

THE J FILES

May | 2021 | Edition 6



Dr. Padma passed away peacefully at her home, surrounded by family on April 29th, 2021. She was born on May 28th, 1953 in Guntur, India and graduated with a Doctor of Medicine from the Guntur Medical College. She married Dr. Mahesh Guntamukkala on August 23, 1981. Shortly after, they moved to Guyana, South America where their son Vivek was born. They then moved to England/Ireland to pursue a post-graduate diploma in child health. She worked in both countries for seven years and the family

finally immigrated to Newfoundland, Canada in January of 1997. She joined Memorial University, St. John's in September of 1997 to do a residency in Pediatrics. In 2000, after obtaining her FRCP(C), she moved to St. Anthony, Newfoundland.

She served as Chief of Pediatrics at Charles S. Curtis Memorial Hospital in St. Anthony Newfoundland and Labrador for 18 years. Her practice involved running general Pediatrics, asthma, diabetes and multidisciplinary developmental clinics on a regular basis.

Dr. Padma was heavily involved with the community in northern Newfoundland and Labrador, travelling to Goose Bay and Labrador City on a regular basis to do high-risk perinatal clinics, autism and fetal alcohol diagnostic clinics and also to see children with complicated health issues.

She was also an Assistant Clinical Professor in the Discipline of Pediatrics at the Faculty of Medicine at Memorial University in St. John's. She was involved in teaching/training 3rd and 4th year clerks and CSAT candidates prior to them becoming family physicians.

She also served as an Examiner in Pediatrics for the Royal College of Physicians and Surgeons of Canada. In 2015 she was awarded the Certificate of Merit by the Canadian Pediatric Society.

Dr. Padma will be remembered for her deep commitment, compassion and care towards her patients & families and as a devoted wife, mother and grandmother. She was an active member in her community. She enjoyed travelling the world with her husband and friends. Other hobbies included cooking, hiking and snowshoeing.

She is predeceased by her father Veerachari Nandipati. She will be dearly missed by her mother Veeralaxmama, husband Mahesh, son Vivek (Laura), grandchildren Santiago and Amaia and four siblings.

PEDIATRIC RESIDENT RESEARCH DAY 2021

On April 29th, we held our 2021 Pediatric Residents Research Day. The day began with a keynote presentation by Dr. Farah McCrate, the Director of Research and Innovation at Eastern Health. Dr. McCrate talked about the contributions her department makes towards the goal of fostering health research and the type of partnerships Eastern Health can undertake with researchers at Memorial.

There were then 8 presentations from 2nd, 3rd and 4th year pediatric residents. Topics this year included examining the potential of video education for pediatric asthma patients; developing an asthma registry for Newfoundland and Labrador; evaluating whether teaching learning theory to learners can improve medical education; exploring patient perspectives on having inflammatory bowel disease and its impact on daily living; determining the effect of maintaining a strict gluten free diet on pediatric patients and families in our province; and measuring antibiotic usage in a neonatal intensive care unit before and after the introduction of an antibiotic stewardship intervention. Abstracts were also presented for projects focused on creating an outcome-based curriculum map for a pediatric residency program and examining the correlation between adrenal suppression and quality of life for pediatric oncology patients.

The range of topics studied reflects the diversity of issues impacting children's health and pediatric training, with many of the projects focus directly on improving how care is provided to children in our province.

Dr. Jennifer Mooney was awarded the prize for the best research proposal. Jennifer is investigating the educational needs of older adolescents with eating disorders as they prepare to leave pediatric care and transfer into the adult system. Based on this first phase of her study, she will develop locally appropriate educational resources to better support our patients with eating disorders. Her supervisors are Dr. Anna Dominic and Dr. Roger Chafe.

Dr. Allison Lamond was awarded the prize for the best completed project. Allison developed and evaluated an on-line module to help pediatric, family medicine, and psychiatry residents learn how to better diagnose ADHD. Her supervisors are Dr. Sandra Luscombe and Dr. Tyna Doyle. Allison will now represent our program at the National Pediatric Resident Research Competition and compete against the winners of research days at other pediatric residency programs across the country.

The judges for research day were Dr. Weldon Bonnell (Memorial / Eastern Health), Dr. Kathleen Hodgkinson (Memorial), and Dr. Rana Aslanova (Memorial).

Thank you to everyone involved in helping with the residents' research projects and with making our resident research day another successful event.

Highlighting Resident Research

Meeting the educational needs of adolescents with Eating disorders when they leave pediatric care

Eating disorders are complex illnesses accompanied by serious medical, psychological, and social impairments. Many patients will require a transition to adult medicine for follow-up when they age out of pediatric care.



Dr. Jennifer Mooney, a 2nd year pediatric resident, noted some of the difficulties encountered during this transition while working in adolescent medicine eating disorders clinics. Locally, many patients with eating disorders are transitioned back to their family physician. Some individuals who are in recovery may be followed by the HOPE program, while others who have more serious issues may be admitted into an adult care program. Stringent rules on who can access these programs and lengthy wait times can place real burdens on these patients.

A recent systematic review demonstrated that patient education is a vital component in optimizing health and empowering adolescents with eating disorders during their transition. But what information and education do our patients want and need? Dr. Mooney's study aims to better understand this population's educational needs as a first step in improving the supports they receive as they leave pediatric care. "From the data I receive, I hope to begin a phase II project, where I will develop a document that will meet the needs they have identified and improve the transitioning process."

In Phase I, Dr. Mooney plans to interview 20 to 25 participants with a diagnosis of anorexia nervosa and/or bulimia nervosa who were previously seen by the Janeway adolescent medicine team for at least two years. By better understanding the population's educational needs, health care providers can better prepare adolescents for the transition and connect them with the appropriate follow-up supports to start the next phase of their care journey. Her supervisors on this project are Dr. Anna Dominic and Dr. Roger Chafe.

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Pediatric Rounds for Faculty, Resident and Medical Student Education

Subspecialty Rounds Tuesday from 12pm-1pm.

Weekly rounds that are presented over the lunch hour. Various allied health professionals present on important pediatric topics such as asthma education, nutritional advice and evaluation of speech difficulties to name a few. Residents also present frequently on topics related to the rotation that they are on that month- development, PICU and gastroenterology for example. Staff are also asked to present on various topics as a supplement to academic half day. **Attendance is expected** unless there is an emergency or an opportunity which is rarely available to you is presented.

Team Rounds Wednesday from 12pm-1pm.

Weekly rounds that are presented over the lunch hour. Residents and occasionally staff present interesting cases from the inpatient ward. A concise discussion of the diagnosis and treatment ensues. **Attendance is expected** unless there is an emergency or an opportunity which is rarely available to you is presented.

Pediatric Grand Rounds Thursday from 12pm-1pm.

Weekly rounds that are presented over the lunch hour. Staff, third year residents and guest speakers present on a variety of pediatric topics. These rounds are accredited with the Royal College for one MOC credit each. **Attendance is expected** and this hour is protected time within the pediatric resident academic half day.

Neonatal Rounds Friday from 8:30am-9:30am.

A variety of neonatal cases and topics are discussed during these morning rounds. Residents present interesting patients that they have taken care of during their neonatal rotation. **Attendance is expected** for residents in the NICU or on 5NB rotations.

Welcome to our **new pediatric residents** who will be starting in July 2021!

Connor Bray (Dalhousie), **Michelle Johnson** (Dalhousie), **Joanna Lo** (UBC), **Abigail Marshall** (McMaster University), **Sophia Miao** (Dalhousie), **Sara Trincao-Batra** (University of Ottawa) and **Jessa Vokey** (Memorial University of Newfoundland).