

# PEDIATRIC PEARLS

Friday, September 13, 2019

7:30 AM – 1:40 PM

Silver Cross Hospital Conference Center  
1890 Silver Cross Blvd, New Lenox, IL 60451


This one-day conference was designed to provide health care professionals with the skills needed to recognize and manage common pediatric conditions. Our speakers will discuss topics related to pediatric cardiology, ADHD, adolescent substance use, teen anxiety and depression, antibiotic use in the outpatient setting, immunizations, and teen contraception.



**Target Audience:** Pediatricians, Neonatologists, Primary Care Physicians, Psychiatrists, Clinical Psychologists, Nurses, and Allied Health Professionals who provide medical care to infants, children and adolescents. While the principle intended audience is the medical staff at Silver Cross Hospital, this activity is open to all physicians and health care professionals regardless of hospital affiliation.

## Agenda:

7:30 am – 8:00 am	<b>Breakfast, Registration, Opening Remarks</b>	
8:00 am – 8:40 am	<b>Management of Congenital Heart Disease in the Primary Care Setting</b>	Sandhya R. Ramlogan, MD
8:40 am – 9:20 am	<b>ADHD - What Every Pediatrician Needs to Know</b>	John T. Walkup, MD
9:20 am – 10:00 am	<b>Adolescent Substance Use</b>	Maria Rahmandar, MD
10:00 am – 10:40 am	<b>Adolescent Depression &amp; Anxiety</b>	Jeanne Antisdell, PhD
10:40 am – 11:00 am	<b>Break</b>	
11:00 am – 11:40 am	<b>Antibiotic Use in the Outpatient Setting</b>	Larry Kocielek, MD, MSCI
11:40 am – 12:20 pm	<b>Hot Topics in Immunizations</b>	Ravi Jhaveri MD, FIDSA, FPIDS, FAAP
12:20 pm – 1:00 pm	<b>Update: Contraception for Teens</b>	Maura Quinlan, MD, MPH
1:00 pm – 1:40 pm	<b>New Updates in the Pharmacological Management of Teen Anxiety and Depression</b>	Jyoti K. Randhawa, MD

 **Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Illinois State Medical Society (ISMS) through the joint providership of Silver Cross Hospital and Ann & Robert H. Lurie Children's Hospital of Chicago. Silver Cross Hospital is accredited by the ISMS to provide continuing medical education for physicians.

**Designation:** Silver Cross Hospital designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Registration:** Registration is required for this **free** conference. Please register at [www.silvercross.org](http://www.silvercross.org) under **Classes & Events** by **Monday, September 9, 2019** (noon). **Questions?:** Please contact Nicole Soldat, CME Coordinator, at [nsoldat@silvercross.org](mailto:nsoldat@silvercross.org) or call 815-300-7491.

**Financial Support:** There is no external financial support for this activity.



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## Learning Objectives:

### Management of Congenital Heart Disease in the Primary Care Setting

- Recognize the major challenges faced by children with congenital heart disease (CHD)
- Recognize the role of primary care providers in improving outcomes of patients with CHD
- Identify heart sounds/murmurs associated with congenital disorders, including atrial and ventricular septal defects

### ADHD - What Every Pediatrician Needs to Know

- Discuss the differential diagnosis of inattention across the course of development
- Describe methods for identifying stimulant responders in primary care
- Recognize the major limitation of different medication classes for ADHD treatment

### Adolescent Substance Use

- Utilize appropriate methods to screen adolescents for alcohol, tobacco and drug use
- Articulate the value and limitations of urine drug testing in clinical practice
- Provide effective brief interventions to substance using adolescents

### Adolescent Depression & Anxiety

- Utilize practical screening practices within the primary care setting to improve identification of youth with anxiety and depressive symptoms
- Recognize principles of cognitive behavioral therapy in the treatment of anxiety and depression

### Antibiotic Use in the Outpatient Setting

- Recognize important signs and symptoms that differentiate bacterial and viral infections in children
- Identify optimal antibiotic choices for common outpatient bacterial infections in children

### Hot Topics in Immunizations

- Define new vaccine recommendations from Advisory Committee on Immunization Practices regarding Hepatitis A, Human Papillomavirus, and Meningococcal B vaccines
- Identify communication strategies to improve compliance with vaccine recommendations

### Update: Contraception for Teens

- Evaluate risks/benefits and alternatives for contraceptive methods best suited for adolescents
- Review common side effects of contraception methods and how to manage them in clinical practice

### New Updates in the Pharmacological Management of Teen Anxiety and Depression

- Identify the various treatment modalities for anxiety and depression in teenagers and their uses
- Identify appropriate monitoring standards of psychopharmacological/medication management

### Course Director:

#### Astra Astrauskas, MD

Chair, Pediatrics Department  
Silver Cross Hospital

### Faculty:

#### Jeanne Antisdell, PhD

Pediatric Psychologist  
Ann & Robert H. Lurie Children's Hospital of Chicago  
Pritzker Department of Psychiatry & Behavioral Health  
Assistant Professor of Psychiatry & Behavioral Sciences  
Northwestern University Feinberg School of Medicine

#### Ravi Jhaveri MD, FIDSA, FPIDS, FAAP

Associate Division Head, Pediatric Infectious Diseases  
Ann & Robert H. Lurie Children's Hospital of Chicago  
Professor of Pediatrics  
Northwestern University Feinberg School of Medicine  
Associate Editor, *Journal of the Pediatric Infectious Diseases Society*  
ID Topic Editor, *Clinical Therapeutics*

#### Larry Kocielek, MD, MSCl

Attending Physician, Division of Infectious Diseases  
Associate Medical Director of Infection Prevention and Control  
Ann & Robert H. Lurie Children's Hospital of Chicago  
Assistant Professor of Pediatrics  
Northwestern University Feinberg School of Medicine

**Disclosures:** Larry Kocielek has disclosed he is a consultant for Synthetic Biologics; Ravi Jhaveri disclosed he is a consultant for MedImmune/AstraZeneca and Saol Therapeutics, and he received research funding from Gilead, Abbvie, Alios, and Merck. John T. Walkup, MD has disclosed that he serves on the Advisory Board for Anxiety Disorders Association of America, Tourette Association, and Trichotillomania Learning Center and has received royalties from Guilford Press, Oxford University Press, and Wolters Kluwer. Frederick Alexander, MD, has disclosed he is a speaker for Allergan and Merck. These conflicts have been resolved. All other planners, presenters, and anyone in control of content have disclosed no financial relationships.

#### Maura Quinlan, MD, MPH

Assistant Professor, Department of Obstetrics and Gynecology  
Northwestern University Feinberg School of Medicine  
Attending Physician, Department of Pediatric Surgery  
Ann & Robert H. Lurie Children's Hospital of Chicago

#### Maria Rahmandar, MD

Medical Director, Substance Use & Prevention Program (SUPP)  
Division of Adolescent and Young Adult Medicine  
Ann & Robert H. Lurie Children's Hospital of Chicago

#### Sandhya R. Ramlogan, MD

Assistant Professor of Pediatrics  
Northwestern University Feinberg School of Medicine

#### Jyoti K. Randhawa, MD

Chief Medical Officer  
Silver Oaks Behavioral Hospital

#### John T. Walkup, MD

Margaret C. Osterman Professor of Psychiatry  
Chair, Pritzker Department of Psychiatry & Behavioral Health  
Northwestern University Feinberg School of Medicine  
Ann & Robert H. Lurie Children's Hospital of Chicago