

Pediatrics and Adolescent Medicine Newsletter



Our lives are dedicated to yours

By The Department of Pediatrics and Adolescent Medicine at AUBMC - Issue N° 1

In this first Issue of «Pediatrics and Adolescent Medicine Newsletter», you will find brief news about big happenings in the lives of our little ones. Improving the health and lives of children and adolescents is more than just medical treatment. It means a happier experience for the child, his/her parents, and a better life to come. It's a reward to all those involved in the care process and to the community as a whole, since children and adolescents are the hope of our future.

Pediatricians are concerned with the health of children from birth to adolescence, focusing not just on physical health, but also on the emotional and social aspects of every stage of development (whether in good health or in illness). Healthcare providers working with children whether physicians, nurses, or ancillary staff, are people who enjoy and are able to work with both children and families. They are compassionate and resilient, able to have their way with children while maintaining a sense of humor. They deal with all kinds of families, and work in multidisciplinary teams to achieve the best for their patients.

The Department of Pediatrics and Adolescent Medicine at AUBMC provides healthcare services to more than 5000 children and adolescents per year (ages ranging between 0 and 21 years). There are 27 physicians (faculty members) of different subspecialties, and 15 clinical associates including faculty members from other AUBMC departments and community physicians. There are 40 house officers training in pediatrics and adolescent medicine, in addition to 14 fellows training in the different pediatric subspecialties.

Our inpatient services include: General Pediatrics (a 29-bed unit located on 6North), the newly renovated Pediatric Intensive Care Unit and Step Down Unit (12 beds), the Normal Nursery, the Neonatal Intensive Care Unit (20 beds) located on the 7th floor, the Children's

Cancer Center of Lebanon (16-bed unit, building 56, 4th floor), and the outpatient services (Children's Heart Center, the CCCL outpatient unit, the Outpatient Department which includes the Adolescent Medicine Program, the Pediatric Private Clinics, the AUBMC Special Kids Clinic, and the Pediatric Emergency Services).

MISSION STATEMENT

The mission of the Department of Pediatrics and Adolescent Medicine is to consistently maintain a leadership role in providing excellent, accessible and comprehensive health services to the children and adolescents of Lebanon and the region, while thriving in our tradition as a distinguished academic department.

VISION STATEMENT

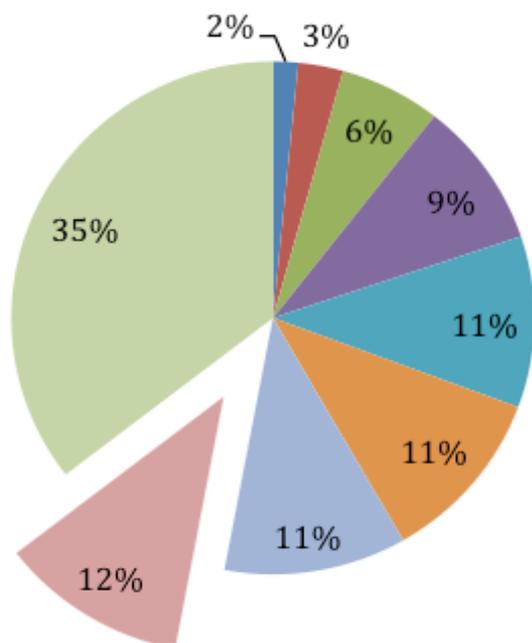
- To provide exceptional and accessible pediatric and adolescent healthcare services, and act as a referral center for the Middle East.
- To be the prime center of pediatric education and research in the region.
- To attract and retain the best professionals at all levels.
- To work on the prevention and control of pediatric diseases on a national level.
- To establish strategic partnerships and collaborations locally, regionally, and internationally.

This Winter issue of «Pediatrics and Adolescent Medicine Newsletter» will highlight events and activities that occurred in the Department of Pediatrics and Adolescent Medicine at AUBMC during the summer-fall period of 2013.

IN THE SPOTLIGHT: OPD TODAY

The pediatric OPD is located on the 6th floor and consists of three examination rooms for pediatric patients, and one for adolescents. The OPD has been a main venue for the teaching of medical students and residents in the department for more than four decades. Dr. Mona Nabulsi served as the medical director of OPD for 17 years. Dr. Pascale Karam assumed this role for two years, followed by Dr. Durriyah Sinno since mid 2012. In 2003, Dr. Majd Ariss established the adolescent clinic in OPD as part of the Adolescent Medicine Program.

