FUTURE OF PEDIATRICS TALKS!
A VIRTUAL SUMMER SERIES

Pediatric Health Network
Anisha Abraham has global health experience and is a pediatrician and teen health specialist on faculty at Children’s National Hospital and Medstar Georgetown University Hospital. Check out her recently released book *Raising Global Teens: Parenting in the 21st Century* and watch her TEDx talk: *Demystifying Teens*.

Nomi Sherwin is currently a fellow in the Division of Adolescent and Young Adult Medicine at Children’s National. Her scholarly and clinical interests include social justice medicine, ethics, the influence of culture on teenage identity and medical education.

Patricia Kapunan is a military-trained Adolescent Medicine specialist and pediatrician with broad experience in clinical operations leadership and academic medicine, and graduate training in clinical research and public health. Areas of focus include health services delivery, care of adolescent patients with chronic complex health conditions, and transition from pediatric to adult health services.

Joseph Waters is a Adolescent Medicine fellow at Children’s National Hospital since July 2019. His clinical and research areas of interest include working to address social determinants of health and improve the lives of sexual and gender minority youth.
# TOP 7 CHILDREN'S HOSPITAL IN THE NATION 2021

<table>
<thead>
<tr>
<th>SPECIALTY</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Hospital Ranking</td>
<td>7</td>
</tr>
<tr>
<td>Neonatology</td>
<td>1</td>
</tr>
<tr>
<td>Neurology and Neurosurgery</td>
<td>3</td>
</tr>
<tr>
<td>Cancer</td>
<td>5</td>
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<tr>
<td>Nephrology</td>
<td>6</td>
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<tr>
<td>Orthopedics</td>
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<tr>
<td>Pulmonology</td>
<td>8</td>
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<tr>
<td>Diabetes and Endocrinology</td>
<td>10</td>
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<tr>
<td>Gastroenterology and GI Surgery</td>
<td>20</td>
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<tr>
<td>Urology</td>
<td>25</td>
</tr>
<tr>
<td>Cardiology and Heart Surgery</td>
<td>38</td>
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</tbody>
</table>
FUTURE OF PEDIATRICS TALKS!
A VIRTUAL SUMMER SERIES

Pediatric Health Network
Children's National
Future of Pediatrics Talks! A Virtual Summer Series
A few notes about today’s Webinar

• All lines are muted throughout the webinar.
• Please use the Q&A box to ask questions or make comments.
• Today’s Webinar recording, slides and resources will be posted to the PHN website following the presentation.
• You can find past FOP presentations on our website at https://pediatric Richiealthnetwork.org/future-of-pediatrics/
## Upcoming FOP Talks!

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>TOPIC</th>
<th>SPEAKER(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 29 12:00-12:30</td>
<td>Children’s National Hospital &amp; COVID-19 Update</td>
<td>Kurt Newman, MD Bud Wiedermann, MD, MA</td>
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<tr>
<td>June 29 12:30-1:00</td>
<td>Food Insecurity 101: Effective Strategies to Screen &amp; Intervene</td>
<td>Kofi Essel, MD, MPH, FAAP</td>
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<tr>
<td>July 13 12:00-12:30</td>
<td>Atopic Dermatitis: New Treatment Recommendations</td>
<td>Kaiane Habeshian, MD</td>
</tr>
<tr>
<td>July 13 12:00-12:30</td>
<td>Hemangiomas &amp; Port Wine Stain</td>
<td>A. Yasmine Kirkorian, MD</td>
</tr>
</tbody>
</table>
Speakers

Anisha Abraham, MD, MPH
Nomi Sherwin, MD
Patricia Kapunan, MD, MPH
Joseph Waters, MD

No conflicts to disclose:

• No financial or business interest, arrangement or affiliation that could be perceived as a real or apparent conflict of interest in the subject (content) of their presentation.

• No unapproved or investigational use of any drugs, commercial products or devices.
Caring for Eating Disorders in the Time of COVID

Nomi Sherwin, MD
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Anisha Abraham, MD, MPH
Attending Physician
Division of Adolescent and Young Adult Medicine
aabraham2@childrensnational.org
Eating Disorders and COVID
Common Provider Questions

- What are the specific criteria for medical hospitalization?
- How do I optimally medically manage eating disorders as an outpatient in a busy practice?
- What’s the best way to determine exercise allowance?
- How do I assist patients with nutrition and meal planning?
- Do you have tips for assembling a treatment team?
Objectives

• To review different forms of Eating Disorders (ED’s)
• To understand outpatient evaluation and monitoring of ED’s
• To learn when a higher level of care is needed
• To review admission criteria
• To discuss levels of service at Children’s National and in the community
• To provide additional ED resources
Friday, 4pm – last patient of the day:

- 16 yo male who is brought in by his parents for a routine physical
- **Home** - Lives with parents, sibling
- **Education** - 10th grade. Doing well with online school, straight A’s despite being in several AP classes.
- **Activities**: Started exercising to stay fit since start of pandemic. Now exercises 2-3 hours per day via running, Youtube and TikTok videos.
- **Diet**: Eats “healthy” diet of fruits, veggies, and lean meats. Prepares own food. When asked, says he feels fat when he looks at himself in the mirror. Also that he has been cutting back on calories. Denies use of diuretics, laxatives
- **Sexuality**: Is attracted to women, not sexually active. Denies drug or alcohol use. Also denies cutting, has been feeling more depressed but denies being suicidal.
Eating Disorders and COVID

• More common in adolescents by age 20 (girls > boys, but underdiagnosed in males)

• Prevalence and severity have worsened with COVID

• Anorexia associated with a >5x standard mortality ratio.

