




**Nicklaus  
Children's  
Hospital**

MIAMI CHILDREN'S HEALTH SYSTEM 

Volume 8 , Issue 1  
January 2018

# Milestones

in Medical Education



## Special points of interest

- Tips from TED Talk
- Residents' Scholarly Activities
- Graduation 2018 Keynote Speaker
- Residents' Community Advocacy
- NCQA PCC Recognition
- Residents Spread Holiday Cheers

## Inside this issue:

Milestones in Faculty Development	2
Milestones in Publications	3
Milestones in Graduation Celebration	4
Milestones in Legislative Advocacy	4
Milestones in National Recognition	5
Milestones in Scholarly Activities	5
Milestones in Holiday Celebrations	5
Milestones in Community Advocacy Efforts	6



## From the Editor

# Looking Back with Gratitude, and Looking Ahead with Hope

This issue of *Milestones in Medical Education* Newsletter is about celebration, looking back at the passing year and being thankful as well as looking forward to 2018 and being hopeful. This issue not only highlights academic achievements, publications, and scholarly activities but in reality, it is the issue that highlights what the Holiday Spirit is all about from empathy, to generosity, to advocacy and community connections.

As I look back at the Medical Education Departments' members and trainees' accomplishments in 2017, I cannot help but be extremely proud of the milestones achieved by our trainees and faculty. I am also thankful for all of our faculty, nursing, and other hospital staff for contributing greatly to the educational mission of the department and most important of all to our patient and

their families who are our greatest teachers.

As we look at the upcoming year 2018, I am very optimistic of continued successes of our trainees as they achieve milestones in their professional development. We pledge that we will continue to:

- Continue to aim high for academic excellence and commitment to advancement of Pediatric Education.
- Develop our faculty teachers to foster new teaching techniques and meet the educational needs of the new generations of learners.
- Continue to support the research endeavors of our trainees with education and resources to foster pediatric scientists who will contribute tre-

mendously to advancements in the field.

- Partner and work collaboratively with other institutional departments including nursing, safety and quality to foster inter-professional training and education when possible.

Enjoy reading this issue of the Milestones in Medical Education Newsletter in our 8th year of publication and sharing information. Best of wishes for a new year and a blessed and successful 2018. THANK YOU and HAPPY NEW YEAR!!

Rani S Gereige, MD, MPH,  
FAAP - DIO



## Milestones in Faculty Development

# How to Give a Killer Presentation? Tips from TED Talks



As you prepare to give a talk, use some of the following tips that I summarized from an article titled "**How to Give a Killer Presentation.**" by Anderson, C. published in the *Harvard Business Review* 91.6, (2017):121-125. The article refers to how TED talks are planned and executed as successful presentation strategies.

TED stands for Technology, Entertainment and Design. Here are few steps that the author talks about.

### Frame Your Story

Humans are wired to listen to stories, and metaphors. Conceptualize your story, you will engage people in your talk.

### Plan Your Delivery

Once you get your story framed, think about your delivery. There are three main ways to deliver a talk of that nature:

- Read it directly off a script or a teleprompter
- Develop a set of bullet points that map out what you're going to say in each section
- Or memorize your talk, which entails rehearsing it to the point where you internalize every word—verbatim

The author advises speakers not to read it, nor use a teleprompter. Reading your talk is too distancing as your audience will know and feel disconnected from you. Better to go with bullet points on note cards provided that you know what you want to say for each bullet point. For this method:

- Focus on remembering the transitions from one bullet point to the next.

- Pay attention to your tone
- Try to just sound conversational rather than coming across as authoritative or wise or powerful or passionate
- Don't force it. Don't orate. Just be you.

### Developing a Stage Presence

Being on stage can be difficult especially for inexperienced speakers but the first two steps above are more important.

#### Dos:

- ◆ Simply trying to keep the lower body motionless can dramatically improve your stage presence.
- ◆ Make eye contact: Perhaps the most important and most powerful physical act onstage to do. The author recommends that the speaker finds "five or six friendly-looking people in different parts of the audience and look them in the eye as you speak. Think of them as friends you haven't seen in a year, whom you're bringing up to date on your work".
- ◆ Even when you don't have time to prepare fully and have to read from a script, look up and make eye contact.

