

TRIED AND TRUE SINCE 1922...



Reflecting on the Canadian Paediatric Society's first century reminded us of our roots and how much has changed in paediatrics. It's thanks to members that the CPS has weathered periods of adversity and become stronger and more committed than ever to children, youth, and the people who care for them.

Keeping kids in school was a prereq!

As the Omicron variant raged, **Dr. Fatima Kakkar** was a reassuring voice for parents, providing thoughtful answers to questions about returning safely to school on CBC Radio's [Cross-Country Checkup](#). The CPS joined provincial colleagues—including **Dr. Peter MacPherson** in PEI—in highlighting the challenges of remote learning and calling for schools to re-open after an extended holiday break.

Past president **Dr. Sam Wong** went to bat for masks in February because they were helping keep schools open, and reassured parents that mask-wearing would not impair speech development. With allied organizations, Dr. Wong urged the government of Alberta to keep COVID-19 measures in place, reinstate masking, and address low vaccination rates in children by making immunizations more accessible to families.

Come August, the CPS was again messaging in step with the evidence in support of **Dr. Theresa Tam**, CPS member and Chief Public Officer of Health for Canada, as she paved the way for a safe return to school.

"I think in a classroom we have to be respectful of the fact that there are diverse student populations. Some kids might have underlying medical conditions; they may want to wear masks just to add a layer of protection and others may want to wear masks just to protect each other."

Dr. Theresa Tam, speaking on CTV's Your Morning, August 30

Tracking and talking about COVID— and pandemic—side and after-effects

A Canadian Paediatric Surveillance Program (CPSP) study launched in September in collaboration with the newly formed Canadian Paediatric Long COVID Network. Children and youth whose symptoms persist are not being studied with the same intensity as adults, and understanding how many such cases exist and their characteristics is essential for management and supportive care. Under principal investigator **Dr. Anupma Wadhwa**, an infectious disease specialist at SickKids, the study's definition of 'post-COVID condition' aims to capture the full range of complex, functionally limiting effects of long COVID and (potentially) other viruses too.

[Preliminary data](#) from an anorexia nervosa study led by **Drs. Debra Katzman** and **Ellie Vyver** identified pandemic conditions as a precipitating factor in the development of this disorder in almost half of reported cases. Dr. Vyver also reviewed a [written submission](#) by

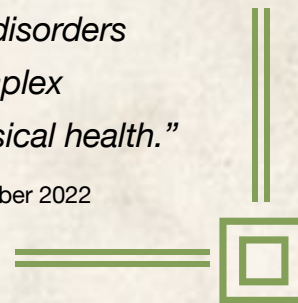


Canadian
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... 2022 YEAR IN REVIEW

“Despite having the highest mortality rate of any psychiatric disorder, eating disorders often fall between the cracks of mental health and medicine, as they are complex biopsychosocial illnesses that do not fit neatly into the silos of mental or physical health.”

From the [CPS submission](#) to the House of Commons Standing Committee on the Status of Women, November 2022



the CPS to the House of Commons Standing Committee on the Status of Women, as part of a wider study on the mental health of young women and girls.

Syphilis rates were already climbing in Canada when the pandemic struck, and COVID conditions made things worse. **Dr. Jared Bullard** (Winnipeg Children’s Hospital) and **Dr. Carsten Kruger** (CHEO) are leading a CPSP study on congenital syphilis that found 101 cases of this previously rare disease between June 2021 and March 2022.

Over the same period, more children and youth with new-onset type 1 diabetes were found to be very sick with diabetic ketoacidosis at time of diagnosis, prompting a [new practice point on management](#) by the Acute Care Committee. Statement co-author **Dr. Karen Gripp** presented a [National Grand Rounds on DKA](#) in collaboration with the CPS Emergency Medicine Section and the Canadian Association of Emergency Physicians.

The triple threat ain’t over yet

As the ‘tri-demic’ of RSV, COVID, and flu hit hospitals last fall, paediatric ID specialists kept hard facts *and* soft messaging before public and professional eyes. **Dr. Dorothy Moore’s** updated clinical guidance on [COVID](#) and [flu](#) vaccines ensured that best practice stayed ahead of the viral curve, while **Dr. Laura Sauv **, chair of the Infectious Diseases and Immunization Committee, led a [National Grand Rounds](#) on closing the gaps in routine childhood vaccination schedules. **Dr. Lindy Samson**, chief of staff at CHEO, explained the crisis—and response—in news stories and interviews that aired nationwide. In September, **Drs. Aaron Chiu** (Winnipeg), **Jesse Papenburg** (Montreal), and **Marina Salvadori** (Montreal) led Grand Rounds on the [new COVID-19 vaccine](#) for children 6 months to 5 years and [RSV](#). The viral surge brought ongoing surveillance work by CPS-administered Immunization Monitoring Program ACTive ([IMPACT](#)) newly to the fore, with the network reporting its highest level of paediatric influenza hospitalizations in a single season.