In the past year, the department embarked on a renovation process for the OPD including the reorganization of the clinics, the improvement of effectiveness and patient satisfaction, and increasing the patient load and diversity to accommodate residents and students' academic needs. The OPD accommodated more than 3700 patient visits to General Pediatrics and different subspecialty clinics during the year 2013. Around 100 were first visits. 31% of our OPD patients are between 0 and 3 years, 12% between 3 and 6 years, 32% between 6 and 13 years, and 25% between 13 and 21 years.



- Outside Lebanon
- Keserwan and Metn
- Bekaa
- North
- South and Nabatieh
- Akkar
- Baabda
- Aley and Shouf
- Beirut

Patients visit OPD from different parts of the country as shown in the below graph:

The working hours of OPD are from 7:30 a.m. until 4:30 p.m. Attendings are physically present from 8:00 am till 12:00 noon. They supervise all activities and patient care with the residents and students who are attending morning OPD clinics. The attendings are also on call in the OPD afternoon urgent clinic. We have 15 full-time faculty members and 7 clinical associates who are well-known pediatricians from the community attending the General Pediatrics clinics. Subspecialty clinics are staffed by 15 full-timers (2 from other departments at AUBMC), 4 part-timers, 6 fellows, and two clinical associates. Subspecialty clinics include endocrinology, neurology, neonatology, rheumatology, nephrology, infectious diseases, gastroenterology, cardiology, allergy, immunology, hematology, inborn errors of metabolism, cerebral palsy clinic, nutrition, genetics, and the adolescent clinic.

The OPD is currently staffed by one RN (Ms. Nada Aoun), one practical nurse (Ms. Mariam Wehbe), and one clerk (Mr. Muhieddine Shbarro).

Our aim is to reach out to the community and provide patient education, anticipatory guidance and health awareness activities including focus group discussions and parent support groups.

Plans for the near future are to establish a one-day clinic for minor procedures, preoperative clearance, and to treat patients needing IV infusions and transfusions, as well as the management of mild asthmatic attacks.



ACTION ON THE 6TH

LITTLE SURVIVORS: PATIENT SUCCESS STORIES

Dr Fadi Bitar and his team at the Children's Heart Center performed the Hybrid Norwood's Heart Surgery for Hypoplastic Left Heart Syndrome (HLHS) for the first time in Lebanon and the region. Interviews and press releases were prepared by the AUB information office and distributed to various media sources including "Al-Safir", "Al-Nahar", and "El Moustakbel" Newspapers. The procedure, the first of its kind in the world comprised the closure of an ascending aortic pseudoaneurysm with a septal occluder device in a child, utilizing a novel percutaneous femoral arterial-transthoracic approach. The surgeon was Dr. Issam El Rassi

CONGRATULATIONS TO OUR PICU NURSING TEAM

The PICU team won 3rd place in the JCI league among all units at AUBMC. This competition assessed the knowledge of staff regarding JCI standards and compliance with AUBMC policies and procedures. Our PICU team demonstrated mastery of the subject, in line with their expertise and skills in patient care. Congratulations!



CHRISTMAS GATHERING

The Department held its annual Christmas gathering over breakfast on December 20, 2013. Residents, faculty, nurses, and staff joined to exchange greetings. Dr. Abboud thanked everybody for their continuous efforts over the past year and wished them a Merry Christmas and joyful season. On the occasion, Dr. Sanjad presented the department with a generous gift: a six-volume set by ElZouki A, Harfi H, Nazer H, Oh W, Stapleton F, Whitley R. Textbook of Clinical Pediatrics, Springer publishing, 2012.



GETTING TO KNOW US

FACULTY

Dr. Majdalani is Associate Professor of Pediatrics and Pediatric Critical Care and the Vice-Chair of the Department of Pediatrics and Adolescent Medicine for Clinical operations. She has been the Director of the Pediatric Intensive Care Unit (PICU) and coordinator of the pediatric emergency services at AUBMC since 2005.



Dr. Marianne Maajdalani,
Vice-Chair for Clinical Operations

Dr. Majdalani, born in the USA and raised in Lebanon, obtained her BS in Chemistry with a Minor in Mathematics from Utah State University, Logan, Utah. She then graduated with an MD from AUB in 1995. She completed her residency training and chief resident year in Pediatrics at SUNY Health Science Center, Syracuse, NY and her fellowship training in Pediatric Critical Care at Cincinnati Children's Hospital Medical Center. Since joining the department, Dr. Majdalani took the PICU and the care of critically ill children at AUBMC to unprecedented levels of excellence, comparable to the best centers in the world. At the academic level, she had a vital role in the reformulation of the pediatric residency program, and was a mentor to our residents through all these years. She is also the medical director of the Pediatric Advanced Life Support course at AUBMC where she teaches physicians and nurses to provide pediatric resuscitative care whether inside or outside the hospital. This activity is open to healthcare providers outside AUBMC as well.

