



CANADIAN PAEDIATRIC SOCIETY

CPS news



March/April 2011

## Spotlight on health of Aboriginal kids

A panel on traditional healing featuring four women from Canada and the United States opened the final day of the three-day International Meeting on Indigenous Child Health in Vancouver. Their advice to health professionals working cross-culturally? “Learn as much as you can about that culture,” said Dr. Carol Locust of the University of Arizona College of Medicine. It was a theme echoed throughout the gathering.



Pictured from left: Dr. Evelyn Voyageur, president of the Aboriginal Nurses Association of Canada, Dr. Carol Locust, University of Arizona College of Medicine, Dr. Annelind Wakegijig, a family physician from the Northern Ontario School of Medicine, and Lillian Elias, an Inuvialut Elder.

The biennial conference, held in March and co-hosted by the Canadian Paediatric Society and the American Academy of Pediatrics, brought together a diverse group of more than 250 health care and allied professionals working with Aboriginal children and families. From early literacy to H1N1, sessions focused on a wide range of clinical issues as well as social determinants.

Highlights included a keynote speech by Nobel Prize nominee Sheila Watt-Cloutier on how climate change is affecting the health of Northern communities, and a discussion of suicide prevention, featuring Professor Michael Chandler of the University of British Columbia and Dr. Robert Sege of Boston Medical Center.

The next conference will be held in 2013 in the United States. 🌿

### CPS strategic plan

The CPS is developing strategic directions for the next five years. Watch [www.cps.ca](http://www.cps.ca) for your opportunity to provide feedback.



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# Canadians represented at Latin American meetings

A number of Canadian child health practitioners have been influencing paediatric practice south of the border, as invited speakers at two professional meetings in Latin America.

the Mexican event—which focused mainly on furthering child and youth health in that country—Panama opened its doors to speakers and attendees from all over South and Central America. Paediatric associations from North America and Europe, including the CPS, were event collaborators.

## Reunión de las Américas, February 22 to 24

Hosted by the Asociación Mexicana de Pediatría, this meeting was host to nearly 1,000 community paediatricians in Mexico City.

The CPS has partnered with the association for several years, sending a few speakers each year to provide continuing professional development. Presenting this year from Canada were paediatric cardiologist Dr. John Smythe, who presented on the pathology of rheumatic fever and Kawasaki disease, Dr. Scott Halperin, who presented on infectious disease and immunization and adolescent medicine specialist Dr. Jean-Yves Frappier, who spoke about ingestion of drugs and alcohol and took part in a panel on referring adolescent patients to internists.

Dr. Danielle Grenier, Medical Affairs Director of the Canadian Paediatric Society, was invited to lead a symposium on rare diseases surveillance, chaired by Dr Raúl Mercer of Argentina. The session was designed to “go over the value of surveillance, how to establish a program and how to ensure that the data you collect is translated into action.” She also hoped to recruit members into the International Network of Paediatric Surveillance Units (INoPSU), which Canada co-chairs with Australia.

“They see that it’s not just writing a prescription but really about the rights of the child.”

Dr. Danielle Grenier

The agenda also featured topics that reflect the complexities of practicing in the region, such as managing emergencies and disasters, and social paediatrics. A day-long focus on human and children’s rights aimed to get people to incorporate the UNICEF Convention on the Rights of the Child in their everyday work. Dr. Grenier said the people she has met in the South are already doing “unbelievable” work, with programs that look at how home and school life affects health.

“They see that it’s not just writing a prescription,” she said, “but really about the rights of the child.”

## Conferencia de Actualización en Pediatría, April 6 to 10

A bit further south, the Asociación Latinoamericana de Pediatría (ALAPE) held its first-ever training conference in the capital city of Panama. In contrast with

### Nominating Committee seeking candidates for vice president

The CPS Nominating Committee is currently seeking candidates for the position of vice president for 2012-2013. To submit a nomination, contact Beverley Goodman-Jones at 613-526-9397, ext. 238 or [beverleyg@cps.ca](mailto:beverleyg@cps.ca).

