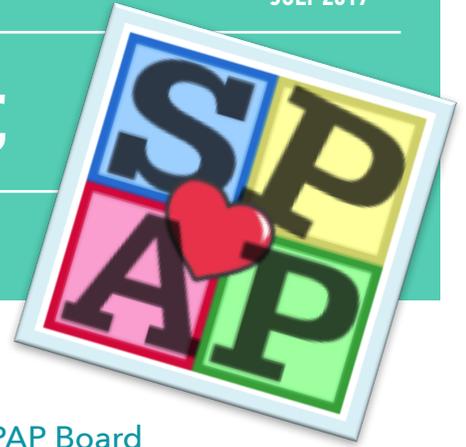


SPAP Shout Out

A monthly update for SPAP members with a purpose to educate and encourage the engagement of PAs who work with pediatric patients



Welcome from our President!



Courtney has been a member of the SPAP Board of Directors since 2012, first as the Student Representative, Secretary, President-Elect, and now President. She is a 2013 graduate from Chatham University's Physician Assistant program in Pittsburgh, PA. Since 2013, Courtney has worked in the Orthopaedics Department at Nationwide Children's Hospital in Columbus, Ohio, where she is also a member of the APP Advisory Council. She is also a preceptor for Ohio Dominican University's PA program. In her free time, Courtney enjoys reading, traveling, and supporting her favorite sports teams including the Columbus Crew, Ohio State Buckeyes, and Tottenham Hotspur.

Hello everyone! I am so excited and humbled to have been elected to serve as SPAP's president for the upcoming year! I'll start with a quick bit about myself... I have lived most of my life in Columbus, Ohio and am a proud supporter of our collegiate and professional sports teams, especially our soccer team, the Columbus Crew. I

received my bachelor's degree in Zoology from Miami University and am a 2013 graduate of Chatham University's PA program in Pittsburgh. Since graduation I have practiced at Nationwide Children's Hospital in the Department of Orthopaedics. I also precept students, serve on the APP Advisory Council and APP Credentialing Committee, and am involved in research and QI projects. In my 'free' time I am an assistant swim coach for a local high school, which I love doing.

My involvement with SPAP began in 2012 as the Student Representative, and I have continued to serve on the Board of Directors over the past years as Secretary and then President-Elect. I have seen SPAP grow and change in so many ways over the past few years and am encouraged by our progress and hopeful for our organization's future!

We have a wonderful CME conference planned for y'all (I am practicing the lingo) in September and will be also organizing a pre-conference outing to the Houston Astros game against the Oakland A's on Thursday, September 12. You will be able to purchase tickets to the game when registering for the conference or you can contact us to purchase them separately. Please bring any family members or friends that you would like, and please don't hesitate to come solo either!

SPAP is working on ways to promote outreach as well as educational opportunities for our members including the potential for online presentations for CME credit. The Board is also working on organizing a philanthropic event during our Houston conference, and will communicate the details to SPAP members as they become definitive. Our Shout Out will continue this year with our wonderful Secretary, Tara Harkins putting the issues together monthly. If you know of a PA that works with children that is inspiring or has an interesting story, please let Tara know so they can be featured in our Shout Outs!

If you have any questions, insight, thoughts, or recommendations please feel free to reach out to us! My email is ckbish3@gmail.com and I would love to hear from you! Thank you for being an SPAP member and helping us make a difference in the lives of children and their families!

~ Courtney

ANNUAL CME CONFERENCE

Registration for our annual CME conference in Houston, Texas is still open! Click [here](#) to register.

REGISTER TODAY!

.....

**Society for Physician Assistants in Pediatrics
Annual CME Conference
The Westin Galleria
Houston, TX**

SEPTEMBER 13-15

www.spaponline.org

The banner features a background image of a city skyline with modern skyscrapers under a blue sky. In the bottom left corner, there is a logo for SPAP consisting of the letters 'S', 'P', 'A', and 'P' in a grid, with a red heart in the center. The text is centered and uses a mix of bold black and white fonts. A red button with white text indicates the dates of the conference.

2019-2020 Board of Directors

Please join us in welcoming the 2019-20 SPAP Board of Directors - We are excited for the year ahead! Please visit our [webpage here](#) for biography and contact information.



PRESIDENT

Courtney Bishop



PRESIDENT ELECT

Heather Gilbreath



PAST-PRESIDENT

Elizabeth Elliott



TREASURER

Brent Smith



SECRETARY

Tara Harkins



AAPA-AAP LIAISON

Brian Wingrove



MEMBER AT LARGE

Kristy Luciano



MEMBER AT LARGE

Susan E. Kirk



STUDENT REP

Morgan Dailey

Summer Safety Tips

By Tara Harkins, MMSc, PA-C

Tara currently works at Maine Medical Center in Portland, Maine, within the pediatric surgery department. She previously worked at Texas Children's Hospital within the trauma surgery department. She graduated from the Mercer University Physician Assistant Program in Atlanta, Georgia in 2016 and then completed the Texas Children's Hospital Surgical PA Fellowship, a one year program that allowed her to rotate through numerous surgical subspecialties. Tara joined SPAP in 2016 and was a Member-at-Large for two years before transitioning into the position of secretary. Tara is originally from the Washington DC area and enjoys running, yoga, and spending time with her family and fiancé.



It is that time of year again where kids are participating in more outdoor activities. It is important that providers are aware of the up to date summer safety recommendations so that parents and children can be educated. The American Academy of Pediatrics (AAP) has provided some tips and tricks for sun safety, bug safety, outdoor safety, and water safety.