• Affects all backgrounds (race, religion, socioeconomic class)
Important Issues to Ask About

- Body Image
- Diet
- Weight
- Exercise
- Purging
- Social media use
- Plus STRENGTHS
Social Media and Eating Disorders

Hungry to bed, hungry to rise, makes a girl a smaller size.

#thinspiration
Anorexia and Bulimia and ARFID

**ANOREXIA:**
- Restricted calorie intake leading to low body weight for age, sex, projected growth, and health
- Intense FEAR of gaining weight or behaviors that interfere with gaining weight
- Subtypes: Restricting, binge/purge

**Avoidant/Restrictive Food Intake Disorder (ARFID):**
- Disrupted eating pattern leading to inability to meet needs.
- Not explained medically, by another mental disorder, or in cultural context
- EG: extreme fear of choking leading to low weight

**BULIMIA**
- Repeated episodes of binging (large amount of food, finite time, w/loss of control)
- Use of inappropriate compensatory behaviors to prevent weight gain (ie purging)

SAME treatment by PCP
Back to our Case: What should you do next?
The Medical Workup

**Cardiac:**
- EKG
- BP, HR
- Orthostatic Vitals

**Thyroid:**
- TSH, free T4

**Liver:**
- Pre-albumin
- LFT

**GU/Renal:**
- BMP, Magnesium, Phosphorus
- U/A if concern for dehydration or water loading

**Bone Health:**
- Vitamin D
- Consider DEXA if amenorrhea x 1+ year*
  - *OCPs to provoke menses will not fully help protect bone from hypoestrogenic state

**Weight:**
- Blinded, gowned, post-void
The Outpatient Eating Disorder Team
(It takes a village)

Medical
- Medical Doctor
- +/- Psychiatrist

Nutritionist

Mental Health
- Family Based Therapist
- Individual Therapist
Family Based Care: The Maudsley Method

Basic Principles
- **Create anxiety** about condition *whenever needed*
- **Nutrition first. Nutrition is medication.**
- **No blame**
- **Externalize the illness**

Practical Take-Aways
- **Parents control all nutrition**
- Parents need to present a **unified front**
- Start with three meals per day and add snacks.
- If losing weight, have family **increase by 300 kcal per day**, weekly.
Family Based Care: The Maudsley Method

*The parents are not the problem - they are the solution*
Exercise and Eating Disorders: Safe Exercise at Every Stage (SEES)

Start low, go slow, re-evaluate often

https://www.safeexerciseateverystage.com/
## Eating Disorders and Levels of Care

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Level 5</strong></td>
<td>Hospital in-patient, Short-term, Crisis stabilization</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td>Residential in-patient, Long-term care: 24 hours a day treatment</td>
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<tr>
<td><strong>Level 3</strong></td>
<td>Partial hospitalization program/day program, 5 days a week, 8 hours a day,</td>
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<tr>
<td></td>
<td>Similar to IOP, but more intensive and tightly structured</td>
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<tr>
<td><strong>Level 2</strong></td>
<td>Intensive out-patient treatment of 2-3 times week, Individual therapy, group</td>
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<tr>
<td></td>
<td>therapy, nutrition therapy, Possibly support meals</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td>Scheduled appointments with multi-disciplinary treatment team, Medical</td>
</tr>
<tr>
<td></td>
<td>provider, therapist, dietitian</td>
</tr>
</tbody>
</table>
Criteria for Hospitalization

• Bradycardia < 50 during the day or EKG abnormalities

• Electrolyte disturbances

• Acute food refusal (<500 kcal)

• Uncontrollable purging

• Co-morbid conditions that make it unsafe to treat as an outpatient.
What We Do at Children’s National:

**INPATIENT**
- Medical Stabilization
- Assistance with arranging next steps
- Note: Very limited therapy is provided inpatient

**OUTPATIENT**
- Multidisciplinary team: adolescent medicine physician, family based therapist, and nutritionist
Eating Disorder Referrals: What to Include

• BMI and weight loss
• Calories per day they’re consuming
• Purging behaviors
• Amount of exercise
• Vital signs (including orthostatic vitals)
• Workup done so far
• Treatment team
• Caregiver’s ability to implement treatment plan at home

202-476-5000: Ask for Adolescent Medicine Physician on Call
Preparing Families for Admission

- Tell family to get packed – a usual admission is 1-2 weeks
- Everyone gets an **NG tube** as part of the protocol.
- If needed, have the family ask the ED to call the Adolescent Medicine provider on call.
Quick Provider Resources

Position Paper: SAHM

AAP’s recommendation for ED

Pediatrics in Review Article
Additional Resources
Common Provider Questions

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References


www.maudsleyparents.org
www.FEAST-ED.org

https://www.youtube.com/evamusby - Eva Musby videos, especially “Bungee Jump” and “Stuck and Not Eating”

https://www.nationaleatingdisorders.org/

https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx

https://www.safeexerciseateverystage.com/
Questions?

aabraham2@childrensnational.org
nscherwin@childrensnational.org
Donald Delaney Outpatient Eating Disorders Program at Children’s National

- LOCATION: 5028 Wisconsin Avenue, N.W., Suite 310, Washington, D.C (Friendship Heights)
- Pre-registration:
  - Info needed: Patient’s full name, DOB, address, insurance policyholder’s full name and DOB, parent’s cell phone number, parent’s employer (if insurance is through job), PCP name/address/contact number
  - Please state if request is for nutrition, medical, or psychology.
  - Email above info with front and back of insurance card to peyoung@cnmc.org and ffitzhug@cnmc.org. May fax to 202-237-0694, attn: Petrina Young.
  - Once insurance is approved, family will be called for an appointment. Phone number: 202-895-3896
  - To schedule nutrition follow up: eatingdisorders@childrensnational.org

*Currently recruiting a nutritionist*