

Volume 10, Issue 2 March 2020

Milestones in Medical Education

Special points of interest

- COVID-19 Pandemic Update
- Response of the Medical Education
 Community to the Pandemic
- Compliments & e-Recognitions
- Scholarly Activities
- Legislative Advocacy
- CME News



Inside this issue:

Milestones in Faculty Development

Milestones in Pandemic response

Milestones in Faculty Farewell

Milestones in Humanism and Professionalism

Milestones in Staff Recognition

7

7

8

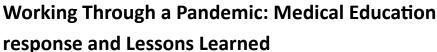
Milestones in Faculty in the Spotlight

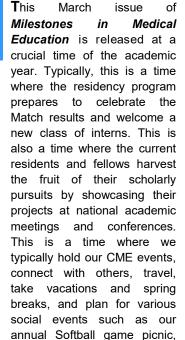
Milestones in Residents and Fellows' Scholarly Activities

Milestones in Legislative Advocacy

Milestones in CME News

From the Editor





This March 2020 issue comes out in an atypical time where social events are replaced by "social isolation/ distancing"; conferences and meetings are replaced by "Virtual/ Zoom" events and working from home, telehealth is replacing face to face doctor-patient interactions, travel restrictions "quarantines" replacing vacations and travels for the pursuit of scholarly activities. New vocabulary is now part of the daily life: Pandemic, PPEs, lock down,

and Graduation celebration.

stay at home, and quarantine. Home-schooling of children is becoming the new norm for everyone.

In the midst of the chaos unprecedented and the changes in our daily lives, Education Medical community has strived to find some normalcy for our trainees, students, educational programs. Reflecting on these times, and trying to find a glimmer of light in the darkness, I like to highlight the following positive thoughts in this issue brought about by these trying times:

- Learned valuable lessons about the power of Epidemiology and Public Health particularly in times of pandemics
- ◆ Appreciated the value of research, evidence-based practice, and the reliance on experts and the need for RCTs
- ◆ Valued more than before the contribution of WHO and CDC in working with the Federal Government start trials and research through rapidly-designed studies

- Got creative in maximizing the use of technology for education & meetings
- Improved the competency in providing clinical care via telemedicine
- ♦ Emphasized the power of simple measures such as social distance, appropriate handwashing, infection prevention measures, and the use of PPEs
- Learned to depend on each other at times like these and try to stay connected even when we are not physically together
- Became adept at working through a novel unknown pathogen with no established treatments

I wanted to highlight in this issue what is known about COVID-19 and summarize the tremendous response to it from the Medical Education Community at all levels (CME, GME, and UME).

Stay safe and keep an eye on your wellbeing now more than ever before. Happy reading!!!

Rani S Gereige, MD, MPH, FAAP - DIO Page 2 Milestone:

Milestones in Faculty Development

COVID-19 Pandemic Update

What is COVID-19?

According to the WHO. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older and with people, those underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Ways to Prevent COVID-19?

The best way to prevent and slow down transmission is to:

- Be well informed about the COVID-19 virus, the disease it causes and how it spreads.
- Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.
- Practice respiratory etiquette (for example, by coughing into a flexed elbow as COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes

Any Vaccines or Treatments Available?

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments.

What is the Natural Origin of COVID-19?

A new genomic study described by the NIH points to the natural origin of COVID-19 and debunks claims that the new coronavirus was engineered in a lab and deliberately released to make people sick. The study provides scientific evidence that this novel coronavirus arose naturally.

The findings are the result of genomic analyses conducted by an international research team, partly supported by NIH. In their study in the journal Nature Medicine. researchers used sophisticated bioinformatic tools to compare publicly available genomic data from coronaviruses, several including the new one that COVID-19. The causes researchers began by homing in on the parts of the coronavirus genomes that encode the spike proteins that give this family of viruses their distinctive crown-like appearance.

All coronaviruses rely on spike proteins to infect other cells. The genomic data of the new coronavirus responsible for COVID-19 show that its spike protein contains some unique adaptations. One of these adaptations provides ability special of this coronavirus to bind to a specific protein on human angiotensin cells called converting enzyme (ACE2). A related coronavirus that causes severe acute respiratory syndrome (SARS) in humans also seeks out ACE2.

