



PEDS NEWS

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E-INSIGHTS: The good, the bad, the ugly

A few years ago, I came across an article in the Tampa Bay Times entitled *Closing Pandora's In-Box*. The article, written by Chris Anderson, a Washington Post correspondent, discusses the unintended consequences of burgeoning email, and how it threatens to take over our lives. Given the ever-increasing volume of email we all face each day, I thought this was a good opportunity to reflect on the role of electronic communication in our professional lives, and to reconsider how we use email. Each of us likely starts our day checking our email in-box, which is usually loaded with messages from the University, colleagues, professional organizations, friends, family and social media – not to mention the ever-present “junk mail”. The barrage continues, described by Anderson as “essentially a fire hose of information all day long”. While we all like to share our thoughts with as many people as possible, the volume of communication has expanded to an untenable degree. As described in the article, we spend too much time responding to other people’s emails and not enough time addressing our own priorities. I am sure that many of you, like me, have had your plans for the day “hijacked” by emails. In addition, using email to express frustration is usually a very ineffective way to communicate your message. Picking up the telephone to speak to someone, walking down the hall for an impromptu conversation, or scheduling a face-to-face meeting are usually much more effective ways to communicate. While we all appreciate that electronic communication has enhanced our professional and personal lives in many ways, we need to step back and consider the ways that its overuse is hindering us. The 10 points of the email charter are printed at the end of this newsletter, and they focus on reducing the time, effort and stress required of responders. I encourage all of you to read the article (link below) and consider adopting the email charter. I know that I will be implementing these tools—so do not be offended when I do not send a “thanks to all” response!

Enjoy your last days of summer!

<http://www.tampabay.com/news/perspective/closing-pandoras-in-box/1195616>

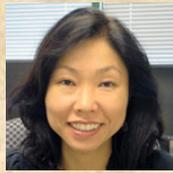
Patricia J. Emmanuel, M.D.
Chair, Department of Pediatrics

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Spotlight on Research



Dr. Hye-Seung Lee is an Associate Professor at the Pediatrics Epidemiology Center, and she holds a joint appointment in the College of Public Health's Department of Epidemiology and Biostatistics. Since joining the USF faculty in 2006, she has collaborated on various research projects in the Rare Disease Clinical Research Network (RDCRN) and in the Environmental Determinants of Diabetes in the Young (TEDDY) studies. She is a primary biostatistician for the lymphangioleiomyomatosis (LAM) and Rett syndrome research groups. Her collaboration on a new phase I and II study on LAM treatment was recently funded by the NIH's National Center for Advancing Translational Science; the Pediatrics Epidemiology Center will serve as the Data Coordinating Center for this trial. For the TEDDY studies, Dr. Lee has collaborated with investigators to identify factors associated with study participants who drop out within the first year, and with patients who rapidly develop type 1 diabetes. The goal of her current work is to improve biomarker discovery studies in four laboratories that specialize in dietary biomarkers, metabolomics, gene expression, microbiome and viral metagenomics, with an emphasis on classical epidemiological considerations. Her research interest is to develop statistical approaches that are unbiased and efficient in aligning high-dimensional clinical and genetic data.

RESIDENCY NEWS

Dr. Mariah Gillispie has been awarded The Ephraim P. Engleman Research Preceptorship by the American College of Rheumatology. This award, given to residents interested in pursuing a career in rheumatology, promotes rheumatology research and training, and introduces trainees to the field of rheumatology. For her project, Dr. Gillispie will determine if the time to clinical remission is shorter for patients with systemic juvenile idiopathic arthritis who are on disease modifying anti-rheumatic drugs versus biologic therapies.

Katie Germany, MD, Med-Peds resident, was named the TGH Resident of the Month for July. Congratulations!



Simulation Day at CAMLS



Procedure Orientation Day



Team Building Exercise



LtoR: Drs. Pascuita and Murphy

July was a busy month for resident and interns! PL2 residents participated in a Resident Simulation Day at CAMLS and in a team building exercise. New interns participated in procedure orientation day. **Bob Kickish, MD**, PGY-1, was recruited by superheroes at ACH last month.

Chief residents for 2013/14: **Drs. Melinda Murphy and Erika Pascuita.**



ACH Superheroes

PUBLICATIONS

Rodriguez-Prado YM, Kong X, Fant ME. *PLAC 1 expression decreases in chorionic villi in response to labor.* ISRN Obstet Gynecol June 11, 2013:704252.

Mhaskar R, Alandikar V, **Emmanuel P**, et al. *Adherence to antiretroviral therapy in India: a systematic review and meta-analysis.* Indian J Comm Medicine 38(2):74-82, 2013.

Fant ME is co-author on a paper entitled *Peroxisome proliferator-activated receptor d (PPARd) induces estrogen receptor-positive mammary neoplasia through an inflammatory and metabolic phenotype linked to mTor activation,* Cancer Research, 73(14):4349-436, 2013.

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PRESENTATIONS

At The Endocrine Society's 95th Annual Meeting held in San Francisco last month, **Mike Fant, MD** presented a poster entitled *Plac1 (Placenta-specific 1) is Widely Expressed in the Developing Embryo and Essential for Normal Development;* **Xiaoyuan Kong** and **Suzanne Jackman, MD** were co-authors. Dr. Fant was also co-chair of a platform session entitled *Female Reproductive Endocrinology.*

Two Allergy/Immunology/Rheumatology fellows presented posters at the Florida Allergy, Asthma and Immunology Society's annual meeting held in Orlando, Florida in July. **Hava Ladinsky, MD** presented *Zinc Deficiency in a Patient with Chronic Granulomatous Disease* and **Hana Niebur, MD** presented *Hypereosinophilic Syndrome Presenting as Chronic Urticaria.*

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NEW PEDIATRIC CLINICAL TRIAL

Investigator: **Sureka Bollepalli, MD.** Title: *A Phase III Multi-Center, Double-Blind, Randomized, Placebo-Controlled Clinical Trial to Evaluate the Safety and Efficacy of MK-0431A XR in Pediatric Subjects with Type 2 Diabetes Mellitus with Inadequate Glycemic Control on Metformin Monotherapy.* Sponsor: AbbVie, Inc.

