



THE SECTION ON INTEGRATIVE MEDICINE

Spring 2019
NEWSLETTER

Chairperson's Report

By Joy Arlene Weydert, MD, FAAP



Happy Spring and Summer to you all and a special welcome to all our new members. I hope that you will join us on the active conversations of our listserv and learn from our colleagues. Also, don't hesitate to post any questions you may have so that you can benefit from the wisdom of our group.

As a follow-up to the email I sent to all SOIM members at the start of the New Year, the SOIM Executive Committee (EC), with the help of our AAP Manager Teri Salus, has now "opened" the revised SOIM website within the AAP website. Everything had to be rebuilt and we are still in the process of adding content, but this is a start. To access the website, go to <https://www.aap.org/en-us/about-the-aap/Sections/Section-on-Integrative-Medicine/Pages/SOIM.aspx>. From there, click on "My Collaboration Sites", log in with your AAP login, and then click on "Section of Integrative Medicine". Again, this is currently "bare bones" but we are working on adding content. What would you find helpful on this site? Please give us your feedback (tsalus@aap.org).

A few of us recently attended the AAP Annual Leadership Forum (ALF) where new policies are proposed, debated, and then voted on to be brought forth to the AAP Board for consideration for action. What was apparent to us representing SOIM was the relative lack of evidence-based integrative therapies offered within these and other policies—most notably the recent policy statement on pain management in children. Because of this concern, the SOIM EC is working on an ALF proposal advocating that all AAP Policy Statements, Clinical Statements, and Technical Reports include evidence-based integrative strategies. Our proposal will be submitted early Fall 2019 for consideration at the Spring 2020 ALF.

That being said, members of the EC have reached out to and are working with other sections and committees within the AAP who are in the process of policy reviews to add integrative content. Some of the current projects include addressing pain in sickle-cell disease, sensory processing disorders, and an ADHD tool kit, to name a few. We will keep you informed on the progress of these endeavors.

Blessings to you all!

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Meaning and Purpose: Burnout and Resilience



Hilary McClafferty, MD, FAAP

Past Chair, Section on Integrative Medicine

Like many of you, my work life has changed significantly over the years. These transitions have reinforced my conviction that a strong sense of meaning and purpose are integral to a sustainable career in medicine.

Take a moment to consider your current feeling of meaning and purpose at work. Where would you fall on an informal scale of 1-10, with 10 being a high sense of meaning and purpose on most days?

If you fall in the upper range, say 7-10, that is a tremendous accomplishment and a powerful buffer against burnout. What are those things that are bringing you meaning and joy, providing you energy to meet the challenges of the day? Write them down. These are your guideposts.

If you are on the lower end of the scale, say less than 5, when was the last time you did have a strong sense of meaning and purpose at work? What work were you were doing? Which specific elements deeply resonated with you then? What fueled your sense of purpose?

Write it down- these are your bread crumbs.

When you think about that prior sense of purpose and direction, what is different now? Elements that may have changed include the actual job you were performing, and also the setting, the people, your support system, technology, time constraints, call schedule, sleep schedule and so on.

Once you have identified some of the differences between then and now, write them down. These are your clues: potential obstacles, speed bumps, closed doors blocking your way to regaining meaning and purpose in your work life.

The next important question to ask when considering your perceived obstacles is this, which elements of the situation are actually in your control and which are not?

Research shows that a strong sense of 'locus of control', i.e., an inner 'can-do' perspective, is a recognized trait of highly resilient people.¹ It is not that these people don't recognize the obstacle, it is that they simultaneously recognize it, maintain an attitude of realistic optimism, and begin to problem solve without fear of failure.

One of things I've observed when talking with some colleagues about burnout is a profound sense of loss of control, a feeling that medicine has changed for the worse and there is little they can do about it. This con-

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Meaning and Purpose: Burnout and Resilience *Continued from Page 2*

cerns me because I have seen many colleagues make deep and significant shifts in their outlook, turn events in their favor, seek out new opportunities, connect with broader networks and open doors to solutions not previously considered.

