Two months ago, we presented the first issue of the Department of Pediatrics newsletter. We are pleased that things remain on target to present this electronic-format publication on a bimonthly basis, to allow us to share the great work being done by our faculty and trainees, announce important events, and connect the various divisions, programs, and initiatives across our institution. This issue is more than twice as long as our first, with a feature on our Wellness & Weight Management Clinic (p. 2), a new faculty profile section (p. 4), a section on research news and awards (p. 8-9), and a handy reference guide for our incoming intern class (p. 11-12). Should you have ideas for submissions going forward, please contact our Department Communications Associate, Brian von Rueden, at: bvonrueden@luriechildrens.org.

Many department faculty members will be attending the upcoming meetings of the Pediatric Academic Societies in Washington, DC, beginning later this week. Once again, our Department is strongly represented in both platform and poster presentations in many disciplines and content areas. Having just previewed four strong presentations at Pediatric Grand Rounds (by representatives from our divisions of Kidney Diseases, Infectious Diseases, Academic General Pediatrics, and Neonatology) on April 26, it is clear that much fascinating, high-quality work is going on — all intended to better the health of children. Be sure to visit our faculty and trainees at their presentations, but also make an effort to connect with old colleagues as well. Not only is it good to see familiar faces, but there are many great things about Lurie Children’s to share with our friends at other institutions. Also, please put our Department reception on your calendar (details on p. 6).

Again, I hope you enjoy the contents of this publication. Thank you for your ongoing work on behalf of our patients and families, and for your commitment to this department.
SPOTLIGHT: 
Wellness & Weight Management Clinic

Thanks to First Lady Michelle Obama’s initiatives, issues surrounding eating and exercise habits of the younger generation are moving into the spotlight. Research has repeatedly indicated that obesity is the most common medical condition affecting long term health. To address these concerns in a comprehensive fashion, the newly reformed Wellness & Weight Management Clinic (WWMC) at Ann & Robert H. Lurie Children’s Hospital of Chicago uses a multidisciplinary team to identify and address medical risk factors. It also strives to provide effective strategies to motivate families to improve health behaviors, developing plans along with the families to implement step-wise changes to achieve healthy diet and physical activity habits.

Formerly known as the Nutrition Evaluation Clinic, which was in operation for over 15 years, the Wellness & Weight Management Clinic represents not only a name change but a shift in focus as well. Whereas formerly both obese and underweight children were treated, beginning in September 2012, the clinic began seeing only overweight/obese patients. Most of the children seen in the WWMC are severely obese; 75% of children seen have BMI at or above the 99th percentile. The addition of an adolescent medicine specialist to the team enabled an expanded patient population of older children and teens.

A patient’s first visit is about 1-2 hours long. This typically includes an extensive patient/family evaluation by a clinician and nutritionist. Social workers and physical therapists are also available as needed. Fasting labs are usually obtained in the weeks following the visits. Throughout, the aim is to help families change the food and activity environment – and enable parents to lead the way by modeling healthy behavior. At each visit, staff assess anthropometric measures and evaluate current health habits – through use of both parent/patient completed surveys and in-clinic assessments/interviews. Program members recently reviewed 6-month outcome data for children 2-11 yrs (n=340), after about 3 visits over 6 months:

- 76% had stable or falling BMI z-score
- Significant improvements were noted in stopping sugar-sweetened beverages; consuming ≤ 8 oz juice/day, using skim/1% milk; keeping to ≤ 2 hrs screen time; increasing fruit/vegetable consumption and physical activity.

Key aspects of the clinic include:

- Serving children of all ages
- Providing a comprehensive evaluation (and treatment/referal as needed) for obesity co-morbidities
- Focusing on family change and helping parents to model healthy behaviors
- Continuing attention: Most patients are followed every 3 months
- A multidisciplinary team composed of physicians, nutritionists, physical therapists, and a social worker.