#### Don'ts:

- ◆ The biggest mistake speakers make on stage when nervous is they move their bodies too much, sway from side to side, or shift their weight from one leg to the other. This can be distracting and makes the speaker seem weak.

#### Dealing with Nervousness:

A speaker can be nervous

before and during the talk. **Being nervous is not a disaster** but is a normal response that can actually improve your performance, gives you energy, and keeps your mind sharp. **Your audience expects you to be nervous** so, acknowledge it can bring you closer to your audience and improves engagement by showing your vulnerability and can help you win your audience.

Several ways to deal with nervousness:

- ◆ Stay out in the audience until the moment you go on
- ◆ Amy Cuddy, a Harvard Business School professor who studies how certain body poses can affect power recommends few poses that make the speaker feel more powerful which include: "Striding around, standing tall, and extending their bodies" before the talk.
- ◆ The single best advice is simply to breathe deeply before you go onstage.

### Plan the Multimedia

- If you use PowerPoint, keep it simple and do not list everything you are going to say on the slides. (those are best put on note cards)
- Don't repeat out loud words that are on the slide – People can read it, and they might feel you are just reading off your slides.
- Show photographs or illustrations as they make the topic come to life. Many of the best TED speakers don't use slides at all, and many talks don't require them.
- Build silence into your talk and just let the work speak for itself.
- Videos can be effective when used well. Tips to consider when using videos:

## Milestones in Faculty Development (Cont'ed)

### How to Give a Killer Presentation? Tips from TED Talks

- A clip should not be more than 60 seconds otherwise you will risk losing people
- Don't use videos—particularly corporate ones—that sound self-promotional or like infomercials; people are conditioned to tune those out.
- Don't show a clip of yourself being interviewed on, say, CNN. This can seem self-promotion. Your audience is already listening to you live; why would they want to simultaneously watch your talking-head clip on a screen?

#### 10 Ways to Ruin a Presentation

The author ends with the following summary of 10 Ways to Ruin a Presentation. Here are some common mistakes that TED advises its speakers to avoid:

1. **Take a really long time to explain what your talk is about.**
2. **Speak slowly and dramatically. Why talk when you can orate?**
3. **Make sure you subtly let everyone know how important you are.**
4. **Refer to your book repeatedly. Even better, quote yourself from it.**
5. **Cram your slides with numerous text bullet points and multiple fonts.**
6. **Use lots of unexplained technical jargon to make yourself sound smart.**
7. **Speak at great length about the history of your organization and its glorious achievements.**
8. **Don't bother rehearsing to check how long your talk is running.**
9. **Sound as if you're reciting your talk from memory.**
10. **Never, ever make eye contact with anyone in the audience.**

## Milestones in Publications

### Hot off The Press - NCH Faculty & Trainees Contribute to the Published Literature

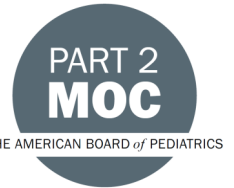
The following manuscripts were published by NCH Faculty and/or NCH trainees or alumni:

1. Alsheikh B, Chegondi M, Totapally B (October 24, 2017). **"Platelet Transfusion Thresholds Among Children Admitted to a Pediatric Intensive Care Unit"**. *Cureus* 9(10): e1797. DOI 10.7759/cureus.1797. Congratulations!!
2. Chegondi M, Francis T, Lin WC, Naqvi S, Raszynski A, Totapally B. **"Effects of Closed Endotracheal Suctioning on Systemic and**

**Cerebral Oxygenation and Hemodynamics in Children"**. *Pediatr Crit Care Med* 2018; 19:e23–e30). Congratulations!!!

3. Chegondi M, Sasaki J, Naqvi S, Lin WC, Raszynski A, and Totapally B. **"Heart Rate Variability in Children Following Drowning"**. *Indian J Crit Care Med* 2018;22:53-5. Congratulations!!
4. Reyes M, Paulus E, Hron-

ek C, Etinger V, Hall M, Vachani J, Lusk J, Emerson C, Huddleson P, Quinonez RA. **"Choosing Wisely Campaign: Report Card and Achievable Benchmarks of Care for Children's Hospitals"**. *Hospital Pediatrics*. Nov 2017. 7 (11): 633-641. Congratulations!!



