



## INAAP Monthly News & Updates December 2019

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### Letter from the President

I just heard a really great expression from one of my moms when I asked what she loved most about her 6 month old.

*"Well, she's my favorite channel!"*

How great is that? I'm used to parents calling their kids angels, nuggets, rascals or devils (lovingly...for the most part), but this was a first, and one I quite like.

In fact, this is my new years resolution: ensuring my kids are always my favorite channel. Super important too, as I continue to struggle balancing time at work, mostly due to my love-hate cell phone relationship.

I'm telling all my parents, make sure your cell phone isn't distracting you from your favorite channel. It would just be nice to have a little volume control button too...

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### RSVP Today: Physician Day at the Statehouse and Lunch with Legislators January 28, 2020



Join us at the Indiana Statehouse on January 28th for INAAP's annual Physician Day at the Statehouse!

For 2020 INAAP will be partnering with the Indiana State Medical Association and other medical specialty associations for one large event that will bring together physicians from a variety of backgrounds and specialties so that we can speak to our legislators with one powerful voice.

The event will take place on January 28th, 2020, and will run from approximately 10:00 am to 1:30 pm. The event will include a training, distribution of materials and talking points, and lunch. We will be discussing several legislative priorities with lawmakers, including a new helmet law for kids under 18, firearm safe storage, and work accommodations from pregnant workers.

Mark your calendars now, and use the button below to RSVP!

[Physician Day at the Statehouse RSVP](#)

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## SAVE THE DATE!

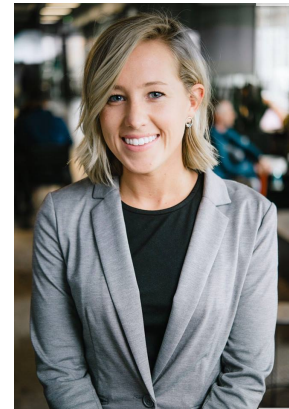
*INAAP Annual Pediatric Conference*

September 10-11, 2020

Columbus, Indiana

### Reach Out and Read Updates from Madison Criswell

Winter break is right around the corner, and the holidays are near! Reading and writing are everywhere, and this holiday season, they can be fun for children. Routines can fly out the window with celebrations, travel and out-of-town guests. Reading doesn't always mean sitting at a table with a book. Make it fun this year by sneaking learning into holidays at home. As families prepare for the days ahead, use these tips from [Scholastic](#) to keep kids engaged in learning and reading over winter break!



#### Writing:

1. Write a letter to Santa if your family celebrates Christmas.
2. Write the "To" and "From" tags for holiday gifts.
3. Write a list of the things they are most thankful for.
4. Make holiday cards for friends and family.
5. Make place cards for your family meal.
6. Make a holiday wish list.

#### Reading:

1. Share a new holiday book together.
2. Have your child read the recipe to you as you prepare a holiday treat or meal together.
3. Have your child research online/in the paper where the best local light displays are.
4. Allow your child to read the tags on the presents and then distribute them.
5. Print out directions for a thematic holiday craft, and have your child read them as you work to complete the craft together.
6. Find a holiday songbook or print out the lyrics to several favorite carols. Whether you go caroling or simply sing together at home, allow your child to read and sing the words.

Happy reading, and happy holidays!

# New Guidance Information Regarding Nicotine Replacement Therapy for Adolescent Patients

The American Academy of Pediatrics has released a new document to provide additional guidance for pediatricians who are trying to treat patients with nicotine addiction. The first page of the document is pictured below, and the full document can be accessed [HERE](#).



## Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians

Nicotine Replacement Therapy (NRT) can be an important tool for treating nicotine dependence in youth. Many pediatricians are uncertain about how to use this medication with adolescents, especially those who are under 18 years old. This document is intended to help pediatricians make informed decisions about using NRT with patients who wish to quit smoking or vaping.

### What is Nicotine Replacement Therapy (NRT)?

- NRT is a medication that addresses nicotine withdrawal symptoms by providing a controlled amount of nicotine, thus helping reduce the urge to smoke or vape.<sup>1</sup>
- NRT is safe and effective in helping adults quit tobacco use.<sup>1</sup>
- NRT works best when paired with behavioral counseling interventions.<sup>2</sup>
- NRT comes in five forms, including gum, patch, lozenge, nasal spray, and inhaler.
- Three forms of NRT (gum, patch, lozenge) are available over-the-counter for adults 18+.



NRT gum, patch, and lozenge

### Can Adolescents Use NRT?

- At present, the US Food and Drug Administration (FDA) has not approved NRT for youth under 18 years old.
- Research on the effectiveness of NRT for helping youth quit successfully is limited due to a lack of adequately-powered studies. Overall efficacy findings have been mixed, with generally more modest outcomes than in comparable adult trials. There is no evidence of serious harm from using NRT in adolescents under 18 years old.<sup>3,4</sup>
- Given the effectiveness of NRT for adults and the severe harms of tobacco dependence, AAP policy recommends that pediatricians consider off-label NRT for youth who are moderately or severely addicted to nicotine and motivated to quit.<sup>5</sup>
- Youth under 18 years old need a prescription from a healthcare provider to access all forms of NRT.
- Non-adherence and relapse after cessation of therapy is common, and close follow-up is recommended.