To refer or schedule in the Lurie Children’s Wellness & Weight Management Clinic, please call 1-800-KIDS-DOC.

For specific questions, please call:
Helen Binns, MD, MPH
(Program Director) at 312-227-7022
Karen Schaller, CPNP
(Nurse Practitioner) at 312-227-8117
The Department of Pediatrics is pleased to announce that Robert Greenberg has accepted the position of Division Head of Hospital-based Medicine at Lurie Children’s. This division encompasses the clinical, educational, and scholarship activities of faculty primarily based at Lurie Children’s and Prentice Women’s Hospital. Rob’s vision for the division includes the establishment of a fellowship program, enhancement of existing clinical services, and building a portfolio of scholarship among academically oriented faculty. Rob has been serving as the interim division head since October. This position became official at the Board of Directors meeting on April 11, 2013.

Dr. Greenberg has been a physician and faculty member at Lurie Children’s for six years. He graduated from Mount Sinai School of Medicine in New York and did his pediatric residency at Children’s 

Memorial. As a hospitalist here, he has provided leadership to the formation and operation of our Medical Observation Unit and the implementation of the electronic health record. He has served as the Associate Director of the Pediatric Clerkship (third year medical student course) for the Feinberg School of Medicine since 2009.

For your information, two new Divisions of the Department of Pediatrics have been created from the former Division of Hospital-based Medicine. These are the Division of Hospital-based Medicine (Lurie) and the Division of Hospital-based Medicine (Outreach). In terms of numbers of faculty, these are our two largest divisions with 41 and 68 faculty members, respectively. We are in the final stages of selection of the Division Head for the Outreach division.
Dr. Curran received the 2012 A. Todd Davis award, which recognizes an attending physician or house staff member who exemplifies collaboration and excellent communication with hospital staff. Her passion for both rheumatology and medical education was evident when asked about her career highlights. She recalls running an objective structured clinical examination (OSCE) for pediatric rheumatology fellows from across the country during the American College of Rheumatology Annual Meeting in Chicago in 2011. “We bussed 21 fellows and at least 30 pediatric rheumatology attendings from McCormick Place to the old Children’s Memorial Hospital on a Sunday evening. The fellows rotated through seven different testing stations, in which they interacted with volunteers, some of whom were my patients and their family members, to practice skills such as discussing medication side effects, explaining a diagnosis, teaching medical students about juvenile arthritis and performing a musculoskeletal exam.”

After years of babysitting in high school and college, Dr. Curran says pediatrics was “a no-brainer.” Her choice of rheumatology as a subspecialty, however, was an accident. As her medical school clinical site did not have pediatric specialists, she did some elective rotations in her hometown of Kansas City. “I literally went down the list and picked something I didn’t know anything about. I was hooked – Rheumatology has lots of interesting diseases, lots of findings on physical exam. You have to be comfortable with mystery and ambiguity to be a rheumatologist and I think that can turn people off from the specialty. On the plus side, our diseases are controllable with medications and immunotherapy is progressing at warp speed. Medications discovered in the last 10-15 years have revolutionized arthritis treatment so our patients are no longer disabled. People who like solving puzzles, who like thinking about the entire body rather than one organ system, who enjoy having long-term contact with patients with chronic disease are the right type of doctors to become rheumatologists.”

Curran lives in north Edgewater, where she enjoys local spots like M. Henrietta for brunch and Ethiopian restaurants Ras Dashen or Ethiopian Diamond for dinner. In her spare time, she is often to be found reading a mystery novel, with a cat curled on her lap.
The Department of Pediatrics Advocacy Board has just released its 2013 RFP for small grants up to $5000 to fund faculty driven advocacy initiatives. Over the past six years, we have funded 25 projects. The projects have been very diverse and have included creating programs to help teens transition to adult care, training residents in legislative advocacy, and establishing a web-enabled clearing house for organizations providing cardiovascular care to children in developing countries.

