

Integrative Medicine

Newsletter



Chairperson's Report

By Erica Sibinga MD, FAAP, Chair



It's hard to believe Summer flew by so quickly! And now we are gearing up for our National Conference and Exhibition in a couple of weeks in Chicago.

Please join us for the following wonderful presentations:

Friday, September 15, 11:30 am – 5:30 pm:

Peds 21: Pediatricians Leading Change in Physician Health and Wellness

*Registration is required

Saturday, September 16, 8am-11am

(McCormick Place West S104A):

Integrative Medicine to Optimize Athletic and Cognitive Performance, Wellness, and Quality of Life

Sunday, September 17, 12:30pm-1:30pm

(McCormick Place West, W183C):

AAP Spotlight Session: Physician Wellness at the AAP

We will be presenting our Pioneer in Integrative Medicine awards during our Section program on Saturday, Sept 16, 1:15pm (McCormick Place West S103D). This year's recipients are

Drs. Cora Breuner and Timothy Culbert – both true pioneers in the field. Dr. Breuner has made significant contributions to the field by providing and educating about pediatric integrative research on PIM approaches for pediatric medicine (PIM), as well as conducting important patients. Dr. Culbert is one of the founders of the AAP Section on Integrative Medicine and a pioneer in the field of PIM, particularly mind-body approaches. Both Drs. Culbert and Breuner are known for their lively and engaging presentations at NCE!

The proposals for 2018 NCE have been approved. We had several of you submit wonderful proposal—thank you! The following proposals were accepted:

Section Program: Integrative Nutrition: What's Bugging You

Integrating Acupuncture in Pediatric Practice (primary: Section on Anesthesiology and Pain Mgmt / Secondary: SOIM)

The difficult patient: How best to work with challenging patients and their families (x2) (Primary: Section on Adolescent Medicine / Secondary: SOIM)

Continued on page 2

Section on
Integrative Medicine
Executive Committee

CHAIRPERSON'S REPORT *(Continued)*

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Biofeedback and Hypnosis: Fact or Fantasy

Top Twenty Herbs/ Supplements used in the Pediatric and Adolescent Population: What works? What doesn't? Are they safe?

Physician Health and Wellness: Advanced Coping Skills

We are delighted to announce that the Pediatric Integrative Medicine's Clinical Report, was published in *Pediatrics* in September (click here to read the report). Additionally, the process of updating the Policy Statement on Sensory Integration has just begun, in collaboration with the AAP's Council on Children with Disabilities and Section on Developmental and Behavioral Pediatrics. Please contact Teri Salus (tsalus@aap.org) if you are interested in being involved.

Hope to see you in Chicago at the conference.

Erica

HEADQUARTERS OF THE FUTURE



NATIONAL CONFERENCE AND EXHIBITION - VOLUNTEERS NEEDED CHICAGO, IL SEPTEMBER 16-18, 2017

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 Chicago, IL. The 3 day event will take place this September 16th-18th, 2017 in the exhibit hall of McCormick Place, Chicago, IL. 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.



Please consider volunteering 1 or more hours of your time to work in the exhibit hall booth. **Submit possible times that you might be available to:**

hdivatia@christianacare.org

and

afriedland@christianacare.org.



Hours of PHW Program

The exhibit hall hours for this year are:

Saturday September 16th: 12:15 PM - 4 PM

Sunday September 17th: 10 AM – 4 PM

Monday September 18th: 10 AM - 2 PM

For any questions, please contact Himani Divatia, DO at hdivatia@christianacare.org. We look forward to sharing in this event with you.

Himani Divatia, DO, FAAP and
Allen Friedland, MD, FACP, FAAP
AAP Section of Internal Medicine-Pediatrics,
Physician Health and Wellness Committee



EDUCATION— NCE 2017 - Chicago, IL



Friday, September 15, 2017:

11:30am-5:30pm (McCormick Place West, W375DE)

C0017: Peds 21: Pediatricians Leading Change in Physician Health and Wellness

Saturday, September 16, 2017:

8am-11am (McCormick Place West S104A)

H1026: Joint Program: Council on Sports Medicine & Fitness Program and Section on Integrative Medicine

11am-1pm (McCormick Place West S103D)

H1078: Executive Committee Meeting

1:15-1:45 PM SOIM Award Presentation and Business Meeting

1:45-2:15 PM Integrative Medicine Year in Review

2:15-3:45 PM Experiential Session-Acupuncture

3:45-5:00 PM Poster Walk and Networking

2:00-3:30pm (McCormick Place West W183C)

