

# 20<sub>in</sub> 19



**1 ACoRN is reborn!** Congratulations to **Drs. Jill Boulton, Kevin Coughlin, Alfonso Solimano, and Debra O’Flaherty, RN**, whose labours on behalf of neonates have made them the proud editors of a new [ACoRN: Acute Care of at-Risk Newborns](#) text. Due for release in 2020, and published by Oxford University Press, this centerpiece of a revitalized [ACoRN education program](#) provides a unique, prioritized, and systematic approach to newborn stabilization for health care professionals with any degree of experience.

**2 Escape the vape.** **Dr. Nicholas Chadi** was a passionate, committed advocate for responsible vaping product regulations throughout 2019. He contributed to multiple CPS written submissions [for consultations with Health Canada](#) on measures to curb youth vaping, and was instrumental in advocacy to the Minister of Health and Health Canada for a ban on [flavoured vaping products](#). Dr. Chadi also led a one-time Canadian Paediatric Surveillance Program ([CPSP survey](#)) on vaping-related harms in children and youth, with Health Canada and the Public Health Agency of Canada. This provided a snapshot of injuries (e.g., from malfunctioning devices) and illness over the previous year. Dr. Chadi is an adolescent health specialist at CHU Ste-Justine in Montreal, and an adept communicator on social and in mainstream media. He is working with the Adolescent Health Committee to revise and update our [2015 statement on e-cigarettes](#).

**3 Allergy alerts.** A [practice point](#) recommending the early introduction of common allergenic foods to babies at risk for developing a food allergy sparked an immediate media ‘reaction’, managed admirably by principal author **Dr. Elissa Abrams**. She and co-author **Dr. Edmond Chan** helped **Dr. Nicole Arseneau**, a paediatrics

resident at the Stollery Children’s Hospital and the University of Alberta, to develop a related [podcast](#), and Dr. Abrams also reviewed recommendations for a [Food Allergy Canada webinar](#) in April. Dr. Abrams is an allergist and immunologist at the University of Manitoba. She won a CPS [Certificate of Merit](#) in May for her advocacy, teaching, and research on food allergy.

**4 Arms and the ban.** In February, **Dr. Natasha Saunders** presented to the Standing Senate Committee on National Security and Defence on behalf of the CPS, calling for [stronger firearms regulations](#) and the passage of Bill C-71. Drawing on her research and expertise, Dr. Saunders spoke to how legislation to enforce safer firearm screening, storage, and classification can help prevent injury, disability, and death in young people. Dr Saunders is a clinician-investigator at SickKids Hospital, an assistant professor of paediatrics at the University of Toronto, and a researcher with the Institute for Clinical Evaluative Sciences.

**5 Pitching for IMICH.** Attendance broke all previous records when the 8th [International Meeting on Indigenous Child Health](#), co-hosted by the CPS and the American Academy of Pediatrics, took place in Calgary last March. Special congratulations to **Dr. Radha Jetty**, co-chair of the IMICH planning Committee and chair of the First Nations, Inuit and Métis Health Committee, *and* to her predecessor **Dr. Sam Wong**, former FNIMHC chair and President Elect of the CPS, for superb planning and oversight. Congratulations also to CPS members who presented, such as **Dr. Ryan Giroux**, a paediatric resident at SickKids Hospital, speaking on the epidemiology of tuberculosis in Indigenous children in Canada, and **Dr. Robert Schroth**, associate professor at the University of Manitoba, whose work improves the oral health of Indigenous children.

**6 Positive paedts for positive parenting.** A much-anticipated statement on [promoting family health](#) in everyday practice was released in April, as part of our Early Years Task Force strategy. **Drs. Robin Williams** and **Jean Clinton**, writing with **Anne Biscaro**, Chief Nursing Officer and Director of Family Health for the Niagara Region, brought a new tone and positive messaging to in-office guidance around crying, sleep, and difficult behaviours in children 0 to 6 years old. Special thanks to **Dr. Andrea Feller**, task force member and Associate Medical Officer of Health for Niagara Region, for engaging so personally and often with [media](#), and for her work with **Dr. Sanjeev Bhatla** on an interactive presentation with the College of Family Physicians of Canada.