**Advocacy Project Mission**

Our goal in the Department of Pediatrics is to improve the health of children and adolescents. Most of us do this by providing clinical care to patients. Others work (in the lab, through clinical trials or community based interventions) to generate new knowledge to prevent, diagnose and treat diseases. Physician advocacy translates this new knowledge into action. Physician advocacy goes beyond providing excellent clinical care to the individual. It requires partnerships at local, state, and/or national levels to address determinants of health and inequalities of health care delivery that children and adolescents may experience.

Read more about proposal guidelines [here](#), and see examples of past projects [here](#). The Department of Pediatrics will fund 3-5 physician advocacy initiatives this year. Please contact Karen Sheehan (ksheehan@luriechildrens.org) if you have questions.

---

**PEDIATRIC GRAND roundS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| April 26, 2013 | PAS Preview  
Fellows & Faculty (Ali, Beacher, Kociolek, Murthy) - NUFSM/Lurie Children's |
| May 3, 2013   | NO GRAND roundS                                           |
| May 10, 2013  | C. difficile infection and the role of Fecal Microbiota Transplant  
Lawrence J. Brandt, MD - Albert Einstein College of Medicine |
| May 17, 2013  | Kidney Diseases Topic TBA  
Christoph Licht, MD - University of Toronto/Hospital for Sick Children |
| May 24, 2013  | Resident Senior Projects  
Third-Year Residents - NUFSM/Lurie Children's |
| May 31, 2013  | Resident Senior Projects  
Third-Year Residents - NUFSM/Lurie Children's |
| June 7, 2013  | Infectious Diseases Topic TBA  
Troy R. Torgerson, MD - University of Washington |
| June 14, 2013 | Neurologic complications of acute liver failure  
Mark S. Wainwright, MD, PhD & Peter F. Whittington, MD - NUFSM/Lurie Children's |

---

**ADVOCACY CORNER: 2013 Physician Advocacy Grant Proposals**

**Karen Sheehan, MD, MPH**

Associate Chair, Advocacy  
Professor, Pediatrics & Preventive Medicine  
[Click here for the “Salubrity” Advocacy Blog](#)
ANNUAL PAS REUNION RECEPTION

The annual reunion reception for the Department of Pediatrics at Ann & Robert H. Lurie Children’s Hospital of Chicago and Northwestern University Feinberg School of Medicine will again be held at the Pediatric Academic Societies meetings this year. Plan on attending to meet with colleagues old and new, while enjoying light appetizers and beverages. The reception will occur on Saturday, May 4 from 6:30-8:00pm. Please join us in MR 8-9 at the Renaissance Washington Hotel, 999 9th Street NW, Washington, DC.

NEWS HIGHLIGHTS: Faculty Research, Reflections, & More in the Media

- April 1, 2013: Philip M. Iannaccone, MD, PhD writes a new research blog, “From the Bench”
- March 26, 2013: Amy S. Paller, MD Named 2013-2014 President of Women’s Dermatologic Society
- March 26, 2013: Douglas Nordli, MD Reflects on Advances in Pediatric Epilepsy
- March 24, 2013: Gender Identity Clinic Opens Under Direction of Robert Garofalo, MD, MPH
- March 22, 2013: Farrow Lab Finds Oxygen Exposure Linked to Pulmonary Hypertension in Preterm Babies
- February 26, 2013: Karen Sheehan, MD, MPH on Gun Violence and Prevention

TIME MANAGEMENT: Tricks of the Trade

Wednesday, May 1, 2013
12:00 – 1:00pm in 11-160

A limited number of box lunches will be provided.

Dr. Alonso is an established clinical investigator with a primary interest in health outcomes and quality of life following pediatric liver transplantation. In this presentation, Dr. Alonso will discuss the time management strategies that are essential for junior faculty navigating a career in academic medicine. She will also discuss the tools she adopted and lessons learned in balancing the demands of clinical medicine and research throughout her own career.
**TECH TIPS: How to generate your CME report…**

All Department of Pediatrics faculty can generate and print their own Continuing Medical Education (CME) report for all NUFSM-sponsored activities. Using the school’s CME database, faculty members can access this information at any time with these simple steps and links.

