



## New Hampshire Chapter

American Academy of Pediatrics   
DEDICATED TO THE HEALTH OF ALL CHILDREN®

# NH AAP NEWS

February 2021 Issue

### In This Issue

- Breastfeeding and COVID Vaccine
- Diversity, Equity and Inclusion
- Be Seat Smart NH
- Referrals to CAPP
- Connecting the Docs
- Opportunities
- Announcements

**The days are getting longer as we march toward spring.**

### Breastfeeding and COVID Vaccine

Although the COVID vaccine was not tested on breastfeeding women, the mRNA vaccines are not thought cause problems in breastfeeding women or their infants. The American College of Obstetricians/Gynecologists and the CDC have released guidance on used of the COVID vaccine during pregnancy and breastfeeding.

ACOG - "Vaccinating Pregnant and Lactating Patients against COVID-19"

<https://default.salsalabs.org/T8d03335c-f88f-48e3-9d98-f12cd5f33e87/bd052395-b740-482f-ad08-f39d5067564d>

CDC – Vaccination Considerations for People who are Pregnancy of Breastfeeding

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

### Diversity, Equity and Inclusion

Happy winter everyone. I wanted to take this opportunity to introduce a new recurring highlighted section for our NH AAP newsletter. While our attention can shift from topic to topic our need to focus on improving ourselves and strengthening our community around the critical issues of diversity, equity and inclusion should never waiver. In this section, we will highlight anecdotal stories, articles and thought pieces to refocus our attention on this topic. We will also share learning opportunities and community efforts that we might join to continue our journey as professional learners and community leaders.

For an initial contribution, I wanted to share a recent anecdote that opened my eyes to some of the very subtle ways that systemic racism can impact a routine patient encounter. I was seeing an African American toddler for her one year physical. The visit

transpired as it normally would, and as we started to discuss vaccines the mother voiced her hesitancy. When I inquired about the source, she simply stated the African American community in our area, is very skeptical of the government and vaccines, especially now. This was shortly after George Floyd's murder and coincided with peaceful demonstrations around the country and in our local community. I am familiar with this topic from working on vaccine hesitancy in my institution's policy and education program. I applauded her honesty and thanked her for voicing her concerns. Our discussion included tenants of motivational interviewing and positive change talk. We leaned on our strong therapeutic relationship and in the end, the mother was comfortable and her child received the recommended vaccines. While this was successful, there were multiple aspects of the visit where I could have improved. I could have elucidated how she and her family might be currently affected by these events and potentially if there were other ways we could help support the family. I'd like to think I might have even had the courage after the visit to inquire further about her concerns and the concerns of those in her social circle. While I am far from an expert on issues of race, discrimination and the ongoing equity issues that emanate from these concerns, I would like to learn more. This mother was a great advocate for her child and active in her local community. It was a missed opportunity to listen and learn more about how current national and local events are affecting our community. This scenario showed me how directly current events affect the families we work with and highlight examples of areas for improvement in our medical community.

Erik Shessler, MD,  
NHAAP President

### **Be Seat Smart New Hampshire**

The Children's Hospital at Dartmouth-Hitchcock with assistance from the NH Office of Highway Safety has a website dedicated to car seat/auto safety for New Hampshire parents and caregivers. Did you know that there are 56 locations throughout the state where parents can get one on one assistance from certified Child Seat Technicians? True, even during Covid times these techs are available at a safe distance or online. Also, there are rack cards and posters available to you for your patients for free. To access this free resource please go to [www.beseatsmartNH.org](http://www.beseatsmartNH.org) To order free materials please email [info@beseatsmartNH.org](mailto:info@beseatsmartNH.org) Thank you for keeping New Hampshire kids and families healthy.

Thomas Leach  
New Hampshire CPS Coordinator  
Children's Hospital at Dartmouth-Hitchcock

### **Referrals to CAPP**

The CAPP (Child Advocacy and Protection Program) at CHaD has new information on making a referral. Please see attached information and forms. [CAPP Referral Process](#)  
[CAPP Intake](#)

### **Connecting the Docs**

Is ready to connect with you! The NH Oral Health Coalition is developing a 2-location, community-based project to collaboratively engage medical and dental providers in joint activities and trainings that highlight the rapidly growing knowledge on medical-dental integration and to strengthen opportunity for bi-directional referrals. [Connecting the Docs](#)

**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](mailto: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](mailto:catrina.watson@nhms.org).

**Doctors Without Borders** is an international organization of physicians who work in international health and disaster situations. They are recruiting pediatricians for work now and in the future in over 70 countries. For more information go to: <http://bit.ly/MSFPhysicians> or at [Melissa.Bieri@newyork.msf.org](mailto:Melissa.Bieri@newyork.msf.org).

**P4 Challenge:** Innovations in Pediatric Primary Care to Improve Child Health  
Do you have a great idea on how to use technology to improve access to well child care and immunizations in primary care but have no money to develop this? HRSA, The Health Resource and Services Administration challenge will fund projects in this area. It should use technology that would work in a primary care setting and a primary care provider must be one of the applicants. For more information: <https://www.challenge.gov/challenge/promoting-pediatric-primary-prevention/>

### **Announcements:**

**2021 CHaD Virtual Pediatric Lecture Series**, second Tuesday of Month 8-9 AM, interactive webinar. Topics are: Feb 9 – Eating Disorders, March 9 – Female Athletic Triad, Apr 13 – Pediatric Cardiology, Changes in 30 Years, and May 11 – Common Pediatric Hematologic Diagnoses, Evaluation and Management. You need to register at: Catrina can you figure out how to add a link to the register button of the attached e-mail.

---

### **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.

Newsletter Editor  
Mary O'Connor, MD

Contact Us/Submit Content  
NH Chapter of the American Academy of Pediatrics  
7 N. State Street  
Concord, NH 03301  
603-224-1909  
[catrina.watson@nhms.org](mailto:catrina.watson@nhms.org)

Check out our new website [www.nhaap.org](http://www.nhaap.org)

---

NH Chapter of the American Academy of Pediatrics  
Incorporated in New Hampshire