As one of her main interests, Dr. Majdalani is a member of the National Committee against child abuse. She also has professional interest in medical ethics and its application in pediatric care. She has incorporated the subject of medical ethics in the curriculum of residents and is studying its application in palliative care and critical care situations. She conducted research on the living experience of family caregivers of children admitted to the Intensive Care Unit.

At the personal level, Dr. Majdalani is a very tender and easy-going person who is always ready to help.

In addition to sign language, she has come to master 'human psychology', and is always asked to step in and help solve everyday conflicts.

Dr. Majdalani is the daughter of AUB professor Dr. Nimah, and has always expressed her pride in having been an AUBite since childhood. She is married to Michel Majdalani and is the mother of Georges, a very brave 9-year-old. When asked what influenced her to become a pediatrician/pediatric intensivist, she answered it was her pediatrician and our very own Dr. Majd Ariss –Timani.

BEHIND THE SCENES

RESIDENTS



Dr. Alayli, Pediatrics Chief Resident

Dr. Alayli was born in Brazil and raised in Lebanon. He graduated with an MD from AUB in 2010, and obtained his specialty in Pediatrics from the Department of Pediatrics and Adolescent Medicine at AUBMC in June 2013. He was appointed as our Chief Resident for the academic year 2013-2014. As Chief Resident, he is responsible for overseeing the work of our 39 residents and for coordinating the clinical activity and resident coverage of the different pediatric units. In addition to coaching our residents and orienting them, Dr. Alayli is always ready to scan units for any deviations from AUBMC policies, rules and regulations, and compliance with JCIA, ACGME, or any kind of accreditation and benchmarks. He takes such issues to heart and makes sure to follow up on them until the very end.

Dr. Alayli is a very friendly person with a cynical sense of humor. He is married and is the father of an amazing four-year old boy, Bahij. He is a biking expert and a member of numerous cycling groups, where

he organizes off-road mountain biking trips across Lebanon. His hobbies also include mixed martial arts and archery. When asked what aspect of his job he enjoys most, Dr. Alayli answers: "taking care of OPD patients and making sure that all residents work according to the plan". When asked why he chose pediatrics as subspecialty, his answer was: "I was inspired by the fetal ultrasound of my son"!

His future plans are to open a private clinic in his area in Saida and to continue pursuing mountain biking.

REACHING OUT

Our pediatricians at the service of the community.

HEALTHCARE SERVICES

- Dr. Salman Mroueh is the founding member and attending physician of the Childhood Asthma Center of the Childhood Protection and Care Association (Hazmieh), providing free state-of-the-art care to children with asthma.
- Dr. Hala Tfaily volunteers at the Diabetes clinic at the Chronic Care Center every week providing care for children with Diabetes.
- Dr. Nadine Yazbeck volunteers as a Gastroenterology and nutrition specialist at Sesobel every month.
- Dr. Rose-Mary Boustany has been volunteering as the child neurologist/ neurogeneticist at Sesobel since 2006.



FUNDRAISING ACTIVITIES

Many pediatric illnesses incur huge medical expenses not only for the parents of sick children but for their extended family as well. Parents give all that they have to treat their children, but sometimes it's still not enough.

The Department of Pediatrics and Adolescent Medicine hosts a number of fundraising activities to help these children acquire the care they need at AUBMC. The Brave Heart Fund, The Children's Cancer Center fundraising activities, The Inborn Errors of Metabolism

Fund, The Neonate Fund, the Primary Immune Deficiency Fund, The Sickle Cell Needy Children's Fund, the PICU fund, and others, are all ways through which people can donate to help treat children with these diseases.