**Step 1:**

From the main Department of Pediatrics website, click on “Education” in the site menu across the top. Then, from the main Education page, choose “Continuing Medical Education” from the menu on the left side of the screen.

**Step 2:**

On this screen, look for the section that says “Feinberg-affiliated Physicians and Professionals.” Under this heading, click on “Generate a CME Report,” which will refer you to the proper page on the NUFSM Office of Continuing Medical Education site.

**Step 3:**

Fill in your username and password. Your Northwestern NetID should be entered as your username, along with your corresponding password. Choose the dates for the desired report period. Submit your query and print your certificate. For login problems, forgotten passwords, etc., read the instructions or call NUIT at 847-491-4357. For other questions, please contact Brian von Rueden.
Research Scholars Day
Thursday, May 16, 2013

9:30–11:30 am | Poster Sessions
Presentations by Graduate Students, Residents, Fellows, and Research Staff
11th Floor Conference Center

12:00–1:00 pm | Keynote Speaker
The Chronology of a Career in Translational Research: Hematologic Malignancies
Steven T. Rosen, MD
Director, Robert H. Lurie Comprehensive Cancer Center & Genevieve Teuton Professor of Medicine, Northwestern University
22-115

This annual event provides a showcase of clinical and basic research being conducted by residents, fellows, graduate students, and research staff throughout the institution. Bringing the Hospital and Research Center together, along with other labs and centers throughout the Northwestern University community, participants submit abstracts and are assigned faculty reviewers to ensure proper progress for the level of training. Two separate poster sessions, 9:30-10:30 am and 10:30-11:30 am, allow faculty and staff to view the full range of projects, ask questions, and interact with colleagues. One basic and one clinical project for each year of fellowship is selected by a committee; awards are also given to graduate students, residents, and research staff as deemed fitting. Prizes will be awarded and winning posters will be displayed at Pediatric Grand Rounds on Friday, May 17. Following the poster sessions, Dr. Steven T. Rosen will give this year’s keynote address, to which all are welcome. His presentation will focus on important achievements in translational research.

For more information, call Brian von Rueden at 312.227.4342

A Quicker Route: Cayuse SP Electronic Routing System for Research Proposals and Funded Projects

The Office of Sponsored Programs (OSP) is pleased to announce the successful transition to electronic routing of grant and contract proposals. Investigators and research staff at Lurie Children’s can now use the Cayuse SP system to route proposals and track their funded projects. Division, program and department heads can quickly access proposal and award information for their units using Cayuse SP. Since implementing Cayuse SP in August 2012, OSP has phased out the hard copy routing form, resulting in a more timely and efficient process for investigators to route and approve proposals and deliver to OSP staff. Investigators and research staff can use Cayuse SP to track their proposals from routing through submission to sponsor agencies, and to access information and documents for their grant and contract awards. Cayuse SP also connects proposal records with the Cayuse 424 module to facilitate submission of federal grant applications. Guidance for using Cayuse SP is available, and OSP staff members, including Jon Teuber, Associate Director of Grants and Contracts in the Office of Sponsored Programs, are able to address questions and provide training.
FROM THE OFFICE OF SPONSORED PROGRAMS — New Awards

New Awards Received in February 2013

Adam Becker, PhD, MPH
Healthy Chicago Public Schools (Healthy CPS)
Board of Education of the City of Chicago/Federal subcontract

Megan Curran, MD
Childhood Arthritis and Rheumatology Research Alliance Registry (CARRA Registry): Juvenile Dermatomyositis consensus treatment plan
Duke University/Subcontract

Christine DiDonato, PhD
SMN inductive therapy in mild SMA
Muscular Dystrophy Association

Kimberley Dilley, MD, MPH
Measurement of glomerular filtration rate (mGFR)
SurvivorVision