S1112: Physician Health and Wellness: Coping Skills for the Busy Clinician (x2) (Seminar)

Sunday, Sept 17, 2017:

8:30am – 10:00am (McCormick Place West W178B)

S2060: Physician Health and Wellness: Coping Skills for the Busy Clinician (x2) (Seminar)

12:30pm-1:30pm (McCormick Place West W183C)

V2095: Spotlight session: Physician Health and Wellness at the AAP

4:00pm-4:45pm (McCormick Place West W190B)

F2160: Top 10 Herbs- are they safe in kids? (x2) (Short Subject)

5:00pm-5:45pm (McCormick Place West W183B)

F2191: The Anti-Inflammatory Diet: From Evidence to Practice (Focused topic)

Continued on page 5

EDUCATION— NCE 2017 - CHICAGO, IL (Continued)



Monday, Sept 18, 2017:

7:30 am-8:15am (McCormick Place West W178B)

F3008: Non-Pharmacologic Management of Pain (x2) (Cora Breuner) Section on Hospital Medicine (not asked to co-sponsor) (Short Subject)

3:00pm-3:45pm (McCormick Place West W187C)

F3128: Top 10 Herbs- are they safe in kids? (x2) (Short Subject)

4:00pm-5:30pm (McCormick Place West W181B)

I3154: Embracing the Moment: Mindfulness to Promote Resilience for children, Adolescents, and Families (x2) (Interactive Group Forum)

Tuesday, September 19, 2017:

2:00pm-3:30pm (McCormick Place West W181A)

I089: Embracing the Moment: Mindfulness to Promote Resilience for Children, Adolescents, and Families (x2) (Interactive Group Forum)

3:00p-3:45pm (McCormick Place West W190A)

F4095: Non-Pharmacologic Management of Pain (x2) (Cora Breuner) Section on Hospital Medicine (not asked to co-sponsor) (Short Subject)

COSPONSORING the following with the Section on Administration and Practice Management:

Integrating Mental Health Services in the Primary Care Office (SOAPM, COCN, PPAAC, COPAM, SOIM) (Short Subject)

F6137 **Saturday, 5:00-5:45pm**

COSPONSORING the following with Council on Foster Care and Kinship Care:

Doctor Heal Thyself: Secondary Trauma and Self-Care for the Pediatrician (Short Subject)

F6048: **Tues 8:30-9:15am**

EDUCATION— NCE 2018

Section Program: Integrative Nutrition: What's Bugging You?

The Difficult Patient: How Best to Work with Challenging Patients and Their Families

Physician Health and Wellness: Advanced Coping Skills

Biofeedback and Hypnosis: Fact or Fantasy

AAP NCE FUTURE DATES

2017 AAP National Conference & Exhibition
Chicago, [McCormick Place West Building](#)
September 16-19, 2017
Pre-conference events Friday, September 15

2018 AAP National Conference & Exhibition
Orlando, [Orange County Convention Center](#)
November 3-6, 2018
Pre-conference events Friday, November 2

2019 AAP National Conference & Exhibition
New Orleans, [Ernest N. Morial Convention Center](#)
October 26-29, 2019
Pre-conference events Friday, October 25

2020 AAP National Conference & Exhibition
San Diego, [San Diego Convention Center](#)
October 3-6, 2020
Pre-conference events Friday, October 2



The AAP Pediatrician Life and Career Experiences Study (PLACES) is a research initiative we launched in 2012 to track early career pediatricians' experiences over the course of their careers. This longitudinal study follows 1,800 physicians (both AAP members and non-members) who are in one of two cohorts: a) 2009-2011 Residency Graduates and b) 2002-2004 Residency Graduates. Participants are surveyed twice a year and survey participation rates have been high – nearly 90% responding annually.

PLACES is proving invaluable to help us closely understand the perspective and career needs of younger pediatricians and demonstrate our commitment to the future of pediatrics. We are tracking issues such as career paths, personal life changes, hours and compensation, educational debt, career satisfaction, work-life balance, work environment, and daily stressors.

Detail is found on our web site: www.aap.org/placesstudy which includes newsletters, AAP News articles, conference presentations and journal articles.