Existing computer models predicted that the new coronavirus would not bind to ACE2 as well as the SARS virus. However, to their surprise, the researchers found that the spike protein of the new coronavirus actually bound far better than computer predictions, likely because of natural selection on ACE2 that enabled the virus to take advantage of a previously unidentified site. alternate binding Researchers this said provides strong evidence that that new virus was not the product of purposeful manipulation in a lab.

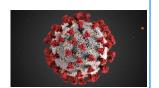
Analysis of genomic data related to the overall molecular structure, backbone, of the new coronavirus showed that its backbone of the genome most closely resembles that of a bat coronavirus discovered after the COVID-19 pandemic began. However, the region that binds ACE2 resembles a novel virus found in pangolins, a strangelooking animal sometimes called a scaly anteater. This provides additional evidence that the coronavirus that causes COVID-19 almost certainly originated in nature.

So, what is the natural origin of the novel coronavirus responsible for the COVID-19 pandemic? The researchers don't yet have a precise answer. But they do offer two possible scenarios:

- 1. In the first scenario, as the new coronavirus evolved in its natural hosts, possibly bats or pangolins, its spike proteins mutated to bind to molecules similar in structure to the human ACE2 protein, thereby enabling it to infect human cells. This scenario seems to fit other recent outbreaks of coronavirus-caused disease in humans, such as SARS, which arose from cat-like civets; and Middle East respiratory (MERS), syndrome which arose from camels.
- The second scenario is that the new coronavirus crossed from animals into humans before it became capable of causing human disease. Then, as a result of gradual evolutionary changes over years or perhaps decades, the virus eventually gained the ability to spread from human-to-human and cause serious, often lifethreatening disease.

Either way, this study leaves little room to refute a natural origin for COVID-19. And that's a good thing because it helps us keep focused on what really matters:

- observing good hygiene
- practicing social distancing



Volume 10, Issue 2 Page 3

Milestones in Faculty Development

COVID-19 Pandemic Update (Cont'ed)

 supporting the efforts of all the dedicated health-care professionals and researchers who are working so hard to address this major public health challenge.

What are Symptoms of COVID-19? (WHO)

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

- fever
- tiredness
- dry cough.

Other symptoms include:

- shortness of breath
- aches and pains
- sore throat

and very few people will report diarrhoea, nausea or a runny nose.

People with mild symptoms who are otherwise healthy should self-isolate and contact their medical provider or a COVID-19 information line for advice on testing and referral.

Practical Tips to Slow Transmission

For Individuals (WHO):

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 meter distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and

- nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

For Pediatric Patients:

- Keep children out of the health care system if it is not necessary
- Use telemedicine and nondirect care when appropriate
- Review infection prevention measures including asking patients with symptoms to call ahead so they can be evaluated in isolation from other patients
- Triage all patients to either onsite clinic visit versus telehealth versus deferred visit versus refer to ED
- Use24 hour advance reminder calls to triage patients who must be seen in clinic and those who can be treated by phone or virtual visit
- Medical Assistants should use standardized COVID-19 screening questions (e.d. known positive or suspected COVID-19 contact, fever, cough, respiratory distress) during triage calls
- Defer well child visits for all children except those 2months old or younger and substitute with vaccinationonly appointments. When possible administer vaccines at offsite locations
- When indicated, bring children in rapid vaccination-only appointments and whenever possible innovate alternative locations outside the clinic building for vaccine administration

- Patients that are scheduled for appointments that can be performed virtually or by phone, keep clinic appointment slots and simply label as telehealth visit.
- Consider decreasing onsite clinic staffing to reduce staff exposure risk and preserve staffing capacity
- Pediatricians should take into account families' living environments, access to material support, overcrowding, and literacy levels
- For patients who must come to the clinic:
 - Triage patients and family members before entering the clinic.
 - Implement waiting room precautions to provide limited exposure.
 - Strategically place hand sanitizer stations.
 - Forego all non-essential paperwork usually required for patients and attempt to do preregistration online or by phone.
 - Separate clean and dirty exam rooms.
 - No nebulizer treatments should be administered but MDIs should be used instead with spacers
 - Clean equipments and scales
 - Healthcare providers can model social distancing by taking the History via phone or keeping a distance
 - Remember PPEs when needed