#### Upcoming CME Events

*(Register Now)*

**The 53rd Annual Pediatric Post Graduate Course (PPGC) and e-PPGC**

**February 22-25; 2018**

*Intercontinental Hotel Downtown, Miami. (20 CME Credits & 10 Points MOC2 Option)*

**The 21st Annual General Pediatric Review and Self Assessment**

*and*

**The 6th Annual Pediatric Critical Care Self Assessment**

*(30 CME Credits & 30 points*

*MOC part 2)*

**May 17-20; 2018**

*Trump International Beach Resort in Sunny Isles Beach*

## Milestones in Graduation Celebration

# AAP Immediate Past-President to Give the Class of 2018 Graduation Keynote Address

The Department of Medical Education will host **Dr. Fernando Stein, MD**; Immediate Past-President of the American Academy of Pediatrics will be the Class of 2018 Graduation keynote Speaker and the Dr. Ramon Rodriguez-Torres Annual Lectureship Grand Round Faculty. The graduation grand round and diploma ceremony will take place **Friday June 15th 2018**. The diploma ceremony will be held at the Marriott Biscayne Bay. Below is Dr. Stein's bio:

## Fernando Stein, MD, FAAP



**Fernando Stein, MD, FAAP**, is the immediate past president of the American Academy of Pediatrics (AAP) after serving his term as the 2017 AAP president.

**Dr. Stein** is a practicing pediatrician and critical care specialist delivering bedside care for the past 35 years in Houston. A native of Guatemala, he did his specialty and subspecialty training at Baylor College of Medicine-

affiliated institutions.

**He** is a founding member of the AAP Section on Critical Care and past member of the Council on Sections Management Committee and Committee on Membership. He is one of the original members of the Task Force on Minorities.

**Dr. Stein** has been an advocate for children in impoverished environments at the global level as a member of the technical advisers for the Integrated Management of Childhood Illnesses of the Pan American Health Organization.

**He** is a leader in the area of chronically ill children as survivors of intensive care. More than 1,300 residents have rotated through the Progressive Care Unit at Texas Children's Hospital, which he has

directed for the past 35 years. Residents learn the intricacies of caring for children with technological dependency and the complexities of chronic care, reimbursement, and social and educational reintegration of this ever increasing group of patients. His areas of research have included patient and family communications in clinical environments and mechanisms of death in children with severe neurologic disabilities.

**Dr. Stein** is an honorary member of 12 international medical societies. He has received more than 30 honors and awards for his educational contributions, including the AAP Clifford G. Grulee Award, which recognizes outstanding service to the Academy beyond that required of the elected leadership.

## Milestones in Legislative Advocacy

# NCH Pediatric Residents' Advocacy in Action

**NCH Advocacy Committee** Pediatric residents **Drs Sarah Selem, Michell Lozano, Sneha Kolli, and Annette Medina** (Chief Residents) participated in a visit to **Senator Aniteres Flores** along with Dr. Madeline Joseph; President of the AAP Florida Chapter (FCAAP) and JMH Pediatric Residents. Each

year, the FCAAP honors one Florida Representative and one Florida Senator as the Child Advocates of the Year. Senator Flores was honored for her help to defeat multiple firearm bills. The visit occurred on December 18th 2017 and was featured in the January 2018 issue of FCAAP News Newsletter.



