



March 2024 INAAP Monthly News & Updates

This newsletter contains important updates and the latest news from INAAP. Keep scrolling for more information on:

- Solar Retinopathy Guidelines
- Connect with CARE - INAAP's Mental Health Line
- Reach Out and Read Updates
- 2024 Annual Conference
- Upcoming events
- And More!

Letter from the President

Sunshine! This can help change our perspectives and help inspire us. I had the privilege to explore the sunny south to continue my learning journey. One of the topics that was most impactful to me was about the path of joy! How we find joy in our lives, our practices, etc varies for each of us- What brings you joy in your practice? Is that advocacy, educating new parents, or helping families navigate a chronic medical issue? My challenge for each of us - find what brings you joy!

Jaime Stelzer, MD
INAAP President



Upcoming Events

INAAP In-person Member Meeting: A Night with Dr. Michelle Fiscus	March 12, 2024, 6:00 PM - 8:00 PM Board of Governor's Room at Riley Hospital for Children	Register Now
ACT Now: Addressing Youth Tobacco Cessation in Schools	April 10, 2024 from 12:00 - 1:30 PM, EST April 11, 2024 from 3:30 - 5:00 PM, EST	Register Now
INAAP In-person Member Meeting	May 8, 2024, 6:00 PM - 8:00 PM Board of Governor's Room at Riley	Register Now

2024 INAAP Annual
Conference

Thursday, August 22, 2024
502 East Event Center
Carmel, IN

Mark Your
Calendars!

Welcome Our New INAAP Members!

Last month, the following individuals joined the INAAP community. Please join us in recognizing:

Brittani Corbisiero, DO | Indianapolis, IN

Angela Delecaris, MD | Zionsville, IN

Marissa Just, MD | Indianapolis, IN

Josephine Kim, DO | Fishers, IN

Mira Trivedi, MD | Whitestown, IN

2024 INAAP Annual Conference

Mark Your Calendars Now!

INAAP is excited to announce that the 2024 annual conference will take place on Thursday, August 22nd in Carmel, Indiana! Based on our membership survey about preferences related to the timing of the conference, we will be shifting the format this year to take place on one day during the work week. More information will be coming on this event in future editions of the newsletter, and we hope to see you there!



SAVE THE DATE
**2024 INAAP ANNUAL
CONFERENCE**



AUGUST 22, 2024
CARMEL, IN

INAAP is excited to invite you to attend our 2024 Pediatric Conference at 502 Event Center in Carmel, IN. Join us for a day of speakers, conversations, & more!

AUGUST 22, 2024 | 502 EVENT CENTER | CARMEL, IN

More Info Coming Soon!

2024 Legislative Session Digest



We are now past the halfway point of the 2024 Legislative Session. INAAP has provided testimony on numerous bills throughout the session so far, and will continue to do so through the end of the session in early March.

Use the link in this post to get a summary of everything that is happening at the Statehouse. At the bottom of the document you will also find a link to INAAP's 2024 bill tracking list which includes all of the legislation that we are following this year.

[View the Full Update HERE](#)

2024 Solar Eclipse Solar Retinopathy Guidelines

On Monday, April 8, a total solar eclipse will pass over Indiana. The Indiana Department of Health (IDOH) is planning for a potential surge in patients with eye complaints due to the eclipse and the number of anticipated visitors to the area. There is no specific treatment for solar retinopathy caused by looking at the eclipse without proper eye protection, and in most cases the condition will heal within 3-6 months. Emergency evaluation for solar retinopathy is not necessary.

IDOH has collaborated with the Indiana Academy of Ophthalmology to provide guidance for clinicians evaluating patients with possible solar retinopathy.

Prevention

- The **best management is prevention**. Avoid looking directly at the sun during the eclipse. To safely view the eclipse, use approved glasses with solar filters or use solar viewers. Additional information can be found [here](#).

Symptoms

- Painless loss of central vision with a central or paracentral scotoma in one or both eyes.
- Rapid onset within a few minutes to a day or two following exposure.
- The persistence of the central scotoma or blind spot is the clue to the clinical diagnosis.

Diagnosis

- Fundoscopic examination may be normal or show subtle yellowish spots in the fovea.
- **ED evaluation is not recommended since standard radiographic and echographic modalities will be normal.**
- HD OCT and/or fluorescein angiography can assist with the diagnosis.

Treatment

- There is no specific treatment for solar retinopathy. Most cases spontaneously heal within 3-6 months after the inciting event, although permanent vision loss can occur¹.
- Consider referral to a retinal specialist.
- There is not strong evidence to suggest routine use of systemic corticosteroids. If they are utilized, a Prednisone taper starting at 60mg and decreasing by 10mg weekly for a total of 4-6 weeks may be considered.

If the diagnosis is unclear and does not align with exposure and symptoms, please proceed with standard care.

INAAP's Mental Health Program Connect with CARE

What is the CARE Program?

The Indiana Family and Social Services Administration's Division of Mental Health and Addiction has partnered with the Indiana Chapter of the American Academy of Pediatrics to create the Child and Adolescent Mental Health or "CARE" Program.



The CARE Program connects Hoosier children and their families to the mental health services they need. CARE helps to identify and address barriers that negatively impact a family's ability to seek out and effectively engage in mental health services.

