

One pediatric trainee's experience at the AAP-CA Vegas conference

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During the weekend prior to Thanksgiving, I had the privilege to attend the AAP-CA 39th Annual Las Vegas Seminars on Pediatric Updates thanks to a generous grant from Abbott Nutrition presented to the AAP-CA Foundation. As a pediatric trainee, it was especially humbling to learn from and attend alongside practicing community pediatricians.

The first morning's lectures started with a discussion about food allergies with a “punny” talk titled, “Do Nut be Confused: Guidelines for the Diagnosis and Prevention of Food Allergies Eggsplained.” There is encouraging data supporting an earlier introduction of food allergens particularly peanuts to lessen the incidence of food allergies. From another lecture on “Antibiotic Stewardship and Acne,” I learned that general pediatricians are not being as aggressive as they should in managing acne, particularly scarring acne. An “Overview of Electronic Media Use and Health” provided eye-opening statistics on how many and for how long children and adolescents are online daily. Suggested practice changes include reframing the digital space and media use as an environmental health issue. Pediatricians can engage their families in how to prioritize and manage the 24-hour day rather than simply setting time limits on digital use. The first day's program ended for me with a seminar on “Asthma and Allergic Rhinitis: What You Can Do before Consulting the Allergist.” At this luncheon, we learned how to manage asthma including watching our speaker inhale probably more than his share of albuterol as the sample patient for the day.

Day two started with the “Slip, Slop, Slap, Wrap” song with the pediatric dermatologist demonstrating to the room of pediatricians how to apply sunblock and practice the mantra, “short shadow seek shade,” to protect oneself from “UV Burning” rays. With the pediatric urologist lecturing about “A Structured Approach to UTI,” we reviewed simple behavioral modifications for kids with recurrent UTIs including frequent voiding every 2-3 hours, increasing water intake, correcting constipation, and practicing appropriate perineal hygiene. Prophylactic antibiotic use remains inconclusive in the literature. From a discussion on “The Female Athletic Triad,” amenorrhea is considered more problematic than simply skipping a period here and there. There is an increased risk of stress fractures and other musculoskeletal injuries, emphasizing the need for energy replacement to restore menstrual cycles among these athletic adolescent females.

My fellow pediatric trainees and myself enjoyed meeting the AAP-CA leadership and aspire to bridge the gap by engaging more early career physicians within the AAP. My biggest takeaway from attending this multi-day symposium was learning how the AAP and its members are staying relevant to ensure quality care for all children and families.

I would like to thank the AAP-CA Chapter 2 for this opportunity to learn from an all-star cast of knowledgeable educators and share my continued interest and enthusiasm in medical education.

If any pediatric trainees are interested in participating in this symposium next year, they can save the date for November 15-18, 2018. Email cthang@mednet.ucla.edu with questions!



From left to right: Cristina Vargas, MD, pediatric trainee from Valley Childrens; Yasuko Fukuda, MD, District IX Vice Chair; Christine Thang, MD, pediatric trainee from UCLA



From left to right: Kaelan Davis, MD, UCSD; Christine Thang, MD, UCLA; Bob Dahms, Abbott Nutrition