

# Perspectives

From the Office of Faculty Development



Where the world comes for answers



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

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## My Boston Children's Hospital Story by Tina Young Poussaint, MD, FACR, HMS Professor of Radiology and Lionel W. Young Chair in Radiology at Boston Children's Hospital

*Find a Focus and Network and Collaborate Locally, Nationally and  
Internationally*

As a Professor of Radiology since 2011 and the Lionel W. Young Chair in Radiology at Boston Children's Hospital (BCH) since 2020, I have been privileged to spend most of my career working with some of the most dedicated and talented physicians and scientists in the country. BCH, a place where innovation is encouraged and valued, has enabled me to thrive in my medical career as a neuroradiologist and clinical researcher. On a separate but related mission, as Chair of the BCH Institutional Review Board (IRB) since 2013, I am charged with advocating for and protecting the rights of human subjects, and for ensuring research outcomes that redound to the benefit of both the research subject and the broader medical community.

A successful career in academic medicine not only demands perseverance and resiliency, it also requires a measure of courage, as women in science face particular challenges in carving out a focused pathway that is at once fulfilling personally and professionally and makes a palpable difference in the lives of patients. This is a daunting task at times but it can be achieved if you utilize resources such as the BCH Office of Faculty Development (OFD). I also encourage you to take the time to network, develop interdisciplinary collaborations, and seek out mentors who will guide you through "the ups and downs" of your career.

In my own case, local, national and international collaborations led to my current role as President of the American Society of Neuroradiology (ASNR), a professional society of almost 6000 members. It is my hope that BCH will continue to open doors for translational research and clinical teams that reflect diversity, equity and inclusion.



Tina Young Poussaint,  
MD, FACR

## Tina Young Poussaint, MD, FACR, Appointed President of the American Society of Neuroradiology

Congratulations to Tina Young Poussaint, MD, FACR, HMS Professor of Radiology, who has been appointed President of the American Society of Neuroradiology, which includes nearly 5800 neuroradiologists.

## Director's Perspectives, by S. Jean Emans, Director of the Office of Faculty Development

Congratulations to all Boston Children's faculty for your 2021 achievements, resilience, and endurance through the ongoing pandemic. You have continued to provide excellent patient care, teaching and research, while being challenged by the need to juggle work, family, and life. In this issue, we have highlighted faculty perseverance. Please read Dr. Tina Poussaint's article on p. 1, Dr. Joanne Wolfe's "On Being Promoted on the Tortoise Track" on p. 2 and take note of the awards provided to Drs. Sun Hur, Timothy Springer, Katherine Peeler, and Charles Nelson. The Office of Faculty Development looks forward to supporting new opportunities for faculty in 2022.

## Sun Hur, PhD, Receives Multiple Awards

Congratulations to Sun Hur, PhD, Oscar M. Schloss, MD, HMS Professor of Pediatrics and Professor of Biological Chemistry and Molecular Pharmacology in the BCH Program of Cellular and Molecular Medicine (PCMM) who has been named a Howard Hughes Medical Institute Investigator. Dr. Hur, whose research focuses on the viral detection process, will be awarded \$9 million over 7 years for her innovative projects. Dr. Hur is also a 2021 winner of the Memorial Sloan Kettering Cancer Center's Paul Marks Prize for Cancer Research. The award highlights innovative contributions to cancer research.



Sun Hur, PhD

## Sara Toomey, MD, MPhil, MPH, MSc, Appointed Chief Safety and Quality Officer

Dr. Toomey assumed full responsibilities for her role in November, having performed them as Interim Chief since April 2021. In a memo to the BCH community, President and CEO Kevin Churchwell, MD, emphasized Dr. Toomey's diverse skills: "her expertise in patient and family experience and measurement science has been instrumental not only to our ability to truly hear the voices of our patients and families but also to our commitment to enacting change based on what we learn from them."



Sara Toomey, MD,  
MPhil, MPH, MSc

**My Boston Children's Story - by Joanne Wolfe, MD, MPH,  
HMS Professor of Pediatrics, Department of Psychosocial  
Oncology and Palliative Care, Dana-Farber Cancer Institute  
and Boston Children's Hospital**  
*On Being Promoted on the Tortoise Track*

A few years back I was promoted to full professor. While I have always been ambitious and hardworking, I intentionally decided to take a slower path, which I affectionately call the Tortoise Track, anticipating promotion several years behind my peers. One formative moment contributing to this decision occurred when I had the privilege of serving as Chief Resident under Dr. David Nathan, then Chief of the Department of "Medicine" at Boston Children's. He noted that I, along with my co-chief, were the first mothers to serve in this role, and said, "You know what your problem is...you don't have time to dream." He was right, between family and work, there was certainly no dreaming, let alone sleeping. I was inspired to carve out a bit of time for myself and started to run, which I continue to this day. And, typically during a slow run (just like the tortoise) new ideas spring to mind. When I think about how I got here, many structural and personal strategies helped me advance on the Tortoise Track. First, I wagered that a smaller number of meaningful, impactful contributions would outweigh pace and volume. Second, sponsorship was essential, and Drs. Nathan, Lux and Benz, former president of Dana-Farber, have consistently backed me despite our very different academic agendas. Third, I am grateful for my comprehensive and varied mentorship team and a flock of incredibly talented mentees.