THE SICKLE CELL NEEDY PATIENTS FUND

Almost 150 patients regularly visit the sickle cell clinic at the Department of Pediatrics and Adolescent Medicine at AUBMC, and approximately 20 new cases are seen yearly. Most of the patients are underprivileged with low socio-economic backgrounds. Most importantly, very few have healthcare coverage. In response to the social responsibility we hold towards these patients, a fund was started with the help of friends and donors with around \$6000. Today this fund has grown due to the benevolent support of an increasing number of donors. The Mohamad Cheaib foundation, a non-governmental organization under the leadership of Mrs. Nadia Cheaib, has had a major impact on this fund through its leading efforts in fundraising. The foundation organizes "Sunrise for Sickle Cell Disease", a yearly event held in Sky Bar every July. For two years in a row, all profits were earmarked for the pediatric Sickle Cell Disease patients at AUBMC. The foundation also supports Sickle Cell Disease through awareness campaigns to highlight the early discovery of this disease, and help save the lives of many children in our region.

In addition, the fundraising event "Bike for Charity" held by Beirut by Bike and Decathlon, was held this October and was dedicated to sickle cell patients.

The sickle cell disease fund at AUBMC is intended to cover the comprehensive care provided for needy sickle cell patients who visit the clinic. The comprehensive care includes regular follow-ups for physical assessment, counseling, blood tests, imaging and adequate treatment. It might also cover inpatient visits for patients who come with vasoocclusive episodes or bacterial infections.

THE NEONATE FUND AND PREMATURETY DAY

Since its launch in 2011, The Neonate Fund has highlighted the importance of increasingly high premature births in Lebanon, and secured the attention of the public to its cause. Thanks to the assistance of community-minded individuals and organizations, The Neonate Fund has offered medical support to over 135 babies, spending an average of \$10,000 on every newborn.

On November 17, 2012 global partners and parent organizations worldwide marked the second annual World Prematurity Day, building momentum for the Born Too Soon movement which will ensure that life-saving solutions are put into action.

More than 60 countries, including Lebanon, held events to raise awareness for the global problem of preterm birth. Activities ranged from national events with government officials to parent group activities conducted in local hospitals.

An awareness campaign event was held at Le Gray

Hotel in downtown Beirut. 5,000 purple balloons were released by the parents of prematurely born children, as well as the physicians, nurses and volunteers of the Neonate Fund. The American University of Beirut's administration building was also lit purple in honor of World Prematurity Day. Various media platforms covered World Prematurity Day and its effects.

To ensure the continuity of this crucial support to our newborns, a fundraising gala dinner was held on December 18, 2013 at Biel. The event was attended by more than 750 social figures with a strong desire of supporting our cause. Thanks to their generosity, the Neonate Fund will be able to help more needy patients have access to the medical care they need.



HEALTH AWARENESS

The department's faculty members contribute to health awareness activities through national campaigns, media appearances and other activities. Recent activities include several television interviews about different topics. Dr. Marianne Majdalani at "Kanat al Maraa Al arabiyah" spoke about household accidents in children. Dr. Hala Tfayli spoke about pediatric diabetes on Sawt El Ghad on November 13, 2013, on the occasion of the upcoming World Diabetes Day in addition to several awareness talks about growth delays in children. Dr. Haya Hamade conducted a Breastfeeding awareness campaign which entailed several media appearances and activities including an interview conducted with Future TV on September 5th, and on the OTV show "yom jdid" on August 20. Dr. Hamade also participated in a BF awareness interview in a post-news segment on LBC in August.

SERVING THE PROFESSIONAL COMMUNITY IN LEBANON EDUCATIONAL ACTIVITIES FOR PEDIATRICIANS AND HEALTHCARE WORKERS

Neonatal resuscitation program:

In collaboration with the Lebanese Ministry of Health, and through an implementation grant from UNICEF as part of the National Collaborative Perinatal Neonatal Network (NCPNN) education program, Dr. Charafeddine was able to organize and lead with the NCPNN team, several workshops across the six Lebanese governorates teaching Neonatal resuscitation. Under her leadership, support was also



mainstream schools, families of individuals on the autism spectrum, and students from several universities. The conference received very positive feedback from the community and the press.