Reference:

[1] The proximal origin of SARS-CoV-2. Andersen KG, Rambaut A, Lipkin WI, Holmes EC, Garry RF. Nat Med, 17 March 2020. [Epub ahead of publication]

[2] WHO Website

[3] CDC Website

[4] https://www.ariadnelabs.org/ resources/articles/news/keepingkids-out-of-the-clinic-who-dontneed-to-be-there/



Page 4 Milestones

Milestones in Pandemic Response

The Medical Education Community Responds to COVID-19 Pandemic

The COVID-19 pandemic had a huge impact on the medical system in general and the Medical Education community in particular. During these unusual times, there has been great deal of timely response from the Medical community Education answer questions, bring up concerns, and address issues that are of importance at UME, GME, and CME levels.

The AMA

- Created COVID-19
 Physician Resource Center https://www.ama-assn.org/delivering-care/public-health/covid-19-2019-novel-coronavirus-resource-center-physicians
- Provided link to the Society
 of Teachers of Family
 Medicine teaching
 resources for distance
 learning curriculum,
 telemedicine, wellbeing,
 among other topics https://stfm.org/teachingresources/
- Partnered with Headspace to provide free access to the wellbeing platform to US health professionals through 2020

The AAMC/ LCME

The AAMC/ LCME provided guidance to support the protection of Medical Students by canceling clinical rotations and live classrooms. The guidance states:

 "Current medical students are students, not employees. Although they are on a path to becoming licensed MDs, they are not yet MDs.

- At this point in the COVID-19 pandemic, our medical students' participation in direct care of patients with or without known or suspected COVID-19 must be *voluntary*, not required.
- 3. Opportunities to volunteer should be offered to students only if there is a critical HCW need for them to do so. Schools must document with their medical students that their participation is purely voluntary for public service or humanitarian reasons only, it will not compensated, and it will not be considered for any required medical school course credit.
- 4. To ensure patient and student safety, students must be appropriately supervised at all times by faculty and other health professionals acting within their scope of practice.
- 5. Decisions about if, where, when, or how to deploy volunteers student participate in the clinical care of patients with or without known COVID-19 suspected should reflect local health system needs. competence of the student take on the responsibilities assigned, and safety considerations (e.g., available safety equipment and hospital staffing)."

LCME also provided guidance and flexibility related to clinical rotations including 4th year clerkships. "Some

required fourth year clerkships (typically, emergency medicine, critical care, neurology) may be delayed or cancelled and/or there can be a block of time when the school has cancelled in-person clinical activities in general."

The NBME

The NBME provided guidance regarding NBME subject examinations as well as USMLE testing. Give the CDC guidance, Prometric temporarily closed its testing centers in the US and Canada for a period of 30 days to reassess after that period.

The ACGME

In a letter from Dr, Thomas Nasca; CEO of the ACGME to the GME community, Dr. Nasca reported that:

- 1. The ACGME suspended its accreditation-related activities to allow programs to focus on dealing with the pandemic
- ACGME accelerated the implementation of Telemedicine requirements that was not scheduled to take into effect till July 1 2020.
- 3. Flexibility in case log numbers away from focusing on case volume minimums given the low volume of patients. The ACGME visit/case minima were designed to be a surrogate for the competence of an individual program graduate. It is up to the director, with program consideration the recommendations of the program's Clinical Competence Committee, to assess the competence of an individual resident/fellow as one part of the determination of whether that individual is prepared to enter the unsupervised practice of medicine.
- 4. The visits/Case Logs of a program's graduates who were on duty during this pandemic will be judiciously evaluated in







Volume 10, Issue 2 Page 5

Milestones in Pandemic Response

The Medical Education Community Responds to COVID-19 Pandemic (Cont'ed)

light of the impact of the pandemic on that program. The program can delineate for the Review Committee how it was affected by the pandemic in the Major Changes and Other Updates section of the Annual Update.