Marisa Klein-Gitelman, MD, MPH
Mechanisms of B cell responses in autoimmune disease: Vitamin D3 effects on immune function in pediatric systemic Lupus Erythematosus (SLE)
Duke University/NIH Subcontract

Elfriede Pahl, MD
Cardiac biomarkers in pediatric cardiomyopathy
University of Miami School of Medicine/NIH Subcontract

Hans-Georg Simon, PhD
Proteomic characterization of epicardial-myocardial signaling and cardiac regenerative activity
Chicago Biomedical Consortium/Subcontract

Julie Stamos, MD
A phase 2A multicenter, open-label, uncontrolled study to determine the safety, tolerability and pharmacokinetics of Fidaxomicin oral suspension or tablets in pediatric subjects with Clostridium
Optimer Pharmaceuticals, Inc.

Jennifer Strople, MD
A randomized, double-blind placebo-controlled trial of NNZ-2566 in adults with Rett Syndrome
Baylor College of Medicine/Subcontract

Debra Weese-Mayer, MD
A randomized, double-blind placebo-controlled trial of NNZ-2566 in adults with Rett Syndrome
Baylor College of Medicine/Subcontract

Ram Yogev, MD
Pediatric HIV/AIDS Clinical Studies (PHACS): Adolescent Master Protocol (AMP)
Harvard University/NIH Subcontract

Luciana Young, MD
Pediatric Echocardiography Z-score and Electrocardiogram Database Project
New England Research Institutes/NIH Subcontract

New Awards Received in March 2013

Barbara Burton, MD
A phase 2, open-label, multinational study to evaluate the efficacy and safety of BMN 110 in patients with Mucopolysaccharidosis IVA (Morquio A Syndrome) who have limited ambulation
BioMarin Pharmaceutical Inc.

Seth Corey, MD, MPH
A multi-center, randomized, placebo-controlled study of SBC-102 in patients with Lysosomal Acid Lipase Deficiency
Syneva BioPharma Corporation

Jane Holl, MD, MPH
National Children’s Study: Vanguard Study (South ROC)
Northwestern University/Subcontract

Marisa Klein-Gitelman, MD, MPH
A multi-center, randomized parallel group, placebo-controlled double blind trial to evaluate the safety, efficacy and pharmacokinetics of Belimumab, a human monoclonal anti-BLyS antibody, plus standard therapy
GlaxoSmithKline LLC

Nancy Kuntz, MD
Spinal Muscular Atrophy biomarkers in the immediate postnatal period of development
(funded by Families of SMA)
Ohio State University/Subcontract

Linda Laux, MD
Dravet Syndrome genome sequencing
Intellimedix LLC

Maryann Mason, PhD
Made to Move evaluation
Chicago Children’s Museum

Jacqueline Pongracic, MD
Data Administration and Analysis Core
Johns Hopkins University/Subcontract

Jennifer Rubin, MD
Environmental and genetic risk factors for pediatric Multiple Sclerosis
University of California at San Francisco/NIH Subcontract

M. Bento Soares, PhD
Hormone receptor-specific cancer risk biomarkers in benign breast
Northwestern University/Subcontract

Debra Weese-Mayer, MD
Autonomic nervous system (ANS) dysregulation in Rett Syndrome: objective measures through pupillometry and ANS questionnaire
Baylor College of Medicine/Subcontract

Ram Yogev, MD
Safety and pharmacokinetics of multiple-dose intravenous and oral Clindamycin in pediatric subjects with BMI >= 85th percentile (NICHD): CLIN01
Duke University/NIH Subcontract
RESIDENCY PROGRAM UPDATES

The Pediatric Residency Program at Ann & Robert H. Lurie Children’s Hospital of Chicago is proud to welcome another incoming PL1 class in late June. On Match Day, Friday, March 15, 2013, we were pleased to learn the names and faces of the 31 members of our incoming intern class. The group includes graduates of 28 medical schools, from 19 states. Please turn to Pages 11 & 12 of this newsletter for their photos, names, and schools. This year, the Residency Program received 1,015 applications, with 349 applicants granted interviews and 295 completing the interview. We are indebted to all of the faculty and the chief residents who donated their time to interview and help recruit an outstanding PL1 class!

