Don’t miss the full color online edition at www.upstate.edu/pediatrics/crier.php

Taking Health Care to New Levels:
Level 1 Trauma Center
The GCH (and UH) have become the first hospitals in New York State to earn national verification as a Level 1 trauma center by the American College of Surgeons in recognition of the optimal trauma care the center provides our patients.

See additional news coverage here:
WSYR Channel 9:
Time Warner Cable News:

Level 3 Medical Home
If that wasn’t enough exciting news for our department, UPAC has recently been designated as a Level 3 Patient-Centered Medical Home by the National Committee for Quality Assurance. The national designation reflects UPAC’s use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term participative relationships.
See more at:
http://upstateonline.info/static/April3-

Winter Wonderland Wins!
Congratulations to residents Ryan Kwong and Vanessa Orrego who were the recipients of a CATCH grant for their proposal entitled, “Winter Wonderland”. The proposal described their plan for offering the children of CNY a program that addresses barriers to winter exercise. Good job, Ryan and Vanessa! Congratulations, too, to their faculty sponsor, Alicia Pekarsky. In an exclusive interview, Ryan told the Crier:

"Hi Everyone, Vanessa and I were very fortunate this year to be awarded a 2014 CATCH Resident grant. First and foremost, we would like to thank Steve Hicks for all his help during this process. He has been an excellent mentor and a great help. Just to tell you a little bit about our project, our grant focuses on combating obesity and providing nutrition education to children in Syracuse and its surrounding areas. Having been brought up Canada, Vanessa and I have always embraced winter activities and we would like to expose these children to the winter activities that we have grown to love, especially skating and sledding during this upcoming winter. We hope that this not only also introduce them to activities that they may have otherwise not had an opportunity to try but also pique their interest in staying active during the long winter months. We will be looking for volunteers to help with this endeavor and more information will be provided in the near future for those interested. Thank you for all the support! And special thanks to Dr. Pekarsky for all her help as our faculty advisor for this project. Thank you!"

GME Residents of Excellence
Congratulations to Allison Martin and Steve Hicks who won two out of the three hospital-wide GME Resident Excellence Awards. Steve won the Excellence in Research Award and Allison won the teamwork award (a peer-nominated award). We are very proud of them both! They will be honored at an award luncheon on May 29th.

AOA-To-Go!
Congratulations to Dr. Karen Teelin and Dr. Steve Hicks who have both been elected to the Upstate AOA chapter by the fourth year medical students. They will be honored at a dinner on Friday May 16th. The election is based upon their "teaching, scholarship, and professionalism." We are very proud of Karen and Steve!

El Salvador 2014
Caitlin Stiglemeier
Thanks to all who made donations for this year’s trip to El Salvador. Caitlin shared the following reflections of her time there:
We unloaded off the school buses at midnight in Rancho, disoriented, and dragged our wheeled Samsonite suitcases down a pot-holed, mud-puddled, rocky dirt road to the Community Center. Rancho Grande was the last place anything like a wheeled suitcase belonged, but it was
par for the course that week. Our saying, after all, was “Expect the Unexpected.” We unrolled sleeping bags onto the terra cotta floor of the Community Center and slept with the full moon shining brilliantly through the holes in the aluminum roof. Morning came quickly every morning; we were usually up at six for breakfast at seven, attempted to avoid the morning cow traffic, and were straight to work at eight. In between meals, we worked. Hard. Eight to noon, and then two until six we divided into groups. We took siesta time every afternoon for an hour after lunch, in part to escape the hottest part of the day, and also to enjoy some time of reflection. Our projects this year included digging a trench from the well at the church to the school. A new kitchen was being built at the school, and having running water there would be pretty fancy. The trench, which was completed during our week there, was the length of about 100 yards, and had a depth of about 3-4 feet. It was all dug by hand, pipes laid, and filled back in with pick-axes and shovels by both high school girls and boys, and a few local guys. Two new latrines were also being built, one at a locals’ home named Oscar, and another behind the church. New tile was also being laid inside the church, the kitchen staff appreciated help with the dishes and prep work, and there were always children to do art projects or play games with when they weren’t in school. At the community center, we had groups to help translate with patients, triage, organize supplies and medicine, or help pass out shoes and clothing. The community center itself also got its old blue and white paint scraped off and a brilliant new coat of terra cotta and mint-green.