WELCOME NEW AND REJOINED SOIM MEMBERS

Dori Abel	Karen English	Matthew LeBaron *	Cheryl Standing
Saud Alsahli *	Amanda Evans *	Yuan-Chi Lin	Melanie Suaris *
Paige Bailey *	Monae Fennell *	Linda Linday	Rabi Sulayman
Kathryn Bakkum *	Hillary Franke	Maritza Martinez	Julia Sundel
Diane Barsky	Irene Gamra *	Anna McFarland *	Bernadette Sylla *
Taylor Batson *	Sharon Genung	Daniela Muñoz Rodríguez *	Rene Talai *
Tiffany Blankenship *	Michelle Georgia *	Holly Mykolaitis *	Tyodus Thai *
Danielle Borin *	Stephany Giraldo *	Fatima Naqvi	Catherine Tisdale *
Lauren Bridges *	Rachel Gonnella *	Vanessa Ogueri *	Julie Topsis
Leilani Chingcuangco	Sumandeep Groh	Danielle Perez *	Karina Vattana *
Lingie Chiu	Julia Hunter *	Michael Petrus-Jones *	Yisselle Virella Perez *
Nicole Cooper	Saad Jami *	Cara Puzzio *	Genesa Wagoner
Ashley Czworniak *	Ann Kalapurakal *	Krist Quinones Lara *	Anya Weaver *
Thanh Dai *	Arpanjeet Kaur *	Ali Rida *	Jessica Wein *
Kunali Doshi *	Mohammad Khalid *	Christine Saba	Zachary Winthrop *
Callia Elkhali *	Tiffany Laitano *	Jennifer Sanderford	Daniel Woolridge *
Rich Elliott	Jennifer Lawson	Michelle Shuman	Sheeva Yazdani-Sabouni *
		Shaili Singh	Sara Zafar
			Frances Zappala

* Denotes Medical Student



AAP ELECTIONS: PLEASE VOTE

The 2017 national AAP election for president-elect and district officers will begin on Sept. 15 and conclude on October 15. Look for an email message from the AAP election coordinator in September with your personalized link to the ballot. No other login information will be required.

Members will be asked to choose their next president-elect: Michael A. Weiss DO, FAAP, or Kyle Yasuda MD, FAAP. The winner will serve as the 2019 AAP president.

The AAP president-elect candidates were asked:

**" What do you think is the most important issue facing pediatricians today?
What can the Academy do to help? "**

**Michael A. Weiss, D.O., FAAP
Coto de Caza, CA**



To define the single most important issue facing pediatricians today is difficult given the heterogeneity of our physician population. With that said, undoubtedly, the most pressing issue that all pediatricians can unite around is how we can provide the best possible care, with well-documented outcomes, to the largest number of children in the most efficient way possible. We are, collectively, charged with assuring that *all* children are appropriately cared for, so the 10,000-pound gorilla challenge is how do we accomplish this in an environment that requires us to spend more and more time on "non-value added" tasks that take us away from our patients?

The solution to this dilemma resides in conquering our arch nemesis: TIME. How can we find more time to care for our patients? When I last checked, there were still only 24 hours in a day, and most of us require sleep, nutrition and family interaction! To capture this time, we must take a very serious look at *how* we deliver care. Whether in a primary or specialty practice, large group or solo situation, we all have an opportunity to create efficiencies that will give us more TIME.

I believe a major AAP priority should be to help the point-of-care pediatricians achieve these efficiencies through care model redesign education, specific tools, hands-on support and collaboration with colleagues across the country regarding best practices. The gift of time allows us to better serve our patients and their families

**Kyle Yasuda, M.D., FAAP
Seattle, WA**



Our profession is at risk. We are less satisfied being pediatricians. Compassion fatigue from continuously advocating for children in the challenging health care environment, difficulty accessing subspecialists, inadequate payment for our services, expanded scope of practice by non-pediatricians, the many extra hours each day spent on electronic health records all contribute to burnout and put our profession at risk. The cumulative impact of these many stressors is driving pediatricians' professional satisfaction down. The climate in which we practice is changing, and our reserves are dwindling. The pediatric glacier that we know and love is melting!

Action on any single factor will not halt this process. Our Academy must focus on multiple issues but establish clear priorities. What should come first? On every flight, the flight attendants state that in the event of an emergency, first put on your own oxygen mask before helping children. I believe that the downward spiral of pediatricians' professional satisfaction constitutes an emergency for the AAP. We pediatricians must have sufficient oxygen to help others. Our Academy needs to implement the pediatrician resiliency section of the strategic plan now, beginning with an organizational audit to identify gaps and strengths. For example, our state and federal government affairs departments' effort to improve access to care and payments for services is a strength. A gap is the absence of a Medicaid advisory committee to complement the work of the Private Payer Advocacy Advisory Committee. I look forward to participating in developing this support.

