. Winners to be announced at the May division meeting

Team scores will be sent out on a monthly basis.

So, what are you waiting for??? **START SCANNING!!!!**

Cheers,
Ultrasound team

Fellowship Family Groups:

HAZBOUN	KLINE	GOMEZ
Shah, Ashish	Austin-Page, Lukas	Uya
Etkin, Marc	Conrad, Heather	Saleh
Metcalf, Ashley	Kanegaye, John	Harley
Pade, Kathryn	Murray, Matthew	McDaniel
		Wang

NICHOLS	SHETH	WO
Donofrio	Lucio	Zimmerman
Nguyen, Mylinh	Bryl	Nguyen, Mar
Ulrich	Hoecker	Vane
Gardiner	Ghafouri	Schwartz
Tamas	Vayngortin	Schroter

Kramer	Tam
Herskovitz	Chang
Yaphockun	Mandeville
Ishimine	Wu
Gutglass	Ranasuriya
Ishimine	Shah

Research Update

Kathy Hollenbach PhD, John Kanegaye MD, Michael Gardiner MD, & Margaret Nguyen MD

Just a Reminder:

- Upcoming Topics for 3F Research Meeting (Faculty and Fellows!)

AY 20-21	Topic
12/18/20	Common biostats questions on the boards
2/19/21	Presenting at meetings (writing abstracts)
4/16/20	Qualitative research basics
6/18/21	Survey research

- November Research Office Hours

PEM Research Office Hours		NOVEMBER																
Month:	NOVEMBER	MON	TUES	WED	THURS	FRI	MON	TUES	WED	THURS	FRI	MON	TUES	WED	THURS	FRI	MON	
		11/2	11/3	11/4	11/5	11/6	11/9	11/10	11/11	11/12	11/13	11/16	11/17	11/18	11/19	11/20	11/23	11/24
8:00 AM	JTK							JTK										
8:30 AM	JTK							JTK				MBN						
9:00 AM	JTK				MBN			JTK		MBN		MBN					MG/MBN	
9:30 AM	JTK				MBN			JTK		MBN		MBN					MG/MBN	MG
10:00 AM	JTK				MBN			JTK		MBN	MG	MBN					MG/MBN	MG
10:30 AM	JTK				MBN			JTK		MBN	MG	MBN					MG/MBN	MG
11:00 AM	JTK				MBN			JTK		MBN	MG/MBN	MBN	JTK	JTK			JTK	JTK
11:30 AM	JTK				MBN			JTK		MBN	MG/MBN		JTK	JTK			JTK	JTK
12:00 PM	JTK/MG				MBN		MG	JTK			MG/MBN		JTK	JTK			JTK	JTK
12:30 PM	JTK/MG				MBN		MG	JTK			MG/MBN		JTK	JTK			JTK	JTK
1:00 PM	JTK/MG				MBN		MG	JTK			MG/MBN		JTK	JTK			JTK	JTK
1:30 PM	JTK/MG				MBN		MG	JTK			MG/MBN		JTK	JTK			JTK	JTK
2:00 PM	MG			MG	MBN		MG						MBN					MG/MBN
2:30 PM	MG		MG		MBN		MG						MBN					MG/MBN
3:00 PM	MG		MG				MG						MBN					MG
3:30 PM	MG		MG				MG						MBN					MG
4:00 PM													MBN					
4:30 PM													MBN					

- Recent Presentations/Acceptances:

Please congratulate your colleagues on their research accomplishments.

- The following projects appeared at the recent AAP conference:
 - Conrad H, Bialostozky M, Bryl A, Shah S, Etkin M, Hollenbach K. Decreasing enema administration for constipation in a large pediatric emergency department. (poster)
 - Bryl A, Cohen L, Stone J, Bialostozky M, Upasani V, Shah S. Reducing orthopedic consults in the pediatric emergency department. (poster)
 - Hazboun M, Luu A, McMahan M, Popien T, Shah S, Bryl A. Preventive asthma management in the pediatric emergency department. (oral)
 - Nguyen M, Schwartz K. Health disparities and Perforated appendicitis in CA (oral)
- Two papers by our division members have received their final acceptances for publication:
 - Bryl, Demartinis, Etkin, Hollenbach, Huang, Shah. Reducing Opioid Doses Prescribed from a Pediatric Emergency Department
 - Guyon, Corroon, Ferran, Hollenbach, Nguyen. Trends in Pediatric Cell Phone-Related Injuries Presenting to U.S. Emergency Departments



Updates

Scott Herskovitz, MD & Tanya Vayngortin, MD

Peer Support:

We will start trialing an ED specific peer support process based on difficult cases starting in November. This is purely voluntary. A rotating group of our ED faculty will reach out directly to check in after events occur in the ED. In addition to being voluntary, this is also confidential. If anyone has questions, please feel free to reach out.

