



INAAP Monthly News & Updates September 2019

Letter from the President

If you ever find yourself in a little bit of an energy rut with your patient visits, I highly recommend spending time with medical students. They have so much enthusiasm and excitement to tap into, and wonderful ideas abound!

One of my favorite exercises is brainstorming with them new and unique ways to start the patient encounter. The goal is to get the patient to smile, relax, and open up a bit. Here are some of my favorites we've come up with. Enjoy!

Parents of infants/children:

- 1) Tell me something great you've accomplished recently
- 2) What do you love most about your child?
- 3) What's your favorite part of being a mom/dad?
- 4) Tell me a funny story of adventures in parenting
- 5) Tell me something that you are really proud about ___?

To kids:

- 1) Tell me something you're really good at
- 2) How would your friends describe you?
- 3) Tell me something that gets you really excited
- 4) Tell me something you're looking forward to
- 5) Tell me the funniest thing you've heard

New Chapter Champions

I'd also like to take this opportunity to announce that we have two new "chapter champions" that have offered their expertise to our membership.

[Dr. Chelsey Caldwell](#) from Fort Wayne, Indiana will be serving as our Oral Health Chapter Champion and [Dr. Roxanna Lefort](#) will be serving as our Disaster Preparedness Chapter Champion.

The role of the chapter champion is to help keep our leadership and general membership apprised of any developments in a particular area, and to help answer questions or offer suggestions to members who might have a question that falls under their field of expertise. If you have questions that fall under either of these categories, I encourage you to reach out!

Are you looking to get involved with the chapter in a more significant way? If so, we have a list of open positions we are looking to fill posted on our website. You can check those out [here](#).





Free Dinner and CME Event at Topgolf!

Tuesday, October 29, 2019
Topgolf, 9200 E. 116th St., Fishers, IN 46037

5:30-7:30 Dinner and CME Program
7:30-9:30 Socializing and Golf



Join us on October 29th for a unique CME opportunity. Hosted at Topgolf in Fishers. This event will combine education and fun! This program is intended for: Physicians, Medical Students, Residents, Nurse Practitioners, Physician Assistants, and Pharmacists. Dinner and golf is included, and there is no cost to you!

Featured Speakers Include:

Darron Brown, MD

Professor of Medicine, Indiana University School of Medicine

Dr. Brown, who played an integral role in development of the current HPV vaccine, is at the forefront of HPV research focusing on natural history of HPV infection, viral transmission, immunologic response, and oncogenesis.

Monica Kasting, PhD

Associate Professor, Department of Public Health, Purdue University

Dr. Kasting will discuss best practice strategies for recommending the HPV vaccine.

This event is sponsored by the organizations below, and will bring together primary care providers for a wide variety of backgrounds.

Though the event is free, registration is required. You can RSVP using the button below!

[Topgolf CME Event RSVP](#)



2018 Youth Tobacco Survey Results

This month the Indiana State Department of Health (ISDH) released results from the 2018 Indiana Youth Tobacco Survey (IYTS). The IYTS has been administered since 2000 to monitor youth tobacco use, cessation, social and environmental factors related to tobacco use, and secondhand smoke exposure. The 2018 IYTS was administered in the fall of 2018 to over 6,700 students enrolled in Indiana public middle and high schools. New questions were added to the 2018 IYTS addressing JUUL use specifically and marijuana use.

The results show a significant jump in the percent of middle and high school students using e-cigarettes, nearly doubling from 2016 to 2018. The most common e-cigarette used among youth is the JUUL. In 2018, more than 1 in 3 Hoosier high school students and 1 in 10 middle school students reported ever trying JUUL. Among middle school students, 6% report current use of JUUL while 24.2% of high school students report use of JUUL.

The [full report](#) can be accessed on the ISDH website as well as the report [summary](#) and [highlights](#). New resources to help families, physicians, and schools in addressing e-cigarette use with youth have been made available on the ISDH [website](#).

Special Event: Screening of Film "Zero Weeks" and Panel on Paid Family Leave October 21st at 5:30 pm, RSVP Today!



Join INAAP at Clowes Auditorium inside the Indianapolis Central Library for a special screening of the film "Zero Weeks" on October 21st.

Most Americans agree that family comes first. No matter where you work or what zip code you live in, you should be able to welcome a new child, to care for your mother when she has her knee replaced or to heal from cancer without facing financial disaster.

And yet in 2016, only 14 percent of private sector workers in the U.S. reported having paid family leave through an employer; less than 40 percent have personal medical leave through an employer-provided temporary disability program. The United States and Papua New Guinea are the only countries in the world without a paid leave law. Because 44 percent of American households

don't have enough savings to cover their basic expenses for three months, families are often forced to choose between taking time off to care for a partner or parent with an unexpected medical emergency or continuing to work so that they can keep their job and health insurance. The crisis is just as bleak for new mothers. Nearly 1 in 4 mothers return to work within two weeks of having a baby. Without the protection of paid leave, new mothers are 40% more likely to need food stamps or public assistance.

Weaving powerful stories together with insightful interviews with leading policymakers,

economists, researchers, and activists, ZERO WEEKS lays out a compelling argument for guaranteed paid leave for every American worker. The film looks at paid leave from an emotional, medical, financial and global perspective.

The film will be followed by an expert panel who will discuss ways we can move the ball forward on this issue in Indiana.

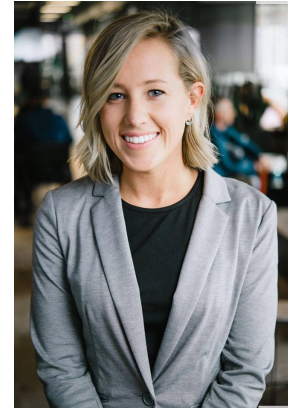
You can RSVP for the event using the button below.

Zero Weeks Event RSVP

Creating a Literacy-rich Waiting Room

This month I wanted to share a few resources with you on Literacy-rich Waiting Rooms.

Reach Out and Read program sites recognize that literacy awareness and encouragement starts even before the appointment begins - in the waiting areas and exam rooms. When families are surrounded by an environment that fosters reading and makes literacy resources available, it reinforces the anticipatory guidance provided during the well-child visit. Since children and parents sometimes spend time waiting, many spaces can help promote literacy.



Though practice budgets can be tight, Reach Out and Read has created a wonderful resource called "[Creating A Literacy-rich Waiting Room on A Budget.](#)" I would encourage you to take a look at the included tips for creating your own literacy-rich waiting room on any budget!

If you have space available, another idea would be to invite your local librarian to read and share resources with children while they wait in the waiting room! Creating a relationship with your closest library has many benefits to a sustainable ROR program. If you would be interested in taking the first step, please contact me and I can help!

For more information and resources for creating your literacy-rich waiting room, be sure to check out [myROR.org](#) or [INAAP.org](#) for templates, resources, and materials for your Reach Out and Read program. The ROR Store and Documents Library offer lots of great ideas!

Save the Date: Physician Day at the Statehouse January 28, 2020



Though January may still seems ages away, plans are already being made for our advocacy day at the Statehouse which will take place during next year's legislative session.

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.

Details for the event are still developing, but it will include a training session, lunch with lawmakers, and a chance to meet with elected officials in small groups. The event will take place on January 28th, 2020, and will run from approximately 10:00 am to 1:30 pm.

Mark your calendars now, and stay tuned for more details in future editions of the



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