# Get to know your incoming VP

Dr. Andrew Lynk is already a busy man: He divides his time as a community paediatrician and part-time Medical Officer of Health in Cape Breton, Nova Scotia, where he also coaches junior high basketball. He's also a long-time CPS volunteer, currently as assistant editor of *Paediatrics & Child Health* and chair of the CPS Action Committee on Children and Teens.

This June, Dr. Lynk will be adding to these duties as he assumes the role of CPS Vice President. He recently spoke with *CPS News* about this new responsibility.



**CPS News:** Does being part of a smaller centre help you bring a unique perspective on paediatrics?

**Dr. Lynk:** I'm privileged to practice the full gamut: ventilated preemies to 5-year-olds with relapsed neuroblastomas to learning-disabled adolescents with diabetes — those were all part of my morning today. Working effectively here also means relying on your subspecialty colleagues in the tertiary centres to provide help with complex problems and critically ill and injured children.

In a smaller community, you quickly figure out who the decision-makers are, and it's relatively easy to track them down and persuade them to do the right thing. I also know that large-scale advocacy requires a robust organization to make things happen. That's just one of the great things about being a member of the CPS. I'm not alone out here "in the wilderness."

I've also been privileged to train or practice paediatrics in tertiary care children's hospitals in large and medium cities, in regional and community hospitals, with northern First Nations communities and in an Ethiopian refugee camp's hospital clinic made out of tree branches and tarpaulin. I hope I've gained a broad perspective on the many ways paediatrics can be practiced.

“Writing position statements is not enough. Following through with an advocacy action plan is what makes a difference.”

Dr. Andrew Lynk

**CPS News:** Do you have any "lessons learned" to share from your dual role as a clinician and Medical Officer of Health?

**Dr. Lynk:** Paediatricians are practical people. We know that evidence-based interventions are usually the best choice for optimal outcomes. I think that mindset has helped me as a Medical Officer of Health to convince my population health colleagues to focus their efforts around measurable outcomes.

On the other hand, these colleagues have re-opened my eyes to the tremendous importance of the social determinants of health. Kids don't choose to be poor, but the stress they

experience and the social exclusions they face surely increase their risk of lifelong, unhealthy trajectories.

In our biannual Status Report, the CPS monitors how provincial, territorial and federal governments are addressing poverty in this country. We could be doing so much more.

**CPS News:** Do any experiences from your specialty areas of school and adolescent health influence your work for the CPS?

**Dr. Lynk:** The first CPS committee I sat on as a young paediatrician was the Adolescent Health Committee. There I was mentored by several great paediatricians and gained a ton of wisdom. If you're new to the field and want to broaden your horizons, join a CPS committee.

In general, I've learned that writing position statements is not enough. Following through with an advocacy action plan is what makes a difference. 🌱

## Board of Directors elections

**Election results:** Two new members of the Board of Directors will take office in June. Dr. Isabelle Chevalier of Montreal will represent Quebec, and Dr. Umberto Cellupica of Maple will represent Ontario.

**Reappointment:** Dr. William Abelson from British Columbia is eligible to serve another three-year term in June 2011. Any objections to this reappointment should be sent to Dr. Denis Leduc, Nominating Committee chair, or Marie Adèle Davis, Executive Director, at 613-526-9397, ext. 226 or by e-mail at [beverleyg@cps.ca](mailto:beverleyg@cps.ca).

# An ironman in fight against childhood illness

Keynote speaker Pierre Lavoie might seem like he'd be more at home at a corporate training seminar than at a paediatric conference: a high-performance athlete, this native son of Saguenay-Lac-Saint-Jean, Quebec has been the top Canadian competitor in the Ironman triathlon for the past decade.

But there's another side to this "man of iron and heart": that of a father who's lost two of his four children to lactic acidosis, a hereditary condition especially prevalent in children from his hometown. As founding president of l'Association de l'acidose lactique since 1997, Mr. Lavoie spearheaded a collective sporting challenge that has sensitized Canadians of all ages to the disease and engaged them in positive health promotion. These efforts helped raise a half-million dollars, and were key to the discovery of the gene responsible for the illness in 2003.

Pierre Lavoie headlines the Opening Ceremonies of the 88th CPS Annual

Conference on June 15, in Quebec City. In an interview with *CPS News*, Mr. Lavoie said he looks forward to the unique opportunity to address a group of child health experts. Read on to learn what you can expect from his address.