## Class of 2018 Graduation

### Ceremony

*The Class of 2018  
Graduation Ceremony and  
Dinner Dance for the  
Department of Medical  
Education will be held  
June 15, 2018*

*Marriott Biscayne Bay*

*The graduation includes medical  
and dental residents, pediatric  
subspecialty fellows, Psychology  
interns, and Pharmacy residents*

### Milestones in National Recognition

## NCH Primary Care Center (PCC) Receives NCQA Recognition



The Pediatric Care Center (PCC) received on December 20th 2017 its National Committee for Quality Assurance (NCQA) recognition as a **Patient-Centered Medical Home (PCMH)**.

The American Academy of Pediatrics introduced the medical home concept in 1967, and in 2007 leading primary care-oriented medical professional societies released the Joint Principles of the PCMH. The next year, NCQA released its PCMH Recognition program, the first evaluation program in the country based on the PCMH model. It has grown to be the country's most widely-used PCMH pro-

gram. As of March 2017, more than 12,000 primary care practices (with more than 60,000 clinicians) have been recognized as patient-centered medical homes by NCQA and 43 states have embraced the PCMH model.

CONGRATULATIONS to the PCC Team for this excellent national recognition and milestone.

### Milestones in Scholarly Activities

## NCH Trainees Showcase their Work Nationally



**Hanadys Ale, MD**

**Dr. Hanadys Ale (Allergy-Immunology Fellow)** was notified that her abstract titled: ***'Pediatric Residents' Knowledge and Proficiency of Epinephrine Auto-Injector Administration and***

***Handling***" was accepted for a poster presentation at the AAAAI/WAO Joint Congress to be held March 2-5, 2018 in Orlando, FL. Congratulations!



**Mukul Sehgal, MD**

**Dr. Mukul Sehgal (Pediatric Critical Care Fellow)** was notified that his abstract titled: ***'Prevalence and Mortality Trends of Hospitalized Children with Severe Sepsis from 2006 to 2012'*** was accepted for presentation at the 47th Critical Care Congress of the Society for Critical Care Medicine on February 25-28 2018 in San Antonio, TX. Congratulations!

### Milestones in Holiday Celebrations

## The Medical Education Department Hold its Annual Holiday Celebration for Trainees

The Residents and Fellows' Forum planned its Housstaff Annual Holiday celebration on December 15, 2017 at Batch GastroPub in Brickell. Pediatric and Dental Residents and Subspecialty Fellows were participated in the event. Happy Holiday from Medical Education!!



Milestones in Community Advocacy Efforts

# NCH Pediatric Residents Spread Holiday Cheers to Children

As it is the tradition for the Pediatric Residency Program, each year, the funds raised from the Holiday Games are used to sponsor a cause and spread Holiday Cheers to underserved children.

The residents went shopping for toys, books, and school supplies for children.

Some holiday cheers to children in an underserved school. Congratulations to all residents on your strong advocacy effort. Something to be really proud of. **(See pictures below of the event).**



## GME Welcomes New Babies to the Family



**Camille Ortega, DO (Allergy-Immunology Fellow)** became the proud mother of a beautiful baby girl **Eva Rebozo**, born in January 17; 2018.

Congratulations!!!



## Medical Education Birthdays

January	
Keyur Mehta	1
Elianne Castaneda	6
Jenna Diaz	9
Sohrab Pahlavan	12
Manal AlQahtani	17
Yasemin Cagil	18
Esthermari Gonzalez Polanco	20
Priyanka Seshadri	26
Thomas Verhage	27



February	
Alison Payson	1
Natalia Ballesteros	4
Mohammed Salameh	9
Subraman Ramchandran	11
Isamar Sosa	15
Carolina Bautista Vallderuten	22
Michael Barbato	26



**Nicklaus  
Children's  
Hospital**


MIAMI CHILDREN'S HEALTH SYSTEM 

Department of Medical Education  
3100 SW 62 Avenue  
Miami, FL 33155

Phone: 305-669-5873 | Fax: 305-669-6531  
CME4MCH@mch.com  
nicklauschildrens.org/medicaleducation

*Milestones in Medical Education* is the MCHS/Nicklaus Children's Hospital Medical Education Newsletter

**Like us on Facebook**

 NicklausMedEd

**Follow us on Twitter**

 @NicklausMedEd

To Teach is To Touch a Life Forever