Our pediatricians lecturing in conferences in Lebanon:

1. Fadi Bitar. Pediatric cardiology in Lebanon. Nabatieh Governmental Hospital, Lebanon, November, 2013.
2. Fadi Bitar. CHD in the Adult. Heart and Vascular Multidiscipline Conference. Beirut, September, 2013.
3. Nadine Yazbeck. Assessment and treatment of pediatric feeding disorders. Conference sponsored by Abbott given to the pediatrician in the community October 2013.
4. Salman Mroueh. The Second Congress of the Nabatieh Pediatric Club: Update on asthma management, Nabatieh, November 2013.
5. Hala Tfayli. The Lebanese Family Medicine Annual meeting (talk on Dyslipidemia in children: when to screen? when to treat?).
6. Pascale Karam. Inborn Errors of Metabolism clinical presentations. Congress of the Lebanese Pediatric Society, 2013.
7. Pascale Karam. Neonatal presentation of Inborn errors of metabolism, Makassed Pediatric congress 2013.
8. Pascale Karam. Intellectual disability and inborn errors of metabolism, Saint Joseph University, 2013.

granted from WHO in collaboration with the Lebanese Obstetric society, and pharmaceutical companies in collaboration with the Lebanese Pediatric Society, to offer neonatal resuscitation educational workshops to pediatricians, nurses, midwives and obstetricians.

Furthermore, Dr. Charafeddine established the Neonatal Resuscitation program at AUBMC in coordination with the Clinical and Professional Development Center (CPDC) at the AUB nursing school. This program offers Neonatal resuscitation education through workshops using simulation technology. It is open to all AUBMC faculty and staff, as well as to the medical and nursing community in Lebanon.

To date, over 30 Neonatal Resuscitation workshops were held with more than 500 participating professionals who became certified in Neonatal Resuscitation.

Dr. Charafeddine is a member of the National Neonatal Resuscitation committee established by the Lebanese Ministry of Health in 2008.

Autism 2013 and Beyond:

The AUBMC Special Kids Clinic (ASKC) and OpenMinds (A fund established by concerned parents to support and enable ASKC to accomplish its mission in its entirety) organized a one day seminar entitled "AUTISM: 2013 AND BEYOND". The seminar took place on Friday June 21, 2013 at AUBMC, Issam Fares Hall, and was held in light of the startling fact that autism now affects 1 in 88 children, and that the overwhelming majority of patients visiting the clinic are affected with autism. The seminar featured expert presentations on the latest research, genetics, early detection and imaging. Attendees learned about the latest developments, and had a great opportunity to network with leading medical professionals and pioneers from some of the most prestigious medical centers in the US. Prominent local speakers also addressed therapies and unique educational resources available in Lebanon. Over 200 people registered, including health professionals, therapists, caregivers, educators at both special and

RESEARCH AND ACADEMIC ACTIVITIES

GRANTS

Research in the Department of Pediatrics and Adolescent Medicine spans from basic to clinical and epidemiological studies. Research programs include the National Collaborative Perinatal Neonatal Network (NCPNN), the developmental research group, the Center for Infectious Diseases Research, the Congenital Heart Disease Research program, the Sickle Cell Disease program, the Pediatric Cancer Research Program, Neurogenetics program, and others.

Recent grants include one for the pediatric cardiology team to study the cellular and electrophysiological characterization of the NKX2-5 mutations in Lebanese patients, and another for conducting a clinical trial on breastfeeding promotion and supporting intervention in Lebanon.

EPIDEMIOLOGIC SURVEILLANCE OF RESPIRATORY VIRAL INFECTIONS IN LEBANON

The purpose of this study is the surveillance of respiratory viral infections in Lebanon. The AUB institutional board reviewed and approved the study on September 24, 2013. The medical team will collect two swabs from enrolled patients. The Test 1 swab uses a rapid diagnostic kit while the second swab is suspended in viral transport media (stored in -80 degrees). This is

followed by further virus analysis (molecular analysis and virus isolation).

Inclusion criteria:

- Show one or more of the symptoms listed: sudden onset of high fever, non-productive cough, sore throat, rhinorrhea, myalgia, headache and severe malaise.
- Be willing to participate in the study by signing a consent form/assent statement, and completing the study requirements.
- Be willing to provide nasal swabs.

If you encounter a pediatric or adult patient with suspected respiratory viral infections, please contact our research team:

Research office: 01-350000 ext 5752

Dr. Rima Khonkary: 03-235512 or pager 256

Dr. Ghassan Dbaibo: 03-310645 or pager 607

Mireille Lteif: 03-313085 ext: 5752

PUBLICATIONS (FALL 2013)

Journal Articles

Michaliszyn SF, Lee S, Tfayli H, Arslanian S. Polycystic ovary syndrome and nonalcoholic fatty liver in obese adolescents: association with metabolic risk profile. *Fertility Sterility*. 2013 Sep 10. [Epub ahead of print]. PMID: 24034940