**7 Wheels on the bus...** In April, **Dr. Daniel Rosenfield**, Injury Prevention Committee member and paediatric emergency physician at SickKids Hospital, spoke for the CPS on [bus passenger safety](#) before the House of Commons Standing Committee on Transport, Infrastructure and Communities. Although school bus travel is much safer than private vehicle transport, Dr. Rosenfield testified that child injuries and deaths still happen, particularly around and outside buses, in off hours or on weekends, and on highways or other major arteries. Dr. Rosenfield's comments were featured prominently in the committee's [final report](#), including recommendations for improved bus passenger safety through the use of well-fitted three-point restraints (rather than lap belts), blind-spot cameras, stop arms, and GPS technology.

**8 Safer sex appeals.** The release in May of a statement on [universal access to contraception](#) by **Drs. Giosi Di Meglio** and **Elisabeth Yorke** drew a huge media response. Hats off to Dr. Di Meglio, a passionate advocate on marginalized and disenfranchised youth issues. She conducted some 25 interviews in support of universal, no-cost, confidential access to all contraceptives—for all youth—until age 25. **Dr. Margo Lane**, former chair of the Adolescent Health Committee, and **Dr. Ellie Vyver**, the current chair, fielded calls on this hot topic well. Dr. Di Meglio is a Montreal-based adolescent medicine specialist and an associate professor of paediatrics at McGill University.

**9 Kids before cannabis.** Preliminary results from a [Canadian Paediatric Surveillance Program study on cannabis edibles](#), led by **Drs. Richard Bélanger** and **Christina Grant** and released in June, reinforced

CPS [recommendations to Health Canada](#) on the same issue. Their data clearly show that rates of acute medical care and hospitalization for children who have unintentionally ingested cannabis are on the rise. The CPS is urging Health Canada to ban all cannabis products that may attract young people (e.g., by looking like candies or treats), and those combined with alcohol, caffeine, or nicotine. Also, packaging must be child-resistant, bear specific health warnings, and accurately list ingredients, including exact measures of THC and CBD. Quebec banned cannabis candies, sweets, and similar edibles in July.

**10 A screen near you!** Thanks to funding from Telus Wise, the Digital Health Task Force launched their statement on [Screen use in school-aged children and teens](#) at the Annual Conference, with a packed seminar and a media rush. This popular sequel to [Screen time and young children](#) focuses on a group whose growing independence requires distinct approaches for managing device use and screen life. Task Force chair and lead author, **Dr. Michelle Ponti**, with DHTF member **Dr. Stacey Bélanger**, have conducted numerous interviews since, keeping the CPS to the forefront of advocacy by visiting schools, doing grand rounds, and going above and beyond to ensure that sound information on screen benefits and risks is widely disseminated. A [podcast](#), a [clinical tool](#), and [information for parents](#) are available to download at no cost.

**11 Our new veep is a VIP!** **Dr. Mark Feldman**, Vice President for 2020/21, is a big CPS presence. As chair of the Self-Assessment Committee, he has been instrumental in developing the [Test Your Knowledge](#) program, launched in 2019. CPS statements and practice points, past and present, now feature multiple-choice questions and clinical scenarios that mesh recommendations with practice. Made up of more than 20 volunteers, the TYK team helps readers learn the clinical information that counts. Working with Dr. Feldman on the French side is **Dr. Christiane Gagnon**, an associate professor of paediatrics at University of Montreal, who reviews all French content for accuracy and nuance. Dr. Feldman is a former chair of the Community Paediatrics Committee and CPS board member.

