



Maine Pediatrics

May 2024 | Newsletter Highlights

- President's Message
- Feature: May is Suicide Prevention Month
- Member Spotlights: Valerie O'Hara, DO & Kristine Pleacher, MD
- Advocacy/Legislation Update
- 'In The News'
- 'Did you Know?' CMV Screening
- Upcoming Partner Programs



President's Message from Laura Blaisdell, MD, MPH, FAAP

Did you see May 1st on the calendar and like me wonder how we got here so quickly????

There are so many profound transformations that happen during Spring—seemingly overnight. A green tulip one day, fires a brilliant red in the next morning's sunshine. These overnight miracles happen regularly in pediatrics—the non-sleeping infant suddenly gives the parent restful respite (after 40 minutes of sleep training from their doc!), the crawling infant suddenly is a biped and the high schooler graduates into young adulthood. Each is a miracle in its own right—and our profession has a front seat in creating the supportive environment for children and families in Maine to flourish.

At Maine AAP, we are also going through transformations! As Dr. Brian Youth moves into the President role, Dr. Annie Coates will become your new Vice President. As we sincerely thank Gita Rao, MD, Syd Sewall, MD, MPH, and Mary Tedesco-Schneck, RN, PhD for their service on the board—we are joined by Rebecca Brakeley, MD! It has been a distinct pleasure to hold the leadership baton for this meaningful and talented community of pediatric providers—an experience for which I will ever be grateful.

However this spring transforms your life— may you take a moment to stop and appreciate the wonder of change.

May is Suicide Prevention Month

Congratulations to the Maine Suicide Prevention Ambassador team, Maine AAP member Alyssa Goodwin, MD and her counterpart, Shamera Simpson from the American Foundation for Suicide Prevention. The duo presented during NAMI Maine's *Beyond the Basics in Suicide Prevention* conference on *Strategies for Implementing the AAP Blueprint for Youth Suicide*



Member Spotlights:

Valerie O'Hara, DO, FAAP & Kristine Pleacher, MD, FAAP



Maine AAP Board of Directors Member and obesity medicine specialist, Dr. Valerie O'Hara, recently co-authored "Special considerations for the adolescent with obesity: An obesity medicine association (OMA) clinical practice statement (CPS) 2024." Dr. O'Hara works at the MMC Weight and Wellness Clinic and is a national spokesperson for the disease of obesity. [Read it here!](#)

Maine AAP Member, Dr. Kristine Pleacher is the recipient of the 2024 MPHA Ruth S. Shaper Memorial Award which recognizes an individual who has made a significant contribution to public health. Following the Lewiston mass shooting tragedy, Dr. Pleacher helped create **Maine Providers for Gun Safety** to formally organize medical providers across the state so they could get involved and stand together for common sense gun laws. She has been part of national efforts around gun safety and a regular at the State House testifying on gun safety legislation.



Gun Safety Legislation Update

Maine has made significant progress on gun safety this legislative session. The Governor's bill, LD 2224, "An Act to Strengthen Public Safety by Improving Maine's Firearm Laws and Mental Health System," was signed into law by the governor on Friday. The bill expands background check requirements for firearm transfers, improves the state's yellow-flag law, and makes investments in Maine's mental health system and violence prevention programs. LD 2238, "An Act to Address Gun Violence in Maine by Requiring a Waiting Period for Certain Firearm Purchases," sponsored by Sen. Peggy Rotundo, which requires a 72-hour waiting period after the purchase of a firearm, was allowed to go into law without the governor's signature. The bill that would have banned bump stocks unfortunately was vetoed. If you are interested in being part of the Maine AAP's Gun Safety Workgroup, please let us know. The group meets monthly during session.

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In the News

AMA & CDC Measles Fireside Chat On-Demand: Please [watch and share the recording](#) of the AMA and CDC Fireside Chat on measles, which featured CDC subject matter experts discussing the current trends in measles epidemiology, measles recognition, travel-associated risks, core healthcare infection prevention measures, and the importance of vaccination.

impact
the health
and well-
being of
children
in Maine.

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AAP's New Podcast Episode of Pediatrics On Call: " Supporting Families After a Child's Death." In this episode of Pediatrics on Call, Arwa Nasir, MBBS, MS, MPH, FAAP, and chair of the AAP Committee on Psychosocial Aspects of Child and Family Health, details a clinical report on supporting family members grieving the death of a child. Also in this episode, Kao-Ping Chua, MD, PhD, FAAP, talks about his research on the dispensing of antidepressants to adolescents and young adults. Find the episode [here](#).

