

## **Member Spotlight**



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### **An NCE Experience with the AAP**

In October I had the privilege to attend the American Academy of Pediatrics (AAP) National Conference and Exhibition (NCE) of 2016 in San Francisco, California. This year's NCE was important as I was in the running for one of two Executive Council positions for the Section on Pediatric Trainees. The competition was very tough with many well-qualified candidates; I was not disheartened when I did not get elected. It was especially humbling to see how many pediatric trainees at all levels were so motivated to make change and improve the quality of care for children.

During the Section on Pediatric Trainees (SOPT) we reviewed the many accomplishments of trainees from across the country and discussed the new and past advocacy campaign. As a Developmental-Behavioral Pediatrics Fellow I was especially excited to hear about our new advocacy campaign titled "Partnering for Resilience: Learn, Empower, and Connect to Address Toxic Stress." The goal is to spread awareness about the way toxic stress affects children and families, and how fostering resilience can mitigate these effects. My own fellowship research project is about the effects of toxic stress in the form of maternal depression and its affect on child development over the first two years of life. I cannot wait to see what all our dedicated trainees do with this new campaign and I am so happy to see such an important topic being incorporated into early trainees' experiences so that it can

become standard of care to address adverse childhood experiences and empower families to be resilient with the partnership of the entire community.

We then made a mass exodus from our assigned ballroom to the opening plenary sessions as we sat together in our respective districts. Not only were we in the famous Moscone Center, but the amazing use of technology throughout these sessions made me feel like I was at the latest Apple iPhone reveal. Dr. Dreyer's presidential address was followed by the keynote address by Dr. Besser, and the plenaries concluded with the Stockman Lecture by Ms. Kennedy. It was so important to address how technology has changed our lives and how it continues to impact the way we practice or the way our patients process information. Most importantly, it shows how the AAP is staying relevant and making sure we meet our patients on their platforms to ensure quality care to all children and families while still empowering communities near and far with information.

I continued my NCE experience as most other participants. I attended incredible lectures, visited the exhibit hall to learn about the new developments, and caught up with old and new friends in the field of pediatrics. I am very grateful to the AAP California Chapter 2 for sponsoring me on this endeavor full of new experiences and exceptional learning.

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