**12 TLC for ASD.** Three companion statements published in October cast new light on [autism spectrum disorder](#). **Dr. Angie Ip**, ASD Task Force member and liaison for the Developmental





Paediatrics Section, and **Dr. Lonnie Zwaigenbaum**, Task Force co-chair with **Dr. Jessica A. Brian**, brought years of expertise and experience to this complex condition. They offer individualized, family-centred, and collaborative approaches to ASD assessment, diagnosis, and care, with focus on functioning in the day-to-day and improving quality of life for both child and family. A [companion resource](#) includes a first screening tool, three different pathways to evaluating a child's condition, and a checklist for early management.

**13** **New ways to learn about mental health.** The CPS collaborated with the Canadian Academy of Child and Adolescent Psychiatry to develop the first-ever Lifelong Learning in Paediatrics course dedicated entirely to mental health. Held last October, this new format drew the highest number of learners since 2013, offered more workshops than previous LLPs, and featured top-notch faculty. **Dr. Alice Charach** spoke on disruptive behaviours, sleep problems, and internalizing difficulties in preschoolers, and **Dr. Daphne Korczak** spoke on depression, self-harm, and suicide in adolescents. General lectures covering a wide range of critical topics were videotaped on site and are now available for purchase on [Pedagogy](#), the new CPS learning portal. Dr. Korczak is also chairing the new Strategic Task Force on Mental Health, created to increase clinician access to evidence-based information, improve collaboration between service providers, and enhance continuing medical education and residency training.

**14** **We care about pharmacare.** Two statements on improving access to [paediatric medications and therapeutics](#) were released in the run-up to the federal election. Both remind policy makers that children must be specifically accommodated in health care policies to ensure their unique needs are met. One statement on pharmacare was written by strategic task force members—**Drs. Tom McLaughlin, Geert't Jong** (chair of the Drug Therapy and Hazardous Substances Committee), and **Charlotte Moore Hepburn** (CPS Medical Affairs Director)—in collaboration with **Dr. Andrea Gilpin** from the Rosalind and Morris Goodman Family Pediatric Formulations Centre at CHU Ste-Justine in Montreal. The second statement, which has been endorsed by 16 stakeholder

organizations, focuses on regulations to ensure that every child in Canada has access to safe, affordable, and effective prescription medications. Special thanks to **Dr. Moore Hepburn** for championing this cause.

**15** **Taking pains to avoid same.** Writers from one CPS committee (Acute Care) and 3 sections (Hospital Paediatrics, Community Paediatrics, and Paediatric Emergency Medicine) pooled their knowledge, experience, and skills to advocate for better [management of procedure-related pain and distress](#) in children. **Dr. Evelyne Trottier**, an emergency physician at the CHU Sainte-Justine and assistant clinical professor at the University of Montreal, writing with **Drs. Marie-Joëlle Doré-Bergeron, Laurel Chauvin-Kimoff, Krista Baerg, and Samina Ali**, addresses pain as undertreated, multifactorial and, if not always preventable, then certainly treatable by applying or combining simple, evidence-based strategies. Their statement, posted in November, was widely shared on social media and within the child pain community. **Drs. Trottier and Ali** also created a statement-based [podcast](#) with **Dr. Anastasia Zello**, a second-year pediatrics resident at the University of Alberta, and a [webinar](#) with Children's Healthcare Canada.

**16** **Where there's hope, there's help.** Responding to a tragic cluster of suicides among Indigenous youth in her province, **Dr. Karen Leis**, CPS Board representative for Saskatchewan, wrote moving letters both to [Premier Scott Moe](#) and the editor of the [Saskatoon Star Phoenix](#), in early December. She cited painful statistics, one being that a First Nations girl living in Saskatchewan is 29 times more likely to die by suicide than her non-Indigenous peers. Dr. Leis called for swift action to address the root causes of mental illness and suicide: poverty, the living legacies of colonialism and racism, and substance abuse. Long-term investments in a suicide prevention strategy that ensures effective, accessible, and culturally appropriate mental health services are urgently needed. The federal government has since committed \$2.5 million over 2 years for youth mental wellness and suicide prevention programming in Saskatchewan First Nations communities.

