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A monthly update for SPAP  
members with a purpose  
to educate and encourage  
the engagement of PAs  
who work with pediatric  
patients

# SPAP Shout-Out

## Board of Directors Feature



"The times they are a-changing" is a famous song written by Bob Dylan and predates many of us but correctly sums up current times. With the global outbreak of COVID-19 things have been changing rapidly in our lives at home and professionally. I abhor the term "new normal" pushed by the media due to its inaccuracies. With constant change there is no norm to reach. Many in our profession have pivoted to work outside our comfort zones and some have lost their jobs entirely. In pediatrics we have found ourselves lucky in many ways. Unlike other viral outbreaks, COVID has not hit the younger population as hard from an illness standpoint. We have seen this pandemic have an impact in the pediatric population in several other ways with depression being one of the most impactful.

The rise in depression in the pediatric population has been exponential since March. This is attributable to many factors including: isolation, lack of structure, fear of illness and the unknown, lack of physical activity, increased risk of physical and sexual abuse are just a few of the factors.

One study completed in China showed a doubling of the rates of anxiety and depression. With this increase in depression and anxiety there has also been an increase in suicide attempts and completions in the United States.

Interestingly, some early studies in Japan, The Netherlands, parts of Germany and New Zealand originally showed a decrease in suicide rates. Speculation in these studies think that decreased social and academic pressure may have led to the decrease. These studies were completed prior to June and numbers may have changed in these countries since, but no new studies were found. Isolation seems to be the biggest contributor anxiety and depression and may linger after this outbreak according to a study published in The Journal of the American Academy of Child and Adolescent Psychiatry recently.

As pediatric providers we are on the front lines and are able to address these issues early. Identification of depression and anxiety should be a priority. Screenings at well checks and as needed during other visits help to identify patients that might otherwise be missed. Different ages tend to express depression and anxiety in different ways. Four to seven-year old tend to regress and show more separation anxiety. Seven to ten-year old may become more worried about their own health.

Ten to thirteen-year-old kids do well with structure and may struggle academically when structure is not available. Older adolescents may struggle with the social aspect more than other groups leading to lack of motivation and energy. (Abhijit Ramanujam, 2020)

Psychiatric and counseling resources are stretched thinner than ever leading to many primary care providers to have to plug the gap. Research shows that "Finding ways to give children and adolescents a sense of belonging within the family and to feel that they are part of a wider community should be a priority. Therefore, providing accurate information about the relative risks and benefits of social media and networking to parents who overestimate the dangers of allowing their children too much screen time may help young people access the benefits of virtual social contact." There are some cognitive behavioral therapy (CBT) resources online that may help to bridge the gap but the studies show that treatment is much more effective when used in conjunction with a therapist. (Knopf, 2020)

Our profession understands and is based on flexibility. Adapting to change is part of our makeup, but not everyone is able to adapt as well. Children are in general very adaptable but not everyone copes the same way. We can help fill the gap in the mental health world by early identification and treatment for kids at risk. The times change but our need to be consistent in care does not.

By: Brent Smith PA-C, SPAP Treasurer

# SPAP 2021 Annual CME Conference

This year, the annual CME conference will be hosted in Philadelphia, PA at the Sonesta Hotel.

SPAP is excited to host the 2021 Annual CME Conference in Philadelphia on September 16th-19th. If you haven't already registered, you can do so by going to: <https://thespaw.wildapricot.org/event-3972690>

Registration Fees are as follows:

**Member Registration All Three Days – \$400.00**

Access to the conference all three days. Must be a current member of SPAP.

**Non-Member Attendee – \$500.00**

Access to the conference all three days & is not a member of SPAP.

**Student Attendee All Three Days – \$150.00**

Student currently enrolled in PA School attending all 3 days of the conference.

\*More options available on the website above.



## Society for Physician Assistants in Pediatrics 2020 Conference Recap

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The 2020 SPAP Annual Conference was an exceptional success. This year for our first ever virtual conference, we had 117 attendees. Here's the breakdown of that total:

- 23 Speakers, Staff, or Board of Directors
- 37 New Members
- 18 Non-Members
- 28 Members
- 9 Students
- 2 Award Winners

This year, SPAP was able to virtually offer 20 hours of CME credits ranging in topic from Disorders of Sexual Differentiation to Concussion Diagnosis & Management to

Pediatric Hematologic Disorders to What Not to Miss During a Newborn Exam.

The SPAP Board of Directors would like to personally thank all of the attendees, the sponsors/exhibitors, and most of all, the speakers.

We do hope to see you all next year at the 2021 SPAP Annual Conference in Philadelphia, PA on September 16th-19th.

Also, if you are interested in contributing to the profession and growing your CV by speaking at the 2021 conference, a call for speakers is expected to occur in January so stay tuned for more information!

## Welcome New Members!

The 2020 SPAP Annual Conference brought use 37 new members!