Stacey shared these helpful strategies for reducing stress on shift:

STRESS REDUCTION TECHNIQUES:

TAP OUT AND TAKE A LAP

- While at work tap out a colleague
- Take a lap around the unit/department together
- Coach colleague through breathing techniques
- Takes 1-2 minutes
- Removal from stressful environment allows grounding, reset, breaks flight/fight, and stimulates parasympathetic system
- Can also tap out and walk on own if no colleague available

TAKE BACK HANDWASHING

- Are you irritated with more hand washing since pandemic?
- Take it back
- Use hand washing for moments of mindfulness
- Focus on how lathering feels
- Take it inward
- Give self care
- Gratitude, pray, affirmation, meditation, music
- Add up the times you hand wash in a day
- That's a lot of self-care!



ED Snacks/Coffee:

New snacks are in the ED workroom thanks to Bianca.

Additionally, more Nespresso pods arrived so be on the lookout for these in the workroom for a much-needed caffeine boost.

Wellness Events:

We are all so starved for social interactions. There has been a lot of handwringing over gatherings so as to avoid us becoming our own outbreak. At this point the state has mildly relaxed guidelines for social gatherings. However, we have to be careful still due to our high-risk exposures and need to set good examples. I will be sending a bubble of sorts for groups to arrange small socially distant events. This is by no means limiting and only for those comfortable. These may be zoom happy hours, trivia nights, outdoor bbqs, beach bonfires, etc.

Get to know your fellow faculty members!

Stephanie Do:

Stephanie moved here from Detroit with her husband and fur babies. She did her fellowship training at Children's Hospital of Michigan where she worked for a few years after graduating and was the associated fellowship director before moving to San Diego!

Personal Achievements:

- Snuck her wedding in on Leap Day, right before COVID shift down the country. She and her husband enjoy being outdoors; hiking, snowboarding and playing volleyball. They take football very seriously in their house: COVID is ruining her fantasy team!!
- Went Skydiving for the first time at 16,500ft in New Zealand!

Professional Achievements:

- Wrote a book chapter for Tarascon

She enjoys working at **"The Ranch,"** and is a part of the code blue/white committee and working on updating our code cart!



Mike Gardiner:

Personal Achievements:

- Survived 7 months of quarantine with two toddlers. Many tears, no broken bones.
- Bought a new house now s/p 6 weeks of landscaping, still having nightmares about contractors.

Professional Achievement:

- Manuscript accepted for publication in Pediatric Emergency Care.



Fellowship Updates *Paul Ishimine, MD and Kathryn Pade, MD*

- “We're excited to announce that we have successfully started our 2020 interview season. We had a record number of applicants this year, and we will be interviewing 40 candidates for 3 positions.”

Urgent Care Updates *Greg Langley, MD and Seema Mishra, MD*

- “We are excited to announce that we will be re-opening our Escondido Urgent Care on November 15. We hope to open our East County site in December.”

Our Division's Newest Core Providers

Welcome:

Adnan Mesiwala, DO

Adnan is a graduate of the Michigan State University College of Osteopathic Medicine medical school, completed pediatrics residency at Harlem Hospital Center/Columbia University and finally PEM fellowship at New York Presbyterian- Weill Cornell Medical College in June 2020!



Yan Zhan, MD

Yan is a graduate of the University of Pittsburgh, School of Medicine, Pittsburgh, PA medical school, and many of you know Yan during the time she completed pediatrics residency at UCSD. During a “gap” year, Yan spent time as one of our IC physicians and went onto completing PEM fellowship at Medical College of Wisconsin in June 2020.