Joanne Wolfe, MD, MPH

Fourth, I received resources at a critical time. When I was on the verge of leaving academic medicine, Dr. Lux provided me with two years of funding for a research assistant, Dr. Veronica Dussel, and she has since become my long-term research partner. Fifth, I acquired career development skills including networking, negotiation and "graceful self-promotion." Finally, I built a community of support and invested in sustaining personal and professional joy. It's not that I haven't encountered many bumps in the road, but as the saying goes, "slow and steady wins the race."

**Update from the Office of Health Equity and Inclusion**

**Amanda Grice, MS, RDMS**, has joined the Office of Health Equity and Inclusion as the Program Director. Amanda has been at Boston Children's Hospital (BCH) since 2007, first as a Sonographer in Radiology, then as Modality Operations Manager for Ultrasound. She holds a BS in Psychology, an MS in Counseling Psychology, and in 2019 was chosen by BCH to participate in The Partnership Inc., Fellows Program. She has been a member of BCH's Equity, Diversity and Inclusion Council since 2017.

**Patrice Melvin, MPH**, Biostatistician IV and Senior Health Equity Analyst, is now a team member in both the Office of Health Equity and Inclusion and the newly created Sandra L. Fenwick Institute for Pediatric Health Equity and Inclusion. She has expertise in the design, analysis, and evaluation of clinical research and quality improvement projects and is proficient working with large national benchmarking databases.



Amanda Grice, MS,  
RDMS



Patrice Melvin, MPH

**Initiative by the American Board of Pediatrics to Address  
Racism and Health Inequities**

Ariel Winn, MD, Assistant Professor of Pediatrics in the BCH Division of General Pediatrics, was a working group member that revised an existing American Board of Pediatrics Entrustable Professional Activity (EPA) to better address racism and health inequities among children. EPAs are essential activities that define the field of pediatrics and guide curricula and assessment. The revised EPA is titled "Use Population Health Strategies and Quality Improvement Methods to Promote Health and Address Racism, Discrimination, and Other Contributors to Inequities Among Pediatric Populations" and can be found here: [EPA 14 for General Pediatrics \(abp.org\)](https://www.abp.org/epa-14-for-general-pediatrics)



Ariel Winn, MD

### **Charles A. Nelson, III, PhD, Receives Klaus J. Jacobs Research Prize**

Congratulations to Charles A. Nelson, III, PhD, Richard David Scott Chair in Pediatric Developmental Medicine Research at Boston Children's Hospital and also an HMS Professor of Pediatrics and Neuroscience as well as an HMS Professor of Psychology in Psychiatry, who has been honored with the Klaus J. Jacobs Research Prize from the Jacobs Foundation. Dr. Nelson, who is a member of the Boston Children's Division of Developmental Medicine, pioneered research regarding adversities in childhood and brain development.



**Charles A. Nelson, III, PhD**

### **Katherine R. Peeler, MD, MA, Receives 2021 HMS Barbara J. McNeil Faculty Award for Exceptional Service**

Congratulations to Katherine R. Peeler, MD, MA, HMS Instructor in Pediatrics in the BCH Division of Medical Critical Care, who has been honored with the HMS Barbara J. McNeil Faculty Award for Exceptional Service. The Award recognizes faculty members who have been dedicated to serving the HMS community and by advancing the HMS mission. Their commitment encourages other faculty to follow similar paths in service.



**Katherine R. Peeler, MD, MA**

### **Timothy Springer, PhD, Named the 2022 Winner of the Founders Award by the Biophysical Society**

Timothy Springer, PhD, Latham Family Professor; Professor of Biological Chemistry and Molecular Pharmacology; Professor of Medicine, Harvard Medical School, in the BCH Program of Cellular and Molecular Medicine (PCMM) has been awarded the 2022 Founders Award from the Biophysical Society. The Founders Award is given for outstanding achievement in any area of biophysics. Dr. Springer's innovative research focuses on immune cell activation. For more information, see the Biophysical Society website <https://www.biophysics.org/bps-bulletin/ten-outstanding-biophysicists-receive-bps-honors-3>



**Timothy Springer, PhD**

### **Boston Children's Ombuds Office to Open Early January 2022**

The new Ombuds Office is for any and all members of the Boston Children's enterprise and provides the opportunity to have confidential, impartial, informal, and independent discussions about work-related concerns. As a highly trained conflict resolution professional, the Ombuds listens and helps untangle and clarify issues, define goals, explore diverse perspectives and potential outcomes for resolution, and support greater confidence in moving forward effectively. The appointments are confidential. Neither names nor information are shared outside of the office other than as aggregated and anonymized data that reflects recurring themes and opportunities for leadership to employ in making system-wide improvements. Jenn Mahony, JD, FAMINZ (Arb.), is the Boston Children's Hospital Ombuds Office Director. She has 20 years of conflict resolution and conflict resiliency work as an ombuds, mediator, facilitator, conflict coach, and educator. She obtained her JD from Emory University School of Law in 2001, worked as a dispute resolution professional and ombuds in New Zealand for almost 10 years, and was most recently an Associate Ombudsman at the National Institutes of Health. She is a frequent presenter and educator on conflict resolution and building conflict resiliency at work. The Ombuds Office is located at 1 Autumn Street and can be reached on (617) 355-2865.