While CARE is proud of their important work and the number of families they had the privilege to serve during their first year of operation, the program is excited to expand their capacity to serve in 2024. The CARE Program has opened access and is currently accepting referrals for new child and adolescent clients. We encourage all pediatric clinicians in Indiana to take advantage of the program!

What Does the Program Offer?

While there are resources available that can provide families with information regarding mental health services, the CARE Program differs by providing a much more "hands-on" and comprehensive approach. CARE Program Family Navigators conduct intake interviews with families to determine their needs, learn about their goals, address barriers, and connect them to mental health providers in their area that have the potential to meet their needs.

Because we know there are countless opportunities for new barriers to arise along the way, CARE Family Navigators follow-up and check-in with families to try and prevent them from falling into the cracks of the system. CARE also differs from other resources in the way that Family Navigators follow-up with primary care providers to "close the loop" once a family is connected to services. In short, CARE Family Navigators guide and support families through every step of the CARE Program process.

CARE Program clients are often referred by a medical professional such as their pediatrician or other primary care provider. That being said, families can refer themselves and connect directly to the program through the CARE website or by calling the CARE Line, the program's toll-free number.

What People are Saying

The program has already celebrated several successes, and the feedback from participating families has been overwhelmingly positive. One CARE Program parent felt "[i]t was beneficial...not just in getting started but also in checking in/following up. Mental health resources are hard to find."

Another parent shared, "I love your program!" The CARE Team "was so helpful to set up choices for us. The intake was fast and this is a program I feel good about."

Ways to Connect

Option 1: Client Intake Form

- A patient's parent or legal guardian can complete the form below for their child.
- The form asks for basic patient information such as name, address, medical insurance, etc.
- The form also allows parents to identify the specific mental health service(s) and

type(s) of treatment(s) they are seeking (but can also be left blank if they are unsure).

- Once submitted, a CARE Program Family Navigator will reach out to the family to schedule an intake session.

[Click here for the Client Intake Form](#)

Option 2: Primary Care Provider Referral Form

- PCPs can use this form to refer patients when various barriers, such as access to technology or inertia prevent the family from completing the client intake form themselves.
- This referral form is designed to be brief and should take less than five minutes to complete.
- None of the fields on the form are required. Provide the information you can, and the CARE Program will do the rest!

[Primary Care Provider Referral Form](#)

Option 3: The CARE Line

- Anyone can connect to the program by calling the toll-free phone number (855-495-7271), and the CARE Team will do the rest.

[Visit our Website](#)

Clean Air Corner Basics and Beyond

New free webinar available from the APP!

- Check out the AAP's recorded webinar **Basics and Beyond** (from December 2023) which focuses on how pediatricians can help youth quit using tobacco and nicotine products.
- This one-hour recording addresses the basics of tobacco cessation and answers frequently asked questions.
- Additional topics include basic components of the ACT model, assessing nicotine dependence, patient confidentiality, billing, partnering with schools, and features of the new AAP Interactive Progressive Web app.



For more information, questions, or suggestions on future topics, please contact Sarah E. Bauer, MD at bauersae@iu.edu or Clare Wright at cb@inaap.org.

Reach Out and Read Updates



Share the Winter Booklist!

Here are some easy ways encourage families to work on literacy skills during regular activities without adding extra time to your day. There also are things they can do during planned play and reading times:

- Engage your child in singing, rhyming games, and nursery rhymes.
- Read picture and story books that focus on sounds, rhymes, and alliteration (words that start with the same

- sound, as found in Dr. Seuss books).
- Reread your child's favorite book(s).
- Focus your child's attention on books by pointing to words and pictures as you read.
- Provide a variety of materials to encourage drawing and scribbling (e.g., crayons, paper, markers, finger paints).
- Encourage your child to describe or tell a story about his/her drawing and write down the words.

All About Books:

All About Books brand-new 2024 catalog is available digitally [here](#). Stay tuned for more news on when the physical copies of All About Books and Scholastic 2024 catalogs will be available!

Program Update

Program Manager, Madison Shepherd, will be on maternity leave from beginning of February until Late April. If you need anything regarding Reach Out and Read Indiana, please email Clare Wright at cb@inaap.org.

New in 2024: INAAP Career Center

INAAP is proud to announce the launch of its new Pediatric Career Center. Whether you are looking for a new opportunity or looking to hire top pediatric clinicians, this is the spot for you:

- Search and apply to top pediatric jobs at institutions that value your credentials.
- Upload your resume so employers can contact you. You remain anonymous until you choose to release your contact information.
- Create Job Alerts and receive an email each time a job matching your specified criteria becomes available.
- Access career resources, job searching tips, and tools.
- Post your job, or your institution's job, where the industry's most qualified pediatric professionals go to advance their careers.
- Email your job directly to INAAP job seekers via our exclusive Job Flash™ email.
- Search our Resume Bank using robust filters to narrow your candidate search.



Explore the benefits of our new career center by logging in or creating a new account today!

[Visit our New Career Center](#)

INAAP's Payor Council is Here to Help!

Do you have a payment, prior authorization, or formulary issue that you just can't get resolved? Help is here! Submit your problem to INAAP and our payor council will work with our partners at the Indiana State Department of Health and the Family and Social Services Administration to see if we can find a solution.

Email concerns to Chris Weintraut at cw@inaap.org.



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PEDIATRICS



On Call

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children's health
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