



New Hampshire Chapter

American Academy of Pediatrics 
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NH AAP NEWS

April 2021

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Spring is here, the eastern bluebirds have returned to our meadow.

Return to Exercise Guidance for Children after COVID 19 Infection

Keith Loud, MD (adolescent and sports medicine specialist at CHaD), pediatric cardiology and primary care at Dartmouth Hitchcock have created a handout for return to exercise/sports for children after having COVID-19 infection. You can access it on the CHaD website link below. <https://www.chadkids.org/your-visit/information-about-covid-19>

Breastfeeding NH Senate Bill 69 Space and Break Time for Nursing Mothers at Work

Senate Bill 69 requires employers to provide access to a sufficient space for nursing mothers and reasonable break time for milk expression during the workday. New Hampshire is the only New England state without a more comprehensive breastfeeding law. This bill fills the gap unintentionally left by the Federal Breaktime for Nursing Mothers Act of 2010, which provided for coverage for access to time and space for milk expression, but only for employees covered by the Fair Labor Standards Act, namely hourly workers. Salaried workers and others were excluded from protections, including teachers. This bill has bi-partisan sponsorship and support and has passed the Senate unopposed. It was on the agenda in the House Commerce and Consumer Affairs Committee yesterday, March 30. For more information contact Joyce Kelly MPH, BSN, RN Chair, NH Breastfeeding Task Force at Joyce_Kelly@ben.edu

Link to the bill http://gencourt.state.nh.us/bill_status/Results.aspx?q=1&txtbillnumber=SB69&txtsessionyear=2021

New AAP Breastfeeding Website for Pediatricians

The Section of Breastfeeding of the AAP has a new website with breastfeeding information for pediatricians at: www.aap.org/breastfeeding

The following topics are covered.

Breastfeeding Policy Statement,

Links to other relevant breastfeeding policies of the AAP and other organizations

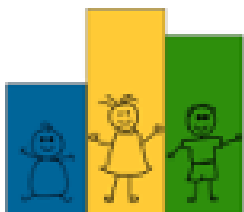
Physician education and training on breastfeeding and tools available

Breastfeeding laws and workplace support

Breastfeeding curriculum for resident/student education

AAP breastfeeding overview and recommendations.

Please check it out.



NHPIP

NH Teen and Young Adult Well-Care Resource Kit

The NH Pediatric Improvement Partnership is pleased to announce the release of the NH Teen & Young Adult Well-Care Resource Kit! The Kit provides practical, free resources for pediatric and family practice clinics and their local communities to promote awareness about and quality of annual well-care visits for teens and young adults. Clinic-focused tools include:

- 1) a summary of NH confidentiality and consent laws,
- 2) a tool for youth to assess the teen/young adult centeredness of a clinic;
- 3) post-annual well-care visit satisfaction surveys for youth ages 10-13, 14-17, and 18-25 years available in English, Spanish, and Portuguese; and
- 4) a pamphlet of NH-specific and national resources to support LGBTQ+ patients and their families.

To promote the importance of annual well-care visits is a sample policy ready to submit to a local school board supporting development and implementation of a plan to educate students in grade 7-12 along with their caregivers about the significance of annual well-care visit. Health education resources to support these efforts also accompany the policy.

Toolkit Link: <https://www.nhpip.org/node/34#overlay-context=Publications>
NH Teen and Young Adult Well-Care Resource Kit (hyperlink)

Kids in Pain ECHO from CHAD

Kids in Pain: A Multidisciplinary Approach to Pediatric Pain Management in Children starts on April 20th, every other Tuesday from 12:00-1:00 pm EST. Chronic pain has a profound impact on children's function, mood, and quality of life. This course will engage participants in how to deliver practical, effective, multidimensional care for various types of pain conditions. It will examine the complex, biopsychosocial contributors to the experience of chronic pain and explore the integration of different treatments: pharmacologic, interventionalist, psycho-behavioral, physical and movement therapies, and complementary approaches. Mental health interfaces will be addressed throughout. Participants include: Anyone who treats children living with chronic pain or health conditions including Pediatricians and care teams, Family Medicine, Pediatric Nurses, Pediatric Anesthesiology, GI, Rheumatology, Neurology, Psychiatry, Social Workers, Child Life Specialists, Pediatric PTs and OTs, and any others with interest. There is not cost. For more information and registration click on the link below.

<https://connect.echodartmouth-hitchcock.org/Series/Registration/1368>

Opportunities Available: This is a new section of the newsletter to highlight opportunities to get involved or for help needed. If you have something you want listed,

please contact Catrina.Watson@nhms.org

NHAAP is looking for chapter members who would like to be part of a chapter interest group on diversity/equity/inclusion (DEI). This would be an informal group that aims to highlight issues in this area for pediatricians. Please respond to catrina.watson@nhms.org.

Announcements:

Healthy Lifestyles for Children and Youth with Developmental Disabilities: Food, Family, & Fitness, Topics discussed include prevalence and risk of obesity in children with intellectual and developmental disabilities and ways to promote physical activity and enjoyable, nutritional meals. Monday May 17, 8:45-3:30, virtual, cost \$25. For more information, register and pay at <https://ce.dartmouth-hitchcock.org/Activity/7258253/Detail.aspx>

2021 CHaD Virtual Pediatric Lecture Series, second Tuesday of Month 8-9 AM, interactive webinar. Topics are: Apr 13 – Pediatric Cardiology, Changes in 30 Years, May 11 – Common Pediatric Hematologic Diagnoses, Evaluation and Management and June 8-Autism. To register, contact Karen.G.Lee@hitchcock.org

NH MCAP is offering a free 3 part webinar series on health equity *for providers only* titled **“The Water We Swim In: Embracing Equity in Medical Practice”**. It’s a series of 3 sessions on Wednesdays in May from 12:00 – 1:00 (3 hours total). Any/all providers in NH are welcome to join. This is a chance for providers to learn about health equity and its application in clinical settings with peers in New Hampshire.

<https://www.eventbrite.com/e/the-water-we-swim-in-embracing-equity-in-medical-practice-tickets-146822127937>

NH AAP meetings

2021 Meetings will be April 14, June 9, September 8 and December 8. Board Meetings will be held virtually until further notice.

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Check out our new website www.nhaap.org

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