AAP News election coverage continues in this Voters' Guide and at <http://www.aappublications.org/collection/voters-guide> and at the AAP Election Center, www.aap.org/election (login required).

RESTORING RESILIENCE THROUGH SACRED SOUND

By Anu French, MD, SOIM Member



"Man's music is seen as a means of restoring the soul, as well as confused and discordant bodily afflictions, to the harmonic proportions that it shares with the world soul of the cosmos." *Plato (429-347 BC)*

Everything in the universe is in a constant state of vibration, including our bodies. Long ago shamans recognized the power of sound when they first used chants and drumming to heal people. In ancient Egypt, Greece, and India, the use of sound and music for healing was a highly developed sacred science. Sonic vibration has been one way of experiencing the energy of the universe for much of humanity's history.

Modern science is now confirming that when the vibrations of our physical and spiritual bodies are out of harmony it can cause disease. As pediatrician Dr. Nadine Burke Harris says, toxic stress is the kind of stress that can come in response to living for months or years with childhood trauma that gets biologically embedded in our bodies (ACES Adverse Childhood Events/Experiences). Children with adverse childhood experiences and adults who have experienced childhood trauma have higher levels of indicators for inflammation than those who have not suffered childhood trauma. A child's brain and body will produce an overload of stress hormones — such as cortisol and adrenaline — that harm the function and structure of the brain. This can be particularly devastating in children, whose brains are developing at a galloping pace from before they are born to age three.

As I started to recognize the burden of ACES on my health and my children's health, I turned to chanting as this mindful practice was a doorway to healing for me. From this journey emerged the music I created on my CD 'Wake Up My Divinity' that explores the blending of chants from different faiths, languages and music styles. Through this music, I felt connected to that quiet space inside that I could draw from when I returned to the delightful chaos and confusion that is my daily life. And it continues to help me build resilience for myself as a valuable tool for mind body spirit balance.

<https://anufrench.com/music/>

I then started to teach my daughters the beauty of mantra/chanting and began to learn more about sound to answer their many questions. In 1967, Dr. Hans Jenny published the first volume of *Cymatics: The Study of Wave Phenomena* which was a written and photographic documentation of the effects of sound vibrations on fluids, powders and liquid paste. He concluded, "This is not an unregulated chaos; it is a dynamic but ordered pattern."

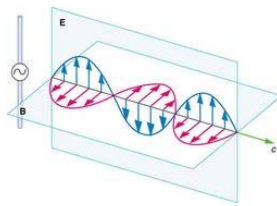


Continued on page 10

RESTORING RESILIENCE THROUGH SACRED SOUND (Continued)

What Dr. Jenny was observing was the effect of waves of energy over matter which is now being confirmed by the emerging field of quantum physics. He was particularly impressed by an observation that the vocalization of the mantra Om or Aum in ancient Sanskrit (regarded by Hindus and Buddhists as the sound of creation), causes a certain energy frequency in the matter around it. Ancient healing systems such as Chinese medicine and Indian Ayurveda, associate specific musical notes with subtle-energy systems of the body. In yoga for example, particular notes of music correspond to each of the seven chakras or energy centers. In Tibet, priests have long used bells and bowls over and around the body to tune and clear the energy centers. Chimes and tuning forks are other tools that have been used to heal not only the body but the energy in a room as well.

“Emotional issues that are unresolved block the healing vibrations or cause the disease state to return. When two systems are oscillating at force called resonance that causes the When two similarly tuned systems another aspect of this energy transfer line up and to vibrate at the same



different frequencies, there is an impelling two to transfer energy from one to another. vibrate at different frequencies, there is called entrainment, which causes them to frequency.” (Richard Gordon)

Sound healing clears blockages and restores harmony. There has been a growing interest over the past decade into the health benefits of music and sound, examining its psychological and neurological effects. In a systematic review of publications on the psychoneuroimmunology of music, sixty-three studies published over the past 22 years, show a range of their effects on neurotransmitters, hormones, cytokines, lymphocytes, vital signs and immunoglobulins as well as psychological assessments. Sixty-three of these studies showed that listening to music decreases stress, lowers heart rate and blood pressure, and lowers the levels of the stress hormone cortisol and had a greater impact on these things than anti-anxiety medication. Four studies in the review found that listening to music (drumming, relaxing music, music therapy) resulted in decreased levels of the pro-inflammatory cytokine IL-6, a commonly used marker of inflammation. Research so far points to the pivotal role of stress pathways in linking music to a positive immune response.