**17** **TB continued.** **Dr. Radha Jetty**, chair of the First Nations, Inuit, and Métis Health Committee, writing collaboratively with the Assembly of First Nations, Inuit Tapiriit Kanatami, and the Métis National Council, produced a [commentary on tuberculosis](#), which remains a public health crisis in some Indigenous communities. The commentary describes key roles for health professionals, not only to reduce rates of infection but to help reconcile ongoing conditions that cause this terrible disease. In response to other health consequences of poor, overcrowded housing, Dr. Jetty co-wrote a [letter with CPS President Dr. Catherine Farrell](#) to the Minister of Indigenous Services last March, urging the government to address the health and housing crisis in Cat Lake First Nation. Their voices joined many others, and by mid-month, Cat Lake First Nation and the federal government had signed a \$12.8-million agreement to repair or replace housing units in the community.

**18** **Safety matters.** **Dr. Suzanne Beno**, chair of the Injury Prevention Committee, was a vocal advocate on vital safety issues in 2019. She and CPS President **Dr. Ellen Wood** wrote to the [Consumer Product Safety](#) Directorate, using CPSP data gathered by **Drs. Farah Abdulsatar** and **Sepideh Taher** to prove the danger to infants and toddlers posed by teething necklaces and bracelets. Citing potential harms such as strangulation, choking, and contact dermatitis, they called on Health Canada to remove these products from the Canadian market. Dr. Beno also participated with other health care professionals in [a televised panel](#) on gun violence, hosted by Prime Minister Justin Trudeau. In October, she engaged with other stakeholders in a roundtable discussion on youth vaping with Ontario's Deputy Premier and Minister of Health Christine Elliott, advocating for a ban on flavoured vaping products, stricter regulations for advertising and access, and improved public education initiatives.

**19** **New risks, new tasks.** Young children are especially vulnerable to effects from [climate change](#) and [low lead exposure](#) because their bodies and brains are developing so rapidly. That is a leading message from **Dr. Irena Buka**, longtime member of the Paediatric Environmental Health Section, who co-wrote two practice points this year alerting health care providers to specific physical, developmental, and psychological risks and offering guidance on counselling to avoid them. The lead piece was written with former Section President **Dr. Catherine Hervouet-Zeiber**, and the climate change piece with **Dr. Katherine Shea**, a child and adolescent psychiatrist working in the U.S.

**20** **Immunization gets our best shots.** The WHO named vaccine hesitancy as a 'Top 10' threat to global health in 2019. When a measles outbreak gripped Washington State in February, leading vaccine expert **Dr. Noni MacDonald** argued on CBC's [The Current](#) that being fully immunized is a child's human right. **Drs. Michelle Ponti** and **Samuel Freeman** spoke to the *Huffington Post* about measles and vaccine hesitancy, and **Dr. Scott Halperin**, co-principal investigator and longest serving member of the Canadian Immunization Monitoring Program, Active (IMPACT), and **Dr. Joan Robinson**, editor-in-chief of *Paediatrics & Child Health*, spoke to the [Globe and Mail](#) on the need for up-to-date electronic immunization registries. Dr Halperin also led CPS [advocacy efforts](#) to add rotavirus vaccine to Nova Scotia's childhood immunization program, a collaborative campaign which succeeded in November. Special thanks to **Dr. Nicole Le Saux**, outgoing chair of the Infectious Diseases and Immunization Committee, for 'her'culean work writing and updating IDIC statements and practice points.



Canadian  
Paediatric  
Society

100-2305 St. Laurent Blvd., Ottawa, Ontario K1G 4J8  
Tel.: 613-526-9397 • Fax: 613-526-3332  
[www.cps.ca](http://www.cps.ca) • [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)