**CPS News:** *It's obvious that you care very much about children's health. Could you briefly explain what this issue means to you and how it has influenced your life's work?*

**Pierre Lavoie:** Our life was turned upside down in 1993 when we received the first diagnosis of lactic acidosis. The ensuing battle was relentless. My concern as Association president and as a father has always been to find a molecule and prevent illness. That's why the GDPL (Grand défi Pierre Lavoie) was founded in 2009—to change the status quo by working with children and parents to make sure that the next generations subscribe to healthy lifestyles.

**CPS News:** *Your presentation is on "the attitude of winners". Can you briefly explain what you mean by this?*

**Pierre Lavoie:** Success in life is a question of attitude, not ability. No matter what kind of test or challenge you face, the outcome will depend on the way you manage the situation. Getting out of your comfort zone makes you stronger—it's not success that makes us stronger, it's discomfort.

**CPS News:** *How would you deliver this message to an audience of paediatricians?*

**Pierre Lavoie:** My message comes from the heart—it seeks to share with attendees a sense of responsibility to actively contribute to social change where necessary. We are working extremely hard on the ground to change the culture of health in Canada. I want this message to be heard by the people who are working on the front lines, looking for cures. I want people to understand that the key to improving the health of our children lies in prevention and education.

To learn more, visit: Le Grand défi Pierre Lavoie: [www.legdpl.com](http://www.legdpl.com) or Association de l'acidose lactique: [www.aal.qc.ca](http://www.aal.qc.ca)

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# 2011

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# Pre-conference sessions focus on developmental paediatrics and global child health

Delegates to previous CPS conferences know it's common for the Society's many committees and subspecialty sections to hold meetings over the course of the program.

But this year, those with an interest in global child health and developmental paediatrics can enjoy even more opportunities for networking and professional development by attending full-day pre-conference sessions on June 14.

## Debate and learn about developmental disorders

People who deal with developmental issues in their practice will find much that informs and challenges them in this session.

"Paediatricians recognize that there's a good component of their general practice that will address developmental and behavioral issues. They often comment that that's an area they have lots of questions about," said Dr. Karen Harman, director of the developmental paediatrics program at McMaster University and president of the CPS Developmental Paediatrics Section.

The session features several plenary talks and a choice of concurrent workshops. Dr. Harman says the presenters are "quite passionate about their work." Autism expert Dr. Peter Szatmari will join the debate and lead one of the workshops.

## Pre-conference program brings global child health home

Do you wish to expand your knowledge of helping newborns breathe in that first "golden minute" of life? Or, do you want to meet the challenges globalization brings through your clinic doors, even if you

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“The patient population and diseases are changing. We have to prepare our residents...the world is coming to them.”

Dr. Heather MacDonnell

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never practice outside Canada? Consider attending one of the workshops on global child health.

The afternoon session will be of interest to paediatricians and paediatric trainees familiar with the Neonatal Resuscitation Program (NRP) who want to learn about provision of simple newborn care and resuscitative measures in resource-limited circumstances. Helping Babies Breathe is an evidence-based curriculum launched by

the American Academy of Pediatrics (AAP), with input from the World Health Organization and many other partners.

In a unique morning program, participants will preview a global child health curriculum for future paediatricians across Canada. Dr. Heather MacDonnell is Director of Global Health at the Department of Paediatrics, Children's Hospital of Eastern Ontario and an assistant professor at the University of Ottawa. She is also one of the several members from the CPS International Child Health Section who assembled and successfully piloted this curriculum across four sites with 125 students.

"The program is not intended to replace an entire international health program, but to give a minimum foundation for people who have no intention of participating in an overseas elective," Dr. MacDonnell said. "They have to realize that the world is coming to them."

Dr. MacDonnell said new Canadians and refugees often do not have a paediatrician or regular primary care provider. And they may be sicker, or present with diseases that have been around for a long time but are not normally seen here.

"The patient population and diseases are changing. We have to prepare our residents," said Dr. MacDonnell. 🌱

To see the diverse range of topics offered here and during the regular program, visit [www.cps.ca](http://www.cps.ca) and select **Annual Conference** → **Program** from the left side navigation menu.