Recommending sound or music as a mindful practice has become a part of the integrative plan for all my patients and their families. This beautiful website, *Vibration for Healing* comprises more than 20 vignettes centering on sound healers. It illustrates the many uses of sound for physical, emotional and spiritual healing from “singing” with the dolphins in Hawaii, to meeting a “peace pilgrim” in Oregon; from a space clearing at a Madison Avenue art gallery to a recital at Santa Fe’s famous Loretto Chapel. <https://www.gaia.com/video/vibration-healing-sound-you-feel>

Continued on page 11

RESTORING RESILIENCE THROUGH SACRED SOUND (Continued)

Another resource I love to share with families is the soothing music of Amy Camie, a St Louis based classically trained, healing harpist whose melodies have been used in pilot biofeedback studies showing an increase in brain alpha waves which are associated with the self-regulation of stress and a decrease in sympathetic nervous system arousal. Her music can be heard at <https://soundcloud.com/amy-camie/tracks>



The good news is that the brain is plastic, and the body wants to heal. The brain is continually changing in response to the environment. Building resilience, can help the brain slowly undo many of the stress-induced changes. There is well documented research on how individuals' brains and bodies become healthier through mindfulness practices, exercise, good nutrition, adequate sleep, and healthy social interactions. In St Louis and other cities across the world, there are so many valuable resources and opportunities within the respective communities for coming together to create, share and heal through music and sound.

“Melodic sounds heal our connections with ourselves, each other, and the universal vibration that is our birthright.” *Thalia Stearnes*

References

1. The psychoneuroimmunological effects of music: a systematic review and a new model. Fancourt D1, Ockelford A2, Belai A3. *Brain Behav Immun*. 2014 Feb
2. Composite effects of group drumming music therapy on modulation of neuroendocrine-immune parameters in normal subjects. Bittman, Barry B; Berk, Lee S; Felten, David L; Westengard, James; et al. *Alternative Therapies in Health and Medicine*; Aliso Viejo 7.1 (Jan 2001): 38-47.
3. Additive contributions of childhood adversity and recent stressors to inflammation at midlife: Findings from the MIDUS study. Hostinar CE1, Lachman ME2, Mroczek DK3, Seeman TE4, Miller GE3.
4. <https://acestoohigh.com/aces-101/>

Dr. Anu French is a Fellow of the American Academy of Pediatrics, a Member of the AAP's Pediatric Integrative Medicine Leadership Initiative and the Section on Integrative Medicine. She is board-certified in Pediatrics and Integrative Medicine and has completed a Fellowship in Integrative Medicine through Dr Andrew Weil's Center for Integrative Medicine at the University of Arizona.

NEW FELLOWSHIP 2018

Pediatric Integrative Medicine

STANFORD FELLOWSHIP PROGRAM

- 1 YEAR CLINICAL TRAINING ON-SITE AT LUCILE PACKARD CHILDREN'S HOSPITAL STANFORD
- 2 YEAR CONCURRENT DISTANCE CURRICULUM WITH UNIVERSITY OF ARIZONA CENTER FOR INTEGRATIVE MEDICINE
- ACCEPTING APPLICATIONS, SEE WEBSITE FOR DETAILS

EMAIL ANNMING@STANFORD.EDU
PROGRAM DIRECTOR, ANN MING YEH, MD

<https://tinyurl.com/stanfordpim>



Stanford Pediatrics and Stanford Children's Health announces a new 1- year clinical fellowship in Pediatric Integrative Medicine. Candidates must have a strong interest in a career in pediatric integrative medicine and must complete pediatric residency by fellowship start date. Seeking applications for fellowship start date of July 1st, 2018. Please see <https://tinyurl.com/stanfordpim> for application and more information.

This fellowship is a one-year, non-ACGME accredited training program that features 1-year of clinical training on-site at LPCH designed to be combined with a two-year distance learning curriculum (1,000 hour including 3 separate residential weeks) with the University of Arizona Center for Integrative Medicine (UACIM). <https://integrativemedicine.arizona.edu/education/fellowship/index.html>.

Integrative medicine (IM) is an emerging field that emphasizes the evidence-based combination of both conventional and alternative approaches to address the biological, psychological, social and spiritual aspects of health and illness.