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VISIBILITY OF OUR FACULTY AT THE INTERNATIONAL LEVEL

OUR FACULTY MEMBERS ARE WORLD RENOWNED PEDIATRICIANS IN THEIR SUBSPECIALTIES. MANY WERE INVITED SPEAKERS IN IMPORTANT INTERNATIONAL AND REGIONAL MEETINGS INCLUDING

Miguel Abboud. Invited speaker and Scientific Committee Member: *Thalassemia and Haemoglobinopathies conference* organized by the *Thalassemia International Federation UAE*, October 20-23, 2013. *Sickle Cell Disease: Long term complications* Miguel Abboud. *Lois Murphy Fellows visiting professor and lecturer at Memorial Sloan-Kettering Cancer Center*, New York, United States, June 19-20, 2013. Miguel Abboud. *Invited Speaker Sickle Cell in Focus Kings College London* June 8 2013: *Bone Marrow Transplantation for Sickle Cell Disease.*

Fadi Bitar. Status of Research in the Arab World: The Children' Heart Center at AUBMC Model. And Translating basic research into clinical practice in the field of Pediatric Cardiology. The 14th International Annual Conference of the Pediatric Jordanian Society, Amman, September, 2013.

Fadi Bitar. Device Closure of ASD: What to avoid? Cardio Alex meeting, Alexandria, Egypt, June, 2013.

Rose-Mary Boustany. 12th Asian and Oceanian Conference in Child Neurology AOCCN, Riyadh Sep 14-18: Advances in Lysosomal Biology.

Rose-Mary Boustany. Pathophysiology, Diagnosis and Guidelines for tuberous sclerosis and SEGA. Dubai October 5, 2013.

Rose-Mary Boustany. EGM TSC Days. Treatment Guidelines for TSC. Dubai, Oct 15-16, 2013.

Hala Tfyli. Treatment of PCOS in Obese Girls: Weight Loss, Oral Contraceptives and/or Insulin Sensitization and Declining -cell function in children relative to insulin sensitivity with escalating OGTT 2-h glucose concentrations. Joint Meeting of European Society of Pediatric Endocrinology, Pediatric Endocrine Society, Milan, Italy.

Raya Saab. Cellular Senescence: novel insights into p53-induced tumor suppression. University of Texas at Southwestern, Dallas, TX, USA. November 1, 2013.

Marianne Majdalani Invited Speaker at the 1st Updates in Emergency Medicine and Hyperbaric Medicine, Jeddah, Saudi Arabia, September 2-4, 2013

Marianne Majdalani Invited Speaker at the 19th congress UAPS, Marrakech, Morocco, June 12-15, 2013

Ghassan Dbaibo. Meningococcal Vaccines: Updates on recommendations and the use in children and adolescents. 19th Congress Union of Arab Pediatric Societies, Marrakesh, Morocco, June 13-15, 2013.

Ghassan Dbaibo. Travel Medicine: An Established New Discipline and Traveling Humans and Traveling Bugs: Encounters with unfamiliar infections. Scientific Center of Children's Health- 250 years on the watch of children's health, Moscow, Russia, September 27-28, 2013.

Salman Mroueh. The 19th Congress of the Union of Arab Pediatric Societies: Respiratory Syncytial Virus prophylaxis and X ray, CT Scan or More for Respiratory Diseases in Pediatrics, Marrakesh, Morocco, June 2013.

HONORS AND AWARDS

In October 2013, Dr. Mona Nabulsi was invited as a Reviewer for The National Institute for Health Research (NIHR), UK.

Dr. Fadi Bitar was granted the Appreciation Award by the Pediatric Jordanian Society for 2013.

In June 2013, Dr. Lama Charafeddine was appointed as Consultant in the "Care for Child Development Program". She works on the planning, development,

and implementation of various recommendations (UNICEF-WHO).

SHARING CLINICAL EXPERTISE

Since February 2012 and in view of recent events, Dr. Raya Saab has been conducting monthly online case discussion meetings to discuss pediatric solid tumor cases from Syria, and to assist in the diagnosis and management planning of challenging cases.

ALUMNI NEWS

Dr. Cynthia Chehade graduated with an MD from the Lebanese University. She completed her subspecialty training in Pediatrics at AUBMC, and graduated in 2009 as Resident of the Year. Afterwards, she completed a one-year research fellowship in pediatric cardiology. Dr. Chehade is now a successful pediatrician and has now her own private clinic in Zouk Mkael. She is also an attending physician at Notre Dame Hospital Jounieh, and at St. Georges Hospital, Ajaltoun.