### Is NRT safe?

- NRT is safer than cigarettes, e-cigarettes, and other tobacco products because it delivers nicotine without the toxic chemicals and carcinogens in tobacco and e-cigarette products.
- NRT has low potential for misuse because the nicotine is absorbed slowly.

### What are the contraindications to NRT use?

- The only contraindication to NRT use is hypersensitivity to nicotine or any component of the medication. In addition, patients who are allergic to soya should not use the nicotine lozenge.<sup>6</sup>
- Pediatricians should be aware of disease-related cautions when prescribing NRT, including cardiovascular disease, diabetes, and hyperthyroidism. However, it is important to note that these cautions are relative, not absolute: NRT is safer than continued tobacco use.
- Pediatricians should review full clinical drug information in a professional prescribing reference to address individual concerns about prescribing. The decision to prescribe a drug is the responsibility of the medical provider, who must weigh the risks and benefits of using the drug for a specific situation.

### What does an NRT treatment plan look like?

- Pediatricians and other health care providers should inform patients of the benefits and drawbacks of the five NRT medications, screen for relative contraindications, and instruct patients in how to use the product appropriately.
- The choice of NRT medication for an individual patient should be based on preference, availability, and the patient's experience of potential side effects.<sup>1</sup>
- For best results, patients should be advised to pair a long-acting form of NRT (eg, nicotine patch) with a shorter-acting form (eg, gum, lozenge, spray, or inhaler). This combination therapy allows the patient to keep a steady level of nicotine in their bloodstream throughout the day, while also responding to cravings. In addition, patients should be advised that NRT works best when paired with behavioral counseling interventions.<sup>2</sup>
- The table below provides treatment information for nicotine gum, patch, and lozenge. All three products are available over-the-counter for adults and by prescription for youth under 18 years old. There is also a nicotine nasal spray and a nicotine inhaler, which are available by prescription only within the adult population and are used far less frequently.

**January CME Event  
Mental Health Resources for Primary Care Physicians  
January 15, 2020, 5:30 pm  
Indianapolis Central Library**



Access to quality mental health care for children in Indiana is an ongoing concern, and today's pediatricians are asked to manage more behavioral health problems than ever. Many of our INAAP members tell us mental health care is the number one issue they struggle with in their practice.

The **Indiana Behavioral Health Access Program for Youth, also known as Be Happy**, is a new program run by The Department of Psychiatry at the Indiana University School of Medicine. The program offers free telephone consultations with a board certified child and adolescent psychiatrist, community referrals, and educational opportunities related to pediatric mental health and substance use concerns.

Join us on January 15th to learn more about the program, and to get your questions answered. We will have representatives from the program on-hand to help you get started!

The program's mission is to improve access to best-practice pediatric behavioral health care across the state of Indiana by supporting providers in their local communities with guidance from psychiatric specialists. Consultations may focus on assessment and diagnosis, treatment planning, medication management, or other topics pertinent to pediatric behavioral health.

This event will qualify for one hour of CME and is FREE to all INAAP members. Dinner is also provided. You can use the button below to RSVP today!

January Meeting RSVP

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**Register Today for the 2020 AAP Legislative Conference  
April 5-7, 2020, Washington, DC**



Register now for the 2020 American Academy of Pediatrics Legislative Conference, April 5 - 7, in Washington, DC!

As we enter an election year, it is a critical time to be speaking up for children in our nation's capital. It is up to us to ensure that children's health is a top priority for our elected leaders.

Each year, the conference brings together pediatricians, pediatric trainees and medical students from across the country who share a passion for child health advocacy.

Participants attend advocacy skills-building workshops, hear from distinguished guest speakers, learn about policy priorities impacting children and go to Capitol Hill to urge Congress to support strong child health policies.

The conference will also feature a Pediatric Subspecialty Advocacy Track with specific legislative and skills-building workshops uniquely focused on the interests and needs of pediatric medical subspecialists and surgical specialists.

You can register and find additional information using the button below.

[Legislative Conference Information and Registration](#)



## CEASE 2019 Recap

As the calendar year comes to an end, I wanted to give our membership an update on the CEASE program! Cohort one practices are at the one-year mark of implementation and continue to do a wonderful job delivering services. Those practices include IU Health Arnett, Community Anderson Pediatrics, and Parkview Pediatrics. Thank you for all the work you have put in and continue to do so moving forward! Combined these three practices have reached 10,751 families and identified 1,040 households with smokers.

I am excited to announce our cohort two practices are Meadows Medical Center (Kokomo), All IN Pediatrics (New Albany and Salem), Associated Pediatricians (Valparaiso and Portage), People's Health Center (Indianapolis), and WindRose Health

Network-Eple Park (Indianapolis). It is an exciting time for INAAP to continue to work with these practices to help our Hoosier families become tobacco free. A handful of cohort two practices are in the implementation phase while others are completing their training before implementation.

If you have questions about CEASE please feel free to contact me at [LW@inaap.org](mailto:LW@inaap.org). I hope everyone has a happy holiday season!

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## Support INAAP Through Amazon Smile



Did you know that you can help support INAAP with every purchase you make from Amazon? The Amazon Smile program gives a percentage of every purchase back to participating nonprofit organizations, and those donation can really add up during the holiday season. It's just like using Amazon, but with an added philanthropic benefit. Make sure the purchases you would make anyways this holiday season help support INAAP by using the link below!

[Amazon Smile - INAAP](#)