# Caring for Kids: Trusted information for parents

With over 106,000 visits a month, the Caring for Kids website is helping thousands of parents and caregivers make evidence-based decisions about their children's health. Offering more than 130 easy-to-read documents on child and youth health, the site is a source of information on everything from newborn care to adolescent health, immunization to healthy eating.

Parents and physicians can feel secure knowing that the information on Caring for Kids comes from Canada's paediatricians, and that the site is accredited by the Health on the Net Foundation (HON). HON recognizes websites that provide authoritative, trustworthy web-based medical information.

The site makes it easy for CPS members to use the resources in clinical settings and for parents and caregivers to get the information they need in a variety of ways:

- All documents can be printed in a format that facilitates sharing with parents and patients.
- Tear-off pads and fridge magnets featuring the site address are available free of charge to members for giveaways.
- Parents can keep up-to-date on important child and youth health issues by subscribing to a free monthly electronic newsletter that features new and seasonal health information.
- Caring for Kids provides timely news and regular updates on Twitter ([twitter.com/CaringforKids](https://twitter.com/CaringforKids)), and on Facebook ([facebook.com/caringforkids.cps.ca](https://facebook.com/caringforkids.cps.ca)).



Encourage your patients' families to visit [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca) for reliable child and youth information or to sign up for the various tools listed above. Order tear-off pads and magnets through the CPS online bookstore at [www.cps.ca](http://www.cps.ca) or by calling 613-526-9397.

## Step it up and Practice What You Preach!



**Friday, June 17 – 1700 to 1900**  
(including the post-event reception)

This year's *Practice What You Preach* event follows a route through the Plains of Abraham, one of Canada's most historic and dramatic landscapes. Challenge fellow delegates to be active with you, or bring family and friends along. Whether you stroll the 5K or opt to "go the distance" and run the 8K, cool down with us at the post-event reception with light refreshments and a chance to win great prizes.

All proceeds go to the Healthy Generations Foundation, the charitable arm of the Canadian Paediatric Society, to support CPS priority initiatives.

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Sign up online as part of your conference registration at [www.cps.ca](http://www.cps.ca).

Cost: \$25.00 per person  
No fee for children and youth under 18 years of age



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613-526-9397, ext. 262

Co-hosted by the Paediatric Sports and Exercise Medicine Section

# CPSP study to explore serious infections in youngest patients

In the first precious week of life, 1 to 2 per 1,000 newborns will have a serious bacterial infection. During the first month, this number rises to almost 5 in every 1,000.

The term “neonatal sepsis” is used to describe most of these bacterial infections. Meningitis is also another possibility. The vast majority of the infections are transmitted from mother to infant. Recent U.S. studies have recorded changing infection patterns and some resistance to preventive treatment, but current Canadian data are limited, making it urgent to better understand the changing epidemiology of these infections.

The latest study under the Canadian Paediatric Surveillance Program aims to fill this gap. Dr. Michael Sgro, assistant professor of Paediatrics at the University of Toronto and adjunct scientist at St. Michael’s Hospital, is the study’s principal investigator. He leads a Toronto-based team that also includes support and personnel from the University of Saskatchewan.

When it is early-onset—occurring within the first seven days of life—the sepsis is mainly caused by group B *Streptococcus* (GBS) and *E. coli*. There are five risk factors for developing early-onset GBS sepsis in newborns:

- Over 18-hour rupture of membranes,
- Abnormally high body temperature (pyrexia), higher than 38°C,
- Premature labour at less than 36 weeks,
- GBS bacteriuria at anytime during pregnancy, and
- A previous child with invasive GBS disease.

If any potential risk factor exists or the mother tests positive for GBS at 35 to 37 weeks, she will normally receive antibiotics to protect the infant. However, said Dr. Sgro,

## Case definition

Study participants will report any newborn less than 7 days old who presents with one of the following:

- Positive blood culture, and/or
- Positive cerebrospinal fluid culture from a lumbar puncture.

Culture growth includes bacterial or fungal pathogens in both of the above.

“it’s hard to test for this infection in children before they are born.”

## Cultures only ordered when the bacteria are suspected

Healthcare providers detect the presence of sepsis or meningitis in the newborn through a positive blood culture and/or a positive cerebrospinal fluid culture.