In other residency news, a pair of videos were recently released to put a face on the Department and aid in recruiting next year’s class. Check out the main program video or a shorter piece on resident life.

FAMILY-CENTERED ROUNDS

The 5th A Todd Davis Pediatric Education Symposium was given by Ted Sigrest, MD on the topic of Family Centered Rounds. As Dr. Sigrest noted, the proper implementation is a hot topic in healthcare today. However, research on the topic is somewhat inconclusive; some even wrangle with how to define Family Centered Rounds (FCR). Following our sessions, we generated a working definition for FCR: “Interdisciplinary work rounds at the bedside in which patient and family share in the control of the management plan.” Further, we compiled and circulated a list of general principles for Family Centered Rounds, along with guidelines for efficient implementation thereof.

General Principles

- Should include family, nurses and physicians
- Should recognize the family as the focus of care
- Should involve the family in the decision making process
- Should result in greater satisfaction w/ care
- Should include opportunities for teaching both the family and the Health Care Worker
- Can facilitate the use of evidence based medicine

Efficient FCR

- Helpful to limit team size to essential personnel
- Helpful to cohort patients by nurse assignment
- Confirm in advance that family wants to participate
- Interpretation services should be available
- Round in the patient room, team facing the family
- PL2-3 leads, Attending MD monitors
- Computer in room for immediate data gathering and order writing
- Keep teaching points succinct; For visits requiring >15 min, make arrangements to return later

With its private, single-bed rooms, our new hospital was designed with patients and families in mind. This arrangement enables teams to more easily include families in the daily rounding process, which could potentially increase patient and family satisfaction. A multidisciplinary steering committee is being formed to explore ways to customize Family Centered Rounds for Lurie Children’s and make orientation and implementation plans for its use. For more information or to get involved, please contact committee co-chairs Susanna McColley, MD (Pulmonary Medicine) and Cynthia Castiglioni, MD (Hospital-Based Medicine). Physicians who participate in family centered rounding and meet other criteria are eligible for American Board of Pediatrics Maintenance of Certification Part IV credit.
McGaw Medical Center of Northwestern University

Department of Pediatrics | 2013 Intern Class

Suzanne Alfano
Vanderbilt University

Amanda Barone
University of Pittsburgh

Kerri Becktell
Michigan State University

Kathryn Bennett
University of Nebraska

Elizabeth Brandt
University of Virginia

Tara Brito
University of Washington

Jenna Brooks
University of North Carolina

Emily Broun
Columbia University

Matthew Cornicelli
University of Michigan

Ashley Devonshire
University of Maryland

Rebecca Dorner
Georgetown University

Nina Gazanfari
Chicago Medical School

Kaitlin Gibler
University of Louisville

Grant Hahn
Rush Medical College

Rebecca Harris
Northwestern University

Allison Hickey
University of Chicago
McGaw Medical Center of Northwestern University

Department of Pediatrics | 2013 Intern Class

Anika Ingham
University of Minnesota

Opal Kamdar
University of Cincinnati

Ashley LaFata
Jefferson Medical College

Matthew Lecuyer
University of Massachusetts

Alicia Lolwing
Medical College of Wisconsin

Kate Lucey
University of Colorado

Colleen Mayhew
Case Western Reserve University

Colleen McCormick
Wright State University

Amy Petzel
Loyola University Chicago

Jenna Rossoff
UMDNJ – Robert Wood Johnson

Megan Saathoff
University of Nebraska

Eva Seligman
University of Michigan

Kristin Van Genderen
Northwestern University

Aaron Weiss
University of Miami

Ashley Wolf
Northeast Ohio Medical University