The clinic this year, I was informed, ran like a well-oiled machine compared to previous. The staff included a dentist, two nurses (including Brooke Fraser from 11G), Dr Potter, a Syracuse community pediatrician, myself, Dr. D, two professional translators, two high-school translators, and MaryBeth, Dr. D’s wife, the keeper of the clinic, and truly the most invaluable person there. The first workday was spent unpacking suitcases full of medicine, organizing the stock room, and cleaning the one-room clinic that was attached to the side of the community center. The three and a half days that we actually ran a full clinic were busy, to say the least. We saw every family in the community, approximately 300 people, and others from nearby towns. Patients were triaged outside by the nursing staff- vitals, blood glucose, name, age, and chief complaints were written down- and patients were seen in groups containing all members of their family. Some had up to 15 children (ay, caramba!). Dr. Potter and myself were head of the two groups seeing patients, with each of us having a translator and a “runner” to get us meds or supplies. Aside from giving appropriate medicine for patients’ complaints, we gave each family unit a bag full of soap, shampoo, toothbrushes, toothpaste, vitamins, and treated each for parasites. After their visit, they went outside for a quick dental cleaning before the children resumed playing games or helping us paint, and the adultos resumed their chores or farm work.

On Sunday, our group took a field trip to the coast, to Isla de Montecristo, where the cashew fruits are plentiful, the river is swim-able, the Central New Yorkers skin proved burnable, and the rest of us relaxed in the shade. The Rancho vs Syracuse boys soccer game took place, and our host Mariano and his wife of 35 years had an actual wedding ceremony. Our last day and night in El Salvador we traveled to a coastal resort, Los Hoyas, for a night, where our purpose was to lessen the culture shock as we returned back to the US, and allow some time for reflection. The week had been a blur, but each day seemed to go at an effortless pace, despite sweating constantly, being covered in a fine layer of dirt, and showering only occasionally. We brought school supplies, shoes, medical supplies and medicine; we dug trenches, built toilets, repainted, and repaired. But the trip each year also allows high school kids (and adults) the opportunity to have their minds blown at the reality of another part of the world. We have a beautiful time at the end of the trip where these 70 kids get to share what they are leaving behind, and what they are bringing back with them. For many it included leaving behind ungratefulness and bad attitudes, and bringing back the outlook to overlook the trivial high school drama, to be kind, and to do the dishes without being asked. And for others still it meant leaving behind their drug addiction and their bulimia, and taking home sobriety and a renewed image of what beauty means. For all of us, we took home an adventure, a renewal of some kind, the final product of which has no limit. Muchas Gracias! – Caitlin

Certified Clinical Research Professional

Christy Hall

“I am so proud of my co-worker and am not sure how to brag about her! Mary took and passed the SOCRA (Society of Clinical Research Associates) exam and is now a "CCRP" or Certified Clinical Research Professional. A little background might be helpful. When I started here in Peds heme/onc (20 yrs ago this October), Temple Touche was the "data manager" and she was grandfathered in as a CCRP due to her years of service and experience. So Clinical Research Associates (CRAs) have become recognized and certified professionals in my "work lifetime". The importance of CRAs to research teams have long been
celebrated here in the Pediatrics Dept. Sponsors of studies regularly ask if we have certified CRAs (either thru SOCRA or ACRP). CRAs now have stakeholder roles in most National and International cooperative research groups. Here at SUNY Upstate, our CRA Group has just been formally recognized by our institution's administration.

Those of you who do research understand that CRAs are often the frontline researchers and their commitment to detail and to "getting it right" are vital to the quality and quantity of research done here at SUNY Upstate. I am thrilled that Mary Forell has joined our ranks and hope everyone will wish her 'happy researching' the next time they see her!"

We all offer our congratulations to Mary. This is yet another great honor for our department.

**Associating with Peds Prog Directors**
The program directors, plus Chief Allison Martin, and Jay Peacock attended the April APPD meeting in Chicago. Since they were in the neighborhood, several of them had the opportunity to meet up with an old friend. Astha Khanna (Class of 2013) is now a Critical Care fellow at Lurie Children's Hospital.

**Woman of Distinction**
Congratulations to Dr. Ann Botash who was one of only four women, city-wide, to receive the 2014 Women of Distinction Award in honor of Woman’s History month. Assembleyman Al Stirpe made a special visit to Upstate on April 14th to present Dr. Botash with her award. We are all very proud of Dr. Botash for having received this outstanding honor.

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**The Pediatric Book Shelf**
There are actually two new books to report on this month both of which include authors from our own department:

**All-Star Cast of Authors**
A new Pediatric book was released in February, edited by Dr. Ran Anbar, entitled, Functional Symptoms in Pediatric Disease. A look at the Table of Contents reveals an all-star cast of authors which includes several of our own pediatric faculty: Drs. Frank Smith, Thomas Welch, Jana Shaw, Wendy Holtz, Luke Probst, Robert Kanter, Asalim Thabet, Robert Lebel, Richie Sills, and Juan Sotomayor.