We would like to welcome:

- Kelsey Stone
- Kerri Roesch
- Kristiana Brown
- Jennifer Cuaderes
- Marjorie Bergsma
- Orlando Ochoa
- Iana Sanden Shamah
- Janelle Colangelo
- Samantha Herrmann
- Emily Campanella
- Karen Zipp
- Khady Diagne
- Alysha Diaz
- Julie Chapman
- Elizabeth Anderson
- Catherine Kline
- Gregg Shutts
- Stephanie Hughes
- Cassandra Dilorio
- Penny Atchley
- Brittany Deveraux
- Alyssa Light
- Diana Mendoza
- Joy Grantland
- Julie Davis
- Rebecca Freeman
- Todd Houthuysen
- Ashley Meerschaert
- To Nhu Nguyen
- Jessica Watson
- Olakunle Folorunso
- Chad Francom
- Ashley Legan
- Alysha Diaz
- Stacy Krause
- Elizabeth Heyne
- Margaret Wright
- Elham Laghaie





## 2021 Conference Information

### The 2021 SPAP Annual Conference will be held at The Sonata Hotel in Philadelphia, PA.

The Sonata Hotel is described below:

*"Explore the comfort and fresh, contemporary vibe at Sonesta Philadelphia Downtown Rittenhouse Square. A premier choice among hotels in Philadelphia, enjoy spacious, modern accommodations and luxurious amenities while staying in the heart of downtown and only steps away from Rittenhouse Square. Relax and retreat in spacious accommodations. Treat yourself to a tasty bite and people watching at ArtBar. Wander through our gallery featuring the finest local artists around the city. Relax and retreat in spacious accommodations. Stay artfully with casual sophistication, impeccable service and delightful added touches."*

### Rittenhouse Square

Rittenhouse Square presents a relaxing spot where visitors and locals gather for picnics, sun-bathing, or just to take a stroll amid the trees, manicured lawns and sculptures.

Named for astronomer and clockmaker David Rittenhouse, the family-friendly park remains one of the most lovely and peaceful spots in which to paint, read, relax on a park bench or catch-up with friends.

The main walkways are diagonal, beginning at the corners and meeting at a central oval.

The plaza, which contains a large planter bed and a reflecting pool, is surrounded by a balustrade and ringed by a circular walk.

Classical urns, many bearing relief figures of ancient Greeks, rest on pedestals at the entrances and elsewhere throughout the square. Ornamental lamp posts contribute to an air of old-fashioned gentility.



### Online CME's:

*Continuing Education. Anytime. Anywhere.*

Let SPAP help connect you to on-line CME! Learn best practices from renowned faculty through videos. The newfound knowledge and skills that you learn from these lectures will enable you to improve your practice and earn CME's.

Take a look at the two offered now at <https://thespap.wildapricot.org/Online-CME> and be on the look for emails with new lectures!

#### Directions:

Once the lecture is purchased, you will be sent a link to the lecture that you will then need to download.

After you have completed the lecture, you will be sent a survey. Once you have completed the survey, and it is emailed back to the SPAP admin, the CME certificate will be sent to you via email.

Members- FREE

Non-members- \$ 15 per lecture

Each lecture equals one (1) CME hour.



### HOW TO SIGN UP:

<https://thespap.wildapricot.org/event-3972690>

(210) 624-8215

[admin@spaponline.org](mailto:admin@spaponline.org)



# PA's are Essential

## PA's are Essential.

#PAweek



By: Nikki Tucker, PA-C,  
SPAP Secretary

### PA Week 2020 Recap

PA Week 2020 is behind us, but the theme continues to ring true: PAs Are Essential. While celebrations looked different this year due to the global pandemic, PAs and PA students showed their support and celebrated the PA profession in a variety of ways. Each day of PA Week had a unique theme. These themes included PAs are Essential, Share Your Why, Be a PA Advocate, Ask AAPA Experts, PA Thank-a-thon, PA Giving Day, and Public Outreach Day. Although PA Week is well behind us, you can still take action to support the profession. For PA Advocacy, you can join your state chapter today and help advocate to remove barriers so that patients can access the high-quality care that PAs provide. Also, you can join AAPA's Grassroots Advocacy and Information Network, a nationwide network of PAs who want to engage with Congress about PA policy priorities (More information can be found here: <https://www.aapa.org/advocacy-central/grassroots-advocacy/grassroots-advocacy-and-information-network/>).

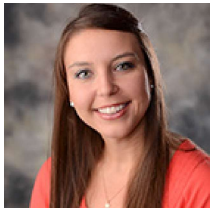
During PA Week, PAs had an opportunity to amplify public health messages from the Department of Health and Human Services (HHS) & the Centers for Disease Control & Prevention (CDC) to increase our nation's immunization rates & reduce vaccine-preventable disease. Vaccinations have sharply declined nationwide during the COVID-19 pandemic. This raises significant concerns about vaccine-preventable disease outbreaks. Additionally, the intersection of influenza & coronavirus is a looming double threat, which the CDC addresses explicitly in their "Vaccination Guidelines During a Pandemic." Here are some steps you can take to continue to amplify the Public Health message of AAPA:

- Use the CDC's "Fight Flu" social media images and suggested messages to remind your patients, friends, & family members to get their seasonal flu vaccine.
- Review the CDC's Interim Guidance for Immunization Services During the COVID-19 Pandemic.
- Encourage your patients, friends, & family members to stay up to date on all immunizations with HHS's "Catch Up to Get Ahead" shareable graphics.

## Society For Physician Assistants in Pediatrics

P. O. Box 90434  
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# 2020 SPAP BOARD OF DIRECTORS



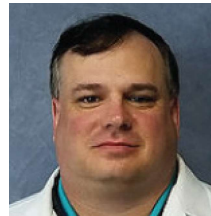
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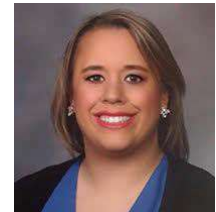
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