The letter stressed that the following priorities must be adhered to:

- 1. Work Hour Requirements
- 2. Adequate Resources and Training: Clinical learning environments must provide adequate resources,

facilities, and training to properly recognize and care for patients, including the need to take a complete travel and exposure history in patients presenting with signs and symptoms associated with COVID-19.

- 3. Adequate Supervision
- 4. Professionalism: This includes arriving fit for duty, practicing at the appropriate level of competence with appropriate supervision, and training physicians to care for patients and the public without causing harm to themselves and those they care for.

The ACCME

Provided guidance to accredited CME providers on:

- Virtualizing live meetings
- Approving workplace learning activities
- Developing a rapid-approval process for a CE activity
- 4. Providing support from ACCME with resources for virtual learning, wellbeing, and flexibility in accreditation data submission deadlines





Milestones in Faculty Farewell

The pediatric Residency Program and Medical Education Say Goodbye to Dr. Amanda Porro

The Department of Medical Education and the Pediatric Residents bid farewell to Dr. Amanda Porro (Director of the Primary Care and Continuity Clinic). Thank you Dr. Porro for all the contributions you made over the years in teaching, mentoring, and supervising NCH Pediatric Residents. We wish you well in your new endeavors and we want to express our gratitude and thanks for all you have done.







Page 6 Milestones

Milestones in Humanism and Professionalism

NCH Trainees Compliments and e-Recognitions



Nicolle Diaz, MD (PL3)

Dr. Nicole Diaz received an e-Recognition from Dr. Marry Vuong; Clinical Pharmacist her Excellent Performance. Dr. Vuona commented: "Nicolle is an exemplary resident. Not only is she warm, caring, and compassionate, but she is incredibly intelligent. She is one of our greatest assets and really goes above and beyond with the care that she gives her patients. I am happy that we are not only coworkers, but friends :). Nicolle, you are appreciated!!". trulv Congratulations Nicolle for your display of the NCHS iCREATEWay.

Daniel Torres, M (PL3)



Dr. Daniel Torres received an e-Recognition from Dr. Vuong; Clinical Pharmacist for his **Excellent** Performance. Dr. Vuong commented: "Daniel is a model PL3. He always made sure that his interns were not only one time with signout, but cool, calm and collected. He has great clinical judgement and is able to keep things under control when they feel like they're spinning out of control. Thanks for all of your hard work on 5T! ". Congratulations Daniel for your display of the NCHS iCREATEWay.



Saleem Almasarweh, MD (Peds Cardiology Fellow)

Dr. Saleem Almasarweh received and e-Recognition from Ms Alice Latorre; Clinical

CICU Coordinator for his display of the NCHS Values . Ms Latorre commented: "I'd like recognize Dr. Saleem Almasarweh for his dedication to provide excellent care to the patients in the CICU. On Saturday February 8th, we had patient's mother that required multiple and conversations approaches to reassure her that her child was stable and progressing as expected post open heart surgery. Saleem made multiple visit to the patient's bedside to listen to the parent's concerns and addressed them with empathy and care. Thank you Saleem for being a valuable part to the success of our heart program by adopting the vision to improve patient outcomes". Congratulations Saleem on your commitment to excellent performance!!!



Andrew Farias, MD (PL3)

Dr. Andrew Farias received a Recognition from Ms Lissette Cruz, BSN, RN; Quality review Coordinator for his Excellent Performance. Ms Cruz commented: "I wanted to take time to give outstanding recognition to Dr. Andrew Farias. Today, we had the pleasure of attending the NICU M & M in which three cases were presented by Dr. A. Farias. Speaking on behalf of the entire NICU medical staff, the presentations were very thorough, clear and informative. He kept the audience connected at all times and the physicians were engaged in discussion. Dr. Farias discussed the cases as if he had personally cared for these patients when in fact, he was not rotating in NICU at the time. Thank you for allowing us to share his enthusiasm and professionalism with us". Congratulations Andrew on a job well-done!!!!