You can pick up a copy at [http://www.amazon.com/Functional-Symptoms-Pediatric-Disease-Clinical-ebook/dp/B001Z8DAVK/ref=dp_kinw_strp_1](http://www.amazon.com/Functional-Symptoms-Pediatric-Disease-Clinical-ebook/dp/B001Z8DAVK/ref=dp_kinw_strp_1)

**Pediatric Gastroenterology**
A new book on Peds GI, the Pediatric Gastroenterology (Medical Color Handbook Series) is coming out on May 26. The Crier has learned that one of the chapters was written by Dr. Mirza Beg.


**The EPIC Oasis**
Debbie Delaney-Finger, the nurse manager for pediatrics pulmonary on 4W and Peds nephrology in the POB. The Crier asked Debbie to explain

“The EPIC Oasis was an opportunity to provide an outlet for all healthcare providers and staff involved with the EPIC go live to take a few minutes, back away from the stresses of change and rejuvenate. In order to truly "Live the Patient Experience", healthcare providers need to take time to care for themselves and each other. The EPIC Oasis was meant to give a welcomed respite from the challenges faced with such a change and provide an opportunity to Care for the Caregiver! Linda McAleer, Becky Mesmer, and I had discussed how we can support staff come March 1st. The EPIC Oasis vision was born and an awesome team was created with Suzanne Brisk, Kim Babcock, Jodie Brown, Jim Legault, Megan Chase and Sarah Irish. With only five weeks to prepare, regular weekly meetings, assignment of tasks, numerous emails and lots of collaboration, the Oasis was starting to come together. It was decided to open the Oasis for twenty four hours a day for the first four days of go live. We envisioned an area of restful relaxation and an area that was more interactive.

The Solarium was used for our beach scene complete with a sand box and warming light! The yoga area had mats for practice and self instructions available. The hand paraffin wax station was where you could relax with a hand massage, apply the paraffin wax and then sit back in the beach area! We had beautifully fragrant plants, rented from the Carol Watson greenhouse in LaFayette, that encircled the solarium. The moment you stepped in to this space, with the calming music in the background, you felt as if you were transported to another place!

The Gallery was set up with lots of healthful information and Dr. Kaushal Nanavati graciously allowed us to
offer his 4 Pillars of Wellness handouts. A venting box was available for staff to write their frustrations down, place in the box and have a piece of chocolate for stress relief. An "EPIC" dart board was also available for staff to let off a little steam. Fresh fruit, chips, cookies and cool refreshing fruit water was made available by our Upstate catering department. A tennis ball self massage area was created with hundreds of donated tennis balls available for staff to take. Computer shaped stress balls along with EPIC pins were available for staff to take with them and spread the word about the Oasis. Full support from the executive administration was given and a schedule for executive rounding was created.

Staff were so very appreciative of what was done! They expressed their gratitude and delight that this was made available for them. With our Community campus go live coming in May, the EPIC Oasis is moving on!

It was a true collaborative effort by so many, an enjoyable opportunity to interact with all the amazing gifted people within the organization and it was a privilege to be part of this endeavor! “

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Bruce Dearing Winners
Congratulations to Ruth McKay, MA, our Peds Hem/Onc Medical Family Therapist, who won the 28th Bruce Dearing Writing award in the faculty/employee category for prose with her short story, “Innocence in the Face of Darkness.” Dr. Ann Botash received honorable mention for her submission entitled, “Grandma’s Yarn”. They were honored on 4/9 in the Medical Alumni Auditorium, Weiskotten Hall and their work will appear in the next issue of The Healing Muse, in October.

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After the Brunch
Last month we reported on the lovely brunch hosted by Dr. Chang. Since that report, additional pictures have come in. It is unclear whether this picture was taken before or after the meal was served and what, exactly, they were having…

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Pediatric Star-of-the-Month
By Lisa Blystone
This month's Pediatric Star goes to Dr. Jana Shaw who was willing to move her Grand Rounds up by two months, on very short notice, to help out when something came up for the person previously scheduled. She came through for us and she is a star!

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Fine Arts
Since April showers bring May flowers, this month we again feature one of the lovely nature photographs of Lisa Blystone. Thank you for sharing!

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MAY BIRTHDAYS
5/3 Vanessa Orrego
5/7 Sue Stred, Steph Oliva, Khalia Grant
5/8 Asalim Thabet
5/9 Ran Anbar,
5/10 Tim Hatch, Karen White
5/11 Chris Lopez,
5/12 Sherri Clarry,
5/14 Zafer Soutlan,
5/15 Dave Sadowitz
5/16 Nandita Singh
5/18 Debby Carlson
5/20 Lou Pellegrino
5/23 Ellen Bifan0
5/26 Angelica Vivero