If you need to refuel your sense of meaning in medicine, it may be worthwhile examining an area where you feel stymied, stuck, or stagnant. Take some time to consider these questions:

- Can you clearly bring to mind a time you felt a strong sense of meaning and purpose at work?
- Which elements resonated with you then?
- If you've lost your sense of purpose, what is different now?
- Does the change involve elements that are, in fact, in your control?
- If so, focus on one small area where you can realistically make a change.
- Then make it.

Each time you follow the breadcrumbs and act, whether it's a step towards physical self-care or in seeking out a new job opportunity, you enhance your inner locus of control, refining a perspective that will help you reengage with the powerful sense of purpose that drew you to medicine in the first place, providing welcome relief from feeling burned out, off course, and out of control.

¹Stress in America: Paying with Our Health. American Psychological Association, 2015



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Educational Opportunities



You are invited to the 2019 Pediatric Integrative Nursing Course on October 7 - October 9, 2019. Please click the link below to view full details and to register for the conference.

This 3-day course is designed for nurses and other healthcare professionals working with children in inpatient and outpatient settings. It will focus on concepts of holistic/integrative healthcare. The course structure will include interactive and experiential components; the goal is to prepare participants to bring new knowledge to the bedside. The course will include relaxation techniques, imagery and hypnosis, massage therapy, aromatherapy, acupressure, energy work, music therapy, yoga and an update on nutrition. There will be an opportunity to hear about collaborations with the program and to engage with like-minded colleagues in a supportive learning environment. Participants may register for all or portions of the course.

Early bird registration discount ends August 1, 2019. Your response is greatly appreciated.

[Click here](#) for more information and to register.

Sincerely,
Anna Hoffman & Bethaney Kaye
Pain Medicine, Palliative Care and Integrative Medicine

Educational Opportunities Continued from Page 4

Pediatric Integrative Medicine Elective

This 4-week, facilitated, online elective from the Andrew Weil Center for Integrative Medicine is the first of its kind to provide curriculum to pediatric residents interested in exploring integrative medicine in caring for children.

Who is eligible?

This elective rotation is open to residents and fellows in pediatrics, family medicine, and child and adolescent psychiatry.

Get Started

The next Pediatric Online Elective will be November 25 through December 20, 2019. Visit www.azcim.org/peds for more information.

***If you have any upcoming conferences you'd like SOIM members to know about, please let me know (tsalus@aap.org).*

Women's Wellness through Equity and Leadership project (WEL)

The Women's Wellness through Equity and Leadership project (WEL) is a grant-funded collaboration between the AAP and five other health care organizations, including the American Academy of Family Physicians (AAFP), American College of Physicians (ACP), American College of Obstetricians and Gynecologists (ACOG), American Psychiatric Association (APA), and American Hospital Association (AHA), and is focused on developing equitable work environments for female physicians.

Interested in more information on WEL? Check out this [press release](#) and [AAP news article](#), or feel free to reach out with questions!

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Volunteers Needed!!

National Conference and Exhibition: Physician Health and Wellness booth New Orleans, October 25-29, 2019

The Internal Medicine-Pediatrics (Med-Peds) section and the Section on Integrative Medicine of the American Academy of Pediatrics are proud to announce that the Physician Health and Wellness (PHW) booth will return to the exhibit hall at the AAP National Conference and Exhibition in New Orleans.

This program is designed to give individual information and evidence-based education to pediatricians about their own adult health care needs and promote self wellness amidst their busy lives. Various preventative care topics will be addressed, including age-appropriate cancer screening, cardiovascular health, immunizations, and exercise and burnout. In the Fall newsletter, we will make another announcement. Be on the lookout for info requesting volunteers! If you have an hour or two during NCE to sit at the booth, that would be wonderful.

**For any questions or if you'd like to volunteer,
please contact Himani Divatia, DO at
hdivatia@christianacare.org**



Congratulations!