Farouk Farouk, MD (PL1)

Dr. Farouk Farouk received a compliment from one of the patients' families. The parent commented: "Dr farouk and the most recent resident were amazing individuals and I hope that they are part of the MCH team one day. They are being trained by one of the BEST Pediatrician Dr Porro that I have seen in years, and I am a Nurse who knows what to expect being on both sides of the bed.." Congratulations Farouk for an excellent job!!!

Eric Tano, MI (PL1)

Dr. Eric Tano received a compliment from one of the patients' families. The parent commented: "Eric Tano performed the check up on my child prior to *Dr. Gloria meeting with us. He was very personable & did an amazing job!".

Congratulations Farouk for an excellent job!!!

Another patient's parent on 3S asked to speak to the Pediatric Residency Program Director to personally acknowledge **Dr. Eric Tano** and express their gratitude in person.



Ashish Saini, MD (PL1)

Dr. Ashish Saini received an e-Recognition from Dr. Marry Vuong; Clinical Pharmacist for his Excellent Performance. Dr. Vuong commented: "You are truly an exemplary resident. You give your patients the best care and are truly always willing to learn more. I love how humble you are

Volume 10, Issue 2 Page 7

Milestones in Humanism and Professionalism

NCH Trainees Compliments and e-Recognitions (Cont'ed)

and how much time you give to teach others. You are a team player and are very much appreciated!". Congratulations Ashish on your display of the NCHS iCREATEWay!!!



Dennerd Ovando, MD (PL3)

Dr. Dennerd Ovando received an e-Recognition from Dr. Vuong; Marry Clinical Pharmacist for his display of the Values. Dr. Vuong NCHS commented: "It was a pleasure having you as a senior resident on 5T. The best way to describe you is a stage your manager--you had residents all organized and ready to go for everything. You made sure that everything was done accurately and in a timely manner and always put them first. You spent a lot of time teaching and always gave great feedback. Your attention to time and detail was very appreciated." Congratulations Dennerd your commitment to excellent performance!!



Niveditha Balakumar, MD (PICU Fellow)

Niveditha Balakumar received an e-recognition from Ms Nishika Mistry (Certified Child Life Specialist) for her display of the NCHS Values of **Excellent Performance.** Ms Mistry commented: "Thank you Nivea for collaborating with me for another end of life case. Nivea made sure to updated keep me included child life in every step of the way to make sure the family had psychosocial support throughout difficult process. I always love with you!" working Congratulations Niveditha on your display of the NCHSWay.







Paula Prieto, MD (PL3)



Giancarlo Giovannini Sanguineti, MD (PL1)

Patricia Jimenez, DO (PL1)



Drs. Ovando, Prieto, Giovannini Sanguineti, and Jimenez received Recognition for teamwork as the PCC team in Block 7. The PCC faculty following shared the comments about the PCC "They worked team: efficiently and effectively. They were excellent in follow up calls. Very good on identifying patients that needed further evaluation (ED) or admission. It was a pleasure having them in December 2019". Congratulations your dedication, display of professionalism and teamwork!!!!

Milestones in Staff Recognitions

Medical Education Staff e-Recognitions

Ms Samantha Salman (Medical Education Coordinator) received an e-Recognition from Mr. Calixto Garcia (Client Support Technician - IT Service Management) for her Excellent
Performance. Mr. Garcia
commented: "Samantha has an
exceptional professional
attitude and friendliness to

address any requests with promptness and always with a smile."

Congratulations Samantha on a job well-done!!