Mental health effects

Even before the pandemic, Canada’s young people were waiting far too long for diagnosis and treatment of common mental health conditions. With support from **Dr. Daphne Korczak** and the Mental Health Task Force, the CPS released a [policy brief on child and youth mental health](#) in April, deploring the current state of care in Canada and offering recommendations for government. In October, companion statements on anxiety, the most common mental health disorder affecting children and youth, were released to help primary care providers meet increasing demands for services. Written by the Mental Health and Developmental Disabilities Committee, they offer stepwise approaches for [identifying, assessing, and managing anxiety](#) in young people.

For World Mental Health Day, **Drs. Felipe Fajardo** and **Stephanie Hosang**, president and vice-president of the Residents Section, rallied members to ‘speak out’ via a [letter-writing campaign to members of Parliament](#).

Concerns around increasing screen use by children during the pandemic gained extra traction with [new research](#) from **Drs. Catherine Birken, Alice Charach, Daphne Korczak** and others. The CPS statement on [Screen time and preschool children](#) was thoroughly revised under the leadership of Digital Health Task Force chair **Dr. Michelle Ponti**, with content informing new [videos](#) for professionals and parents and a [podcast](#) from PedsCases (created

“I think people generally are aware [that] the treatments for anxiety are medications and therapy. But exactly when do you do what? Which medications should you use? When do you call it anxiety? What questions can you ask parents and children to come to the diagnosis?”

Dr. Benjamin Klein, lead author of [Anxiety in children and youth: Part 1](#), to the *Toronto Star* in October





“The biggest harm with excessive screen time is: What is that child or adolescent missing out on because of excessive time engaged with a screen?... I always ask parents and teens to really think: What are you missing out on to allow yourself to be on a screen 6, 7, 8 hours a day?”

Dr. Michelle Ponti, speaking on TVO Today, March 2022

by **Mattea Lee** at the University of Calgary, with help from Drs. Ponti and **Michelle Jackman**). A [blog post](#) by former CPS presidents **Drs. Richard Stanwick** and **Robin Williams** reinforced promoting the ‘4 Ms’ with families in everyday practice.

Hazardous intakes

The ingestion of small batteries by young children and the serious injuries that result are on the rise, and a widely shared [blog post](#) by **Drs. Suzanne Beno** and **Daniel Rosenfield**, Injury Prevention Committee members and ED paediatricians at SickKids, alerted clinicians to these dangers in late 2021. Drs. Beno and Rosenfield supported development of a September [policy brief](#) for clinicians and industry/regulatory policy-makers on how best to treat a suspected ingestion and take preventive measures. A one-time [CPSP survey](#) for this hazard was conducted, and Dr. Beno produced a [video for families](#) with **Dr. Émilie Beaulieu**, and reviewed [parent information](#) on the safe use, storage, and disposal of batteries.

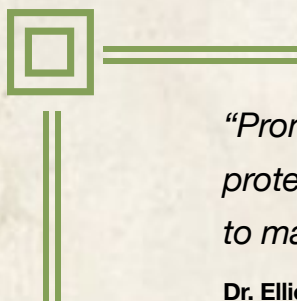
Unintentional cannabis poisonings in young children have risen dramatically since legalization. A one-time survey and an ongoing [CPSP study](#) are monitoring the [trend](#), with results to inform the CPS’s response to legislative review of the *Cannabis Act*. **Dr. Yaron Finkelstein** presented his research findings to a stakeholder roundtable, while **Drs. Nic Chadi**, **Stephanie Hosang** and **Joan Robinson** provided input on a [CPS written submission](#) for this review. Dr. Finkelstein led an especially well attended National Grand Rounds on [dangerous edibles](#) this past January.

Safe spaces, learning places

A new [online module](#) is helping providers care for and counsel teens on sexual health, including 2SLGBTQIA+ youth, those with disabilities, and young people who are racialized and from diverse ethnocultural communities. It took a diverse team of experts to clear pathways toward history-taking, contraceptive care, and confidence building for conversations about sexual and reproductive health and rights (SRHR). Led by **Drs. Natasha Johnson** (adolescent medicine specialist at McMaster) and **Ellie Vyver** (chair of the Adolescent Health Committee), the team included **Dr. Amy Robinson**, president of the Adolescent Health Section, family physicians **Drs. Sanjeev Bhatla**, **Muna Chowdary** and **Brenda Weitzner**, **Dr. Ayisha Kurji** (general paed and professor at U Sask), and **Gillian Thompson**, a nurse practitioner in adolescent medicine. Drs. Vyver and **Megan Harrison** also supported a renewed advocacy push to health ministers, urging governments to strengthen and protect SRHR in Canada through universal access to no-cost contraception.