How do they know when to conduct these tests? “You generally shouldn’t do the test on newborns just based on risk factors,” Dr. Sgro said. “Typically we monitor

the situation more closely. If the infant becomes sick, you would then do a blood culture and a lumbar puncture.”

The study objectives are threefold: First, the team wants to ascertain how frequently early-onset neonatal sepsis and meningitis occurs in Canada. Second, they aim to determine what types of bacteria and corresponding resistance patterns exist in these illnesses. Finally, the research will collect information on risk factors for sepsis, meningitis, and antibiotic prophylaxis in mothers.

“Meningitis would occur in only a very small portion of the group of infants that we are collecting data on,” Dr. Sgro added.

With a better understanding of the neonatal infection patterns in Canada, this surveillance proposes to improve antibiotic guidelines for mothers during labour and delivery, and management of these infections in newborns.

The study began in January, and runs until the end of 2012. 🌸

## Multi-Specialty Walk-in Clinic

### Paediatrician and/or subspecialist required immediately for out patient coverage in Mississauga

The Multi-Specialty Walk-in Clinic, located in Mississauga, Ontario is looking for a Paediatrician to staff its busy out-patient medical clinic.

Established in 1988, our clinic was one of the first multi-specialty walk in clinics in the GTA. Since that time, we have continued to provide care for walk-in patients from 8 a.m. to 11 p.m., seven days a week – including holidays.

This position offers a top-end competitive salary, flexible hours and no on-call requirements.


For more information, please contact Dr. Sekely at 416-464-0238 or visit [www.walkinwalkin.com](http://www.walkinwalkin.com).

# Bryce Award honours advocates for Aboriginal kids

A public health physician who exposed desperate conditions in residential schools in the early 1900s is the inspiration for an award recognizing people working on behalf of Aboriginal children and youth today.

Dr. Peter Henderson Bryce (1853-1932), an expert in tuberculosis who founded the Canadian Public Health Association, was named Chief Medical Officer at the Indian Department in 1904. What he found after inspecting 35 residential schools led him to write *The Story of a National Crime: An Appeal for Justice to the Indians of Canada*. While the government largely ignored his recommendations, Dr. Bryce continued to advocate on behalf of children in residential schools until his death.

The **Peter Henderson Bryce Award**, established this year, will recognize people working in public health who are advocating for systemic changes in order to improve the safety, health or well-being of Inuit, Metis and First Nations children and youth. Nominees must demonstrate an ability to identify structural problems that underlie systemic disadvantage for children and youth, and be involved in active advocacy to ensure that identified solutions are fully and properly implemented and evaluated.

The first **Bryce Award** recipient will be named in November. The nomination deadline is September 15, 2011. For more information: [www.cps.ca/English/Awards&Grants/index.htm](http://www.cps.ca/English/Awards&Grants/index.htm) 

## Annual General Meeting

The 88<sup>th</sup> Annual General Meeting of the CPS will be held June 17 from 9:15 to 11:15 a.m. in the Palais Room of the Hilton Hotel in Quebec City. During the Annual General Meeting, two members at-large will be appointed to serve on the Nominating Committee, which chooses candidates for Board of Directors elections. For more information, to submit a motion, or to put your name forward to serve on the Nominating Committee, contact Jill Greenwell at [jillg@cps.ca](mailto:jillg@cps.ca) or 613-526-9397, ext. 240.

## Breakfast with the CPS Board of Directors

Meet with your provincial/territorial board representative over breakfast on Friday June 17 from 8-9 a.m., and find out what the CPS is doing on your behalf. The breakfast is a great opportunity to raise regional or national issues that are important to you, and to explore how the CPS can help.

## Annual Conference book drive

Children who grow up with books in their homes learn to love reading. Help promote literacy by donating a new children's book to this year's book drive at the CPS Annual Conference. Your donations will be distributed to underprivileged children through schools, community organizations and child care centres in Quebec City through the Literacy Foundation's *Gift of Reading*<sup>®</sup> program. The Literacy Foundation is a Quebec organization that strives to instill the joy of reading in young people and help them do well at school. Drop off your donations at the CPS publications booth during the Annual Conference.

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### Canadian Paediatric Society

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