Milestones in Faculty in the Spotlight

Faculty in the News - Dr. Diaz Quoted by the Endocrine Society

Dr. Alejandro Diaz (Pediatric Endocrinology) was quoted in Endocrine News; the Official Newsletter of the Endocrine Society in an article published on February 2020 titled:

"Budding Problems: Essential
Oils as Endocrine
Disruptors". The article
highlights the effects of certain
essential oils e.g. Lavender oil
on causing premature

The article can be accessed at: https://endocrinenews.endocrine.org/budding-problems-essential-

Page 8 Milestones

Milestones in Residents and Fellows' Scholarly Activities

NCH Trainees Faculty Showcase their Work Nationally

A Strong Presence for NCH Trainees at SCCME Meeting

Nicklaus Children's Hospital, faculty, trainees and Alumni had a strong presence at the 2020 Annual Meeting for the Society for Critical Care Medicine (SCCM) meeting in Orlando. Current residents and fellows presented several posters, and podium presentations. The meeting also was an opportunity for the trainees to reconnect with PCCM alumni from the NCH Program. Congratulations to all presenters on a great representation of NCH on the national stage. Below are some of the pictures from the meeting.

NCH Trainees Abstracts Accepted to PAS 2020

Dr. Manette Ness-Cochinwala (PICU fellow) was notified that her abstract titled: "Utilization of Ultra-





Rapid Genomic Evaluation to Obtain NAXE Mutation Diagnosis in a previously Healthy Toddler with Acute Onset Ataxia, Encephalopathy, and Progressive
Neurodeterioration" was accepted for poster presentation at the 2020 PAS meeting. Congratulations!!

Milestones in Legislative Advocacy

NCH Pediatric Residents Participate in Children's Week

Pyriome to 164 grave data Semani

FCAAP NEWS

Nicklaus Children's Hospital's Residents Pediatric participated in the FCAAP Pediatric Resident Legislative Advocacy Training program during Children's hosted Tallahassee. Week in Residents from all 13 FL pediatric residency programs learned about the legislative process, how to advocate on behalf of children. The event was hosted in the FL State Capitol on January 28; 2020 and it draws over 5000 attendees. The group also received a behind-the-scenes look at the legislative process with Senator Aaron Bean before meeting with a variety of legislators in both the House and Senate to discuss pending legislation which would impact the practice of

pediatrics and the health of Florida's Children. Children's Week reminds FL legislators to keep the health and welfare of kids in mind while considering bills. Drs. Melanie Suaris (PL2) and Farimah Shariati (PL1) represented the NCH Pediatric residency program at this great event.







Milestones in CME News

The 55th Annual Pediatric Post-Graduate Course, a Success!!

Annual Pediatric

On February 27-March 1; The course was attended by over as "Patient Perspectives". The **2020**, the Nicklaus Children's 450 attendees and was speakers featured were national Hospital held the 55th transmitted live to Peru. The experts, local NCH faculty, and Post- PPGC course featured common trainees. The course was highly Graduate Course (PPGC) at hot topics (Coronavirus, wellbeing, rated and well-received. The the Diplomat beach Resort and vaping), practical lectures, course also featured a celebration celebrating 55 years of the hands-on interactive workshops, for the Nicklaus Children's longest running general and state-of-the-art innovations. In Hospital pediatric CME meeting aimed addition the course featured attended by course registrants, at providing continuing medical education to a highlighting the importance of exhibitors. Below are some of the general pediatric audience. interprofessional education as well pictures form the course.

70th Anniversary





Medical Education Birthdays

March	
Chloe Edinger	8
Parastoo Modirshahla	9
Zoe O'Connor	15
Ana Del Valle Penella	16
Deidre Chang	20
Sophia Hassor	23
Maria Lopez Gonzalez	23
Giselle Deiros	23
Elizabeth Villaverde	29
Monica Rezk	30

April	
Anthony Liberti	1
Nataly Sanchez Solano	2
Pablo Yepez Bracamonte	4
Ashley Fonseca	8
Nicolle Diaz	8
Eliana Sanchez	11
George Ransford	13
Elisa Prebble	14
Niveditha Balakumar	16
Melissa Cardenas-Morales	16
Melissa Mendoza Suyo	16
Eilaf Fallatah	16
Kathleen Murphy	21
Ileana Torres-Burgos	21
Daniel Torres	21
Rodrigo Cavalcante	24
Zachary Manier	27
Yatyng Chang	29



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