The 4th edition of the [Education Program for Immunization Competencies \(EPIC\)](#) launched mid-year, featuring the latest information on SARS-CoV-2 vaccine development, safety and efficacy, along with pain and stress-related response management. This online, self-directed learning program not only prepares vaccine providers to immunize in any setting, but also to answer common questions, ease fears, and communicate effectively about vaccines. Information was revised and updated by an interprofessional team headed by **Drs. Ian Gemmill** and **Noni MacDonald** as well as nurse (**Christine Halpert**) and pharmacist (**Susan Bowles**) members.

[Pedagogy](#) also collaborated with the Association of Medical Microbiology and Infectious Disease (AMMI Canada) to create a popular online course on [Inborn errors of immunity](#). Project co-leads **Drs. Vy Kim**, an immunologist and allergist at SickKids, and **Jennifer Tam**, an ID specialist in Vancouver, consulted with **Drs. Adelle Atkinson** (Toronto), and **Kyla Hildebrand** (Vancouver),

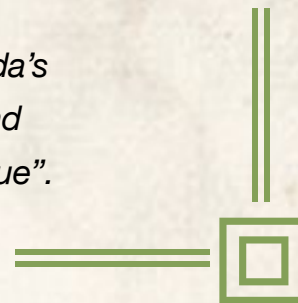


“Promoting sexual well-being and having these conversations with youth is protective.... Knowledge is power. Education is power. It allows adolescents to make informed choices around their own lives”.

Dr. Ellie Vyver to CPS News

“Children’s hospitals are pulling out all the stops to meet the needs of Canada’s children. They need our help.... Write to elected officials both provincially and federally. Let them know that as a citizen and a voter, this is a top priority issue”.

Dr. Katharine Smart, speaking on the Sam Laprade Show, November 2022



and AMMI’s National Curriculum Working Group, including CPS member **Dr. Karina Top**, to develop this module.

Exemplary leadership in tough times

Thoughtful reflections and sound advice infuse ‘Community Paediatrics: Voices from the Field’, a series of [four short videos](#) produced by the Community Paediatrics Section. Conceived and coordinated by the section’s president-elect, **Dr. Richa Agnihotri**, each video focuses on a distinct aspect of life in the field. Featuring B.C.-based **Drs. Lara Malks-Jjumba** and **Kirsten Miller**, Ontario doctors **Amanda Bates**, **Fabian Gorodzinsky**, **Nina Replete** and **Joseph Telch**, along **Dr. Sam Wong**, the videos are a great resource for medical students and residents considering their next steps.

During her 1-year term as president of the Canadian Medical Association, **Dr. Katharine Smart** raised the profile of paediatric health. In her [opening address](#) to CPS annual conference delegates in Montreal, Dr. Smart blended the sometimes-dissonant interests of stakeholders into one conductive chorus of care, sounding personal involvement, political will, and adequate funding as key notes.

In a year punctuated by acute drug shortages, CPS work on paediatric drugs and therapeutics took on new urgency. A [practice point](#) on managing shortages in clinical practice was written by **Dr. Charlotte Moore**

Hepburn, former CPS Director of Medical Affairs, **Drs. Geert’t Jong**, chair of the Drug Therapy and Hazardous Substances Committee, **Dr. Yaron Finkelstein** (a professor of paediatrics, pharmacology and toxicology at U of T), and clinical pharmacist **Derek McCreath**. They collaborated again on a [National Grand Rounds](#) in December.

‘Actionable’ genes cause conditions that can be managed or treated when they are identified early enough, but this doesn’t always mean they should be. The **Bioethics Committee’s** statement on [genetic testing and screening](#) balances children’s rights *not* to know with their right to know for conditions that will not emerge before adulthood. To prioritize the best interests of children and reduce family stress, co-authors **Dr. Aideen Moore** and **Dr. Julie Richer** recommend deferring such tests until children or youth are old enough to decide for themselves, and avoiding commercial test kits completely. Media response on this topic was lively, with Dr. Moore’s [interview](#) on Global News Hour, Edmonton being a notable highlight.

Retro-Docs rock!

Early CPS documents advocating for change deserve a second turn in the spotlight, and they got it from some of our brightest lights. The [Retro-Doc blog series](#) was a fascinating look back on published advice and advocacy to celebrate the CPS centenary. The earliest document was from 1978, but all statements focused on issues still interesting today. **Dr. Franziska Baltzer** co-wrote on adolescent mothers, **Dr. Margaret Boland** on breastfeeding, **Dr. Ann Jefferies** on family-centred perinatal care, **Dr. Denis Leduc** on SIDS, **Dr. Richard Stanwick** on injury prevention, **Dr. Stuart MacLeod** on folic acid, and **Dr. Robin Walker** on lead poisoning. The project attracted other personal retrospectives from **Dr. Alice Chan-Yip**, writing on [multicultural practice](#), and **Dr. Peter Rosenbaum**, on [childhood disability](#).

“Kids are the light to my candle.”

Dr. Heather Flieger, reflecting on her work as a community paed in PEI in the ‘[Day in the Life](#)’ video



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