Sun Safety

- Avoid direct sunlight for children under 6 months and always have them wear hats and long sleeves
- The best time to go in the sun is before 10 am and after 4 pm, as this avoids the peak sun times
- Have kids wear cotton clothing, as it is protective and cool. Don't forget about swim shirts!
- Make sure sunglasses have proper UV protection
- Use sunscreen with SPF 15 and greater, apply 30 minutes before sun exposure, reapply every 2 hours and after swimming
- Wear sunscreen even on cloudy days

Bug Safety

- Avoid combination sunscreen and insect repellent products since the frequency of reapplication is different
- If you are in a heavily forested or high insect area, use insect repellents with DEET to protect against Lyme Disease, West Nile Virus, Zika virus, and others.

- The AAP and CDC recommend children older than 2 months to use 10%- 30% DEET. Do not use DEET-containing products on children under the age of 2 months. The percentage of DEET in product does not influence the strength of the product, but is related to the duration of coverage. For example, 10% DEET products are effective for about two hours, while 30% DEET products are effective for about five hours. Always choose the lowest concentration reasonably possible and reapply as needed.
- Check for ticks in hair and skin at the end of any outdoor activity or at the end of the day.

Outdoor Safety

- Home trampolines introduce a high risk of injury, even with proper supervision. Therefore, the AAP does not recommend having home trampolines, regardless of if parents install trampoline netting. According to the AAP, most injuries from trampolines happen while the child is on the trampoline, not from falling off. According to the AAP, 75% of trampoline injuries occur when more than one person is using the trampoline at a time.
- When purchasing a helmet, check to make sure it meets CPSC safety standards. Helmets and protective gear should be worn during skateboard and scooter use.
- ATVs (All-Terrain Vehicles) should be used similar to car vehicles. In other words, only individuals old enough to have a driver license should operate an ATV. Most ATVs are meant for one person, so make sure the ATVs is equipped to handle a second rider if planning on a two-person ride. According to the AAP, 30% of all ATV-related deaths and ATV-related EC visits per year are in children.
- If operating a lawn mower, wear ear and eye protection. Children under the age of sixteen should not be allowed to operate ride-on lawn mowers.

Water Safety

- Drowning is the leading cause of injury-related deaths for children one to four years of age. Many of these injuries happen when parents are not expecting the child to be around the water. Therefore, it is recommended that any home pool, lake etc have perimeter fencing and door locks.
- The AAP also found that swim lessons for children, starting around one year of age, may help lower drowning risk.
- Utilize toilet locks and do not leave young children alone in the bathroom.
- Empty buckets, inflatable pools and other devices with the capacity to carry a water load immediately after use.

References

1. <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-Safety-and-Protection.aspx>
2. <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx>
3. <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx>
4. <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Updates-Recommendations-to-Prevent-Drowning-in-Children.aspx>

SPAP Member Spotlight

Katrina Gaines, PA-C

Katrina attended the University of New Mexico for undergrad and then attended PA school at Midwestern University. After graduating from PA school in 2010 she accepted a position as a PA in Pediatric General Surgery at Cardon Children's Medical Center in Mesa, AZ, where she worked until 2014. She then took a position as a Pediatric Plastic Surgery PA, where she worked until 2019. She then moved abroad to England and has been working for the National Health Service.



How did your career as a PA start?

When I graduated from PA school I was unsure which area of medicine I wanted to pursue, but felt myself drawn to surgical specialties. I accepted my first PA position with a pediatric general surgery practice at Cardon Children's Medical Center in Mesa, AZ. This opportunity laid an excellent foundation for my career in pediatric medicine and offered me a well-rounded experience working in an array of settings including the outpatient clinic, inpatient, first assisting in the OR, and on call. In 2014, I transitioned to a new PA position in the pediatric plastic surgery department and became the cleft and craniofacial coordinator for the hospital.

The service line for the pediatric plastic surgery department was terminated by the hospital and my position ended in the spring 2019. Since then, I was recruited to work abroad for the National Health Service in England. The training and role of a PA (known as a physician associate in the United Kingdom) was modeled off the US and implemented as a way to address workforce and workload pressures. Currently, in the United Kingdom, there are 37 universities offering PA programs and approximately 350 PAs in practice. PAs in the United Kingdom function similar to those PAs in the United States, except they are not able to prescribe medication or order imaging modalities.

Upon completion of my contract, I plan to return back to Arizona and pursue employment in a pediatric surgical specialty.

How did you first hear about SPAP?

I discovered SPAP during a quick Google search. I was looking for a pediatric focused conference that would also allow me the opportunity to network with other pediatric PAs. I signed up to become a member and attended my first SPAP conference in San Diego in 2018.

Why pediatrics?

Honestly, I had no plan to work in pediatrics upon graduation. During my first PA job search, I applied and was offered a pediatric general surgery PA position. I accepted this role due to a supportive team environment. It only took a short time to realize my true passion lies in pediatrics.

What is your favorite part of being a PA?

I believe it is a privilege to share in the care of an individual, especially a child. It is amazing to see how resilient children are and their outlook on life is constantly refreshing. Building a relationship and rapport with a patient and their family is extremely rewarding!

Any advice for new PAs or PA students?

Early on in my career I was offered two pearls of wisdom that stuck with me. The first was to never lose your sense of empathy for your patients because that is always someone's son or daughter, sister or brother, family member, or friend. The second was to treat patients and families how you would want to be treated if the roles were reversed.