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HAPPENINGS

USF Pediatric faculty, trainees and staff, and USF medical students participated in the Blake High School Health Fair on August 3. USF Pediatrics has participated in many health fairs this summer.



Participants at the Health Fair

Peds News | Save the Date

KUDOS

Larry Dishaw, MD, was awarded a \$10,000 New Researcher Grant by the USF Senate Research Council for his proposal entitled *Exploring Phage Diversity in the Gut of Experimentally Manipulated Sear Squirts, Ciona Intestinalis*.

Two students of **Dr. Eric Storch** recently received awards:

- **Alex de Nadai** is the recipient of a National Institute of Mental Health National Research Service Award for his application entitled: *Alliance and Mechanisms of Medication Adherence in Pediatric Psychiatric Practice*.
- **Marni Jacob, PhD**, received a prestigious NIH Pediatric Loan Repayment Award.

Sharon Perlman, MD, has been appointed the Medical Director of the USF Specialty Clinic at All Children's Hospital.

Peds Growing Family

WELCOME



Dr. Tracy Burton joined USF Pediatrics this month as an Assistant Professor in the Division of General Pediatrics. Dr. Burton graduated from the University of Alabama School of Medicine and completed her pediatric residency training at USF, where she served as chief resident for the 2011/12 academic year. She joins the USF faculty from Roseville, California where she has been employed as a pediatrician for the Sutter Medical Group. Dr. Burton is board-certified by the American Board of Pediatrics, and has been the recipient of numerous awards, including the University of Alabama Pediatric Clerkship Award and the Arnold P. Gold Humanism Award. Her research interests include access to primary care, and safety and injury prevention for all children. Dr. Burton will be seeing patients at Health Park. Welcome to the USF Pediatrics family, Dr. Burton!

NEW EMPLOYEES

Lisa Jarboe, RN: All Children's Hospital outpatient clinic

Stephanie Herrera, RN: CMS Referral Center

Brittney Dane: Research Assistant; The Rothman Center

Amy Giordano: Phlebotomist; Infectious Diseases

ADDITIONS



Sabrina Scott delivered a baby boy, Brennan Scott on July 26. Congratulations!

GRAND ROUNDS

Sep 12 **USF Pediatrics: Inspired by Our Community—Powered by Our University**

Patricia Emmanuel, MD

Sep 19 **Medical Education Research: Designing Studies that Matter and Disseminating Your Results**

Maryellen Gusic, MD

Executive Associate Dean for Educational Affairs, Indiana University

Sep 26 **Adolescent Substance Abuse**

Jason Fields, MD

Lectures are from 8:00 to 9:00 AM

MacInnes Auditorium—Tampa General Hospital

Lectures are video-conferenced to the All Children's Hospital/USF Children's Research Institute first floor conference room and to the CMS Building, Room 2004

Archived copies of most lectures are available on our website: http://health.usf.edu/medicine/pediatrics/grand_rounds.htm

The E-mail Charter: 10 Rules to Reverse the Email Spiral

(From: *Closing Pandora's In-Box*. Chris Anderson, Washington Post, October 6, 2011)

- 1. Respect Recipients' Time.** Minimize the time it takes someone to process your messages by taking more time to clearly articulate your intention.
- 2. Short or Slow is not Rude.** Mutually agree to cut each other some slack. It's OK if replies take a while in coming and don't give detailed responses to all your questions.
- 3. Celebrate Clarity.** Clue in the recipient by starting with a subject line that clearly labels the topic, and maybe includes a status category [Info], [Action], [Time Sensitive] or [Low Priority]. Avoid strange fonts and colors.
- 4. Quash Open-Ended Questions.** Instead of asking "How can I help?" offer easier-to-answer questions like "Can I help best by (a) calling (b) visiting or (c) staying out of it?"
- 5. Slash Surplus cc's.** Be judicious in your use of cc's. Don't default to "Reply All" when there are multiple recipients. Maybe you need to cc only a couple of people on the original thread.
- 6. Tighten the Thread.** Before forwarding a long email conversation, delete what's not relevant.
- 7. Attack Attachments.** Don't use graphic files as logos or signatures that appear as attachments. Include text into the body of the email rather than sending as an attachment.
- 8. Give these Gifts: EOM NNTR.** If your message fits into the subject line, put it in, followed by EOM (End of Message). Ending a note with NNTR (No need to respond) is a wonderful act of generosity.
- 9. Cut Contentless Responses.** A response is not required for every email, especially not those that are themselves clear responses.
- 10. Disconnect!** If we all agreed to spend less time sending email, we'd all get less email. Schedule time offline or set up an auto-response that references this charter.

SAVE THE DATE

September 19th:

Faculty Development Workshops with Maryellen Gusic, MD, Executive Associate Dean for Educational Affairs, Indiana University (see flyer)

October 26-29:

AAP National Conference, Orlando, FL.

November 7th:

The 2013 John Curran lecture will be given by Akhil Maheshwari, MD.

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Please email submissions for next month's issue by September 1st