AAP's Environmental Health Toolkit Includes Video About Climate Change's Impact on Kids: On Earth Day, the AAP offers members resources including a [video](#) that describes the impact of climate change on children - and what families can do to protect them. Find this as well as other videos, social media messages, HealthyChildren.org articles and more assets you can share with your networks in the Environmental Health campaign [toolkit](#).

AAP Webinar Available: Diagnosing Measles in the Pediatric Setting. Sean O'Leary, MD, MPH, FAAP, chair of the AAP Committee on Infectious Diseases, describes the three steps pediatricians should immediately take if they have a patient suspected of having measles: isolate the patient, report to public health, and collect the appropriate specimens. [Watch here](#) to learn more about how to quickly diagnose measles and minimize the spread of the virus.

Maine Early Childhood Consultation Partnership (ECCP) has Openings for Services. Maine ECCP offers mental health consultation to early childhood education and family childcare programs who serve children 0-8 years old. [Learn more.](#)



Cytomegalovirus Screening

Maine has legislation regarding CMV that includes education for pregnant people and establishing targeted screening for newborns. It is estimated that 1 in 200 infants are born with congenital CMV. 90% of these infants will appear asymptomatic at birth but 10-15% may experience hearing loss. The 10% of infants that have visible symptoms at birth such as microcephaly, and/or thrombocytopenia have higher risk of hearing loss and other long term health problems.

For more information please visit [Cytomegalovirus \(CMV\) \(maine.gov\)](#), [CMV Legislation | National CMV Foundation | National CMV Foundation](#).

In addition to the resources and video on the Maine CDC site, consider watching this short, informative video by the Colorado AAP. <https://vimeo.com/costelloproductions/review/906862185/46d3153778>

Upcoming Maine AAP Programs

Save the Date! May 17 & 21, 2024 - 12:00PM - 1:00PM.

Join us for one of the lunch & learn sessions on Resilience and Relational Health: *Keep Calm and Coregulate: A Trauma Informed Response to Behaviors in the Clinical Setting*, by Dr. Gretchen Pianka, MD, MPH.

Upcoming Partner Programs

May 1, 15, & 29, 2024 - 12:30PM - 1:30PM: Eating Disorders in Children & Adolescents. [Learn more.](#)

May 2, 2024 - 8:30AM - 4:30PM: Patient Safety Academy Presents Navigating Together: Charting a Course for Safer Care. [Learn more.](#)

May 2, 2024 - 12:00PM - 1:00PM: Working Toward Equitable Access to Health Care for People with Disabilities. [Learn more.](#)

May 6-10, 2024 - 9:00AM - 4:30PM daily: The Office of Child and Family Services is offering clinical training in the Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH). [Learn more.](#)

May 15-17, 2024: B.E.S.T. Connection 30th Annual Lactation Conference. [Learn more.](#)

May 21, 2024 - 12:00PM - 1:00PM: PEH Grand Rounds "Wildfire Smoke Exposure in Kids: How to Mitigate Health Effects" by Stephanie Holm, MD, PhD, MPH. [Learn more.](#)

May 21, 2024 - 4:00PM - 8:30PM: Partnerships in Pediatrics Conference. Bass Room, Franklin Memorial Hospital, Farmington. [Learn more.](#)

May 22, 2024 - 12:00PM - 1:00PM: SAVE THE DATE for a webinar on *Safe Sleep and SUD* by the Maine SUD Learning Community with Lisa Letourneau, MD, MPH; Meredith Jackson, MD; Stacy LaFlamme; Kimberly Gosselin, LSW-c, OQMHP; and Alane O'Connor, DNP.

May 31, 2024 - 8:00AM - 4:00PM: Save the Date: Pediatric Musculoskeletal Boot Camp for Primary Care Providers. [Learn more.](#)

June 1, 2024 - 7:00PM: Maine State Breastfeeding Coalition Presents: The Patchwork of Parenthood. [Learn more.](#)

June 10, 17, & 24, 2024 - 12:00PM-1:00PM: Pediatric Oral Health ECHO: Emerging Role of Silver Diamine Fluoride for Early Childhood Caries in Primary Care. [Learn more.](#)

June 14, 2024: 9:00AM - 3:30PM: PQC4ME Annual Conference at the Augusta Civic Center. Registration coming soon! [Register Here.](#)

Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

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