Left to Right: Jennifer Dilt, Anna Esparham, Melanie Gold, Rosie Bleck, and Shiu-Lin Tsai

American Academy of Medical Acupuncture annual symposium April 2019

First Place – “Development and Assessment of a Basic Acupuncture Curriculum for Pediatric Emergency Medicine Physicians” by Jennifer J. Dilt, Anna Esparham, Madeline Boorigie, Mark Connelly, Jennifer Bickel. Affiliation: Children’s Mercy Kansas City, University of Missouri-Kansas City School of Medicine

Second Place – “A Scoping Review of Medical Acupuncture Training Requirements and Insurance Coverage” by Roselle Bleck, Melanie A. Gold, DO, DMQ, Johana Oviedo, MD, MPH, Carolyn L. Westhoff, MD, MSc. Affiliations: Bleck: Dept. of Health Policy & Management, Mailman School of Public Health, Columbia University Irving Medical Center (CUIMC) NY, NY Gold: Dept. of Pediatrics, CUIMC; Heilbrunn Dept. of Population & Family Health, Mailman School of Public Health, CUIMC Oviedo: Dept. of Obstetrics and Gynecology, CUIMC Westhoff: Dept. of Obstetrics and Gynecology, CUIMC; Heilbrunn Dept. of Population & Family Health, Mailman School of Public Health, CUIMC

Third Place – “Battlefield Acupuncture Instead of Opioids for Abscess Drainage in the Pediatric Emergency Department” by Shiu-Lin Tsai, MD and Corinna Lin, MBS. Affiliations: Tsai: Columbia University College of Physicians and Surgeons Lin: Rutgers School of Graduate Studies at New Jersey Medical School

Third-place paper: “Impact Study of An Innovative Workshop on Acupuncture for Children.” By Shiu-Lin

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Section On Integrative Medicine Programs



FRIDAY, OCT 25
1:00pm-5:00pm
PEDS 21 C1021
CONVENTION CENTER
Don't Miss!

Opioid Exposure through the Ages: The Good, the Bad and the Ugly (will include a piece on integrative approaches to pain management)

*please note, SOIM is one of the sponsors of PEDS 21 this year.

SUNDAY, OCT 27
9:30am-10:15am
F3106
Repeats as F3264
OCT 27, 5:00pm-5:45pm

Safety and Efficacy of Top 10 Herbs and Supplements Used by Children and Teens

SATURDAY, OCT 26
1:00pm- 6:00pm
Joint Section program: H2132
HILTON

Integrative Approaches to Pain: Non-pharmacologic, non-invasive options amid the opioid crisis.

Joint Program Sponsors: Section on Integrative Medicine (SOIM), Section on International Child Health (SOICH) and Section on Anesthesiology and Pain Medicine (SOAP)

SUNDAY, OCT 27
4:00pm-5:30pm
I3232

Negotiation in Practice: Why and How Pediatricians Should Ask

AAP Women's Wellness through Equity and Leadership project :This workshop will offer an opportunity for pediatric health care leaders to understand the importance of negotiation in a variety of professional experiences and practice this skill with colleagues.

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Section On Integrative Medicine Programs

MONDAY, OCT 28

2:00pm-3:30pm

I4150

Repeats as I5041

OCT 29, 8:30am-10:00am

Special Diets and Supplements: Are They Safe for Children?

Diane Barsky and Maria Mascarenhas

MONDAY, OCT 28

4:00pm-5:30pm

W4230

Repeats as W5055

OCT 29, 8:30am-10:00am

Get to the Point: Integrating Acupuncture in Pediatric Practice

Brenda Golianu and Yuan-Chi Lin

MONDAY, OCT 28

11:30am-11:50am

PLENARY: P4103

Recognizing and Responding to Physician Burnout

Section On Administration and Practice Management Program

SATURDAY, OCT 26

7:30am

Reclaiming Our Practice and Loving It!

This year's Section on Administration and Practice Management (SOAPM) H-Program will address the theme of "pediatrician wellness", using the four A's: the ability to Anticipate, Avoid, Address, and Ameliorate. Come, listen, and learn the lessons from physicians who have experienced and dealt effectively with the stresses of practice, and improve your own personal and practice satisfaction.

Section on Integrative Medicine Executive Committee

Chairperson Joy Weydert MD, FAAP Kansas City, KS jweydert@kumc.edu	Member Anna Esparham, MD, FAAP Kansas City, KS annaesparham@gmail.com
Immediate Past Chair Erica Sibinga, MD, FAAP Baltimore, MD esibinga@jhmi.edu	Member Melanie Gold, DO, DMQ, FAAP Hawthorne, NJ drmelaniegold@gmail.com
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American Academy of Pediatrics

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