**Jenn Mahony, JD, FAMINZ**



### Update from the Medical Library, by Chloe Rotman, MLIS, Manager of Library Services

Did you know that the library maintains a display of books edited and authored by BCH faculty? Located in the Main Building by the CVS, this case highlights works provided by the authors for a period of approximately 6 months, allowing colleagues to see the new publications. If you're interested in having your new book displayed, please contact [library@childrens.harvard.edu](mailto:library@childrens.harvard.edu). Indicate whether you would like your book back after the display period, or if you would like to donate the copy to the library's circulating collection.

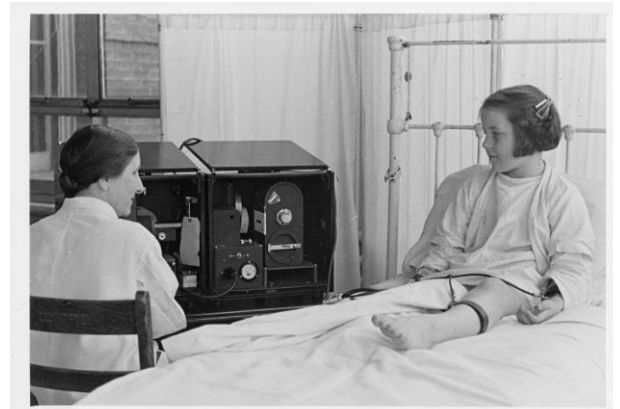
*Looking for some leisure reading inspiration? Here's what the Library and Archives staff are reading right now:*

- Chloe Rotman, MLIS: *The Nix*, by Nathan Hill
- Alex Cronin, MLIS: *A Gentleman in Moscow*, by Amor Towles
- Anna Dorste, MLIS: *Normal People*, by Sally Rooney
- Alina Morris, MLIS: *The Little Friend*, by Donna Tartt

### News from the Archives, by Alina Morris, MLIS, Archives Program Manager

#### *Boston Children's Hospital and the House of the Good Samaritan*

The House of the Good Samaritan was founded in 1860 and was the first hospital in Boston to admit patients with chronic illness. Under the leadership of Dr. Buckminster Brown, the hospital opened the first orthopedic ward for children in the United States in 1864. In 1911, the Board of Managers voted to admit cancer patients, becoming the first hospital in Boston to admit women with incurable cancer. By 1929, the hospital again changed its focus to provide services to children with rheumatic fever and rheumatic heart disease. When its Research Program for Rheumatic heart disease was founded in 1932, the hospital became known worldwide for its research into the cause and cure of the disease. The House of the Good Samaritan became affiliated with Boston Children's Hospital in 1946, and on March 15, 1967 it became legally incorporated into the Children's Hospital Medical Center.



**From 1943: an electrocardiogram at the House of the Good Samaritan**

### Annual Apple-Picking Expedition

On Sunday, September 26, over 50 enthusiastic apple-pickers from Boston Children's Hospital trekked through Westward Orchards in Harvard, MA. The afternoon was a picture-perfect September day, with warm sunshine, bountiful apple-trees, and energetic kids!



## Wellness Tips by Faculty for Faculty: By Emily Jean Davidson, MD, MPH, RYT, Assistant Professor of Pediatrics

### Family Yoga Practice

During the postnatal period, mothers who have delivered a baby can look for a postnatal class with a qualified instructor who can attend to both the needs of mothers and of babies. At home, restorative yoga and meditation can help you ease into gentle yoga once you are cleared for return to exercise. Online, look for trained yoga teachers e.g. Naomi Gottlieb-Miller's practice holding a baby (<https://www.youtube.com/watch?v=IToZQ69rLLA>) or Brett Larkin's practice with your baby on the mat (<https://www.youtube.com/watch?v=Dso-hRxRdKU>). As baby turns to toddler, the child can take a more active role and copy you doing simple poses like downward dog or tree pose (maybe holding a wall or your hand if needed for balance) (<https://supersimple.com/article/5-simple-yoga-moves-for-toddlers/>). For more ideas, also see the Kids Yoga Stories Website (<https://www.kidsyogastories.com/toddler-yoga-ideas/>). Young kids often love weaving stories into their yoga practice (see Cosmic Kids Yoga). Pre-teens may start to become interested in adult classes – ask your teacher if it is ok for them to join you in person or do an on-line yoga class or video together, starting with a 20 or 30 minute class. GoNoodle.com includes yoga classes of various lengths that can be fun for kids to do alone or with you. Yoga cards (e.g. Yoga Pretzels: 50 Fun Activities for Kids & Grownups Cards by Tara Guber) are great for ideas and many include partner poses. Letting your child pick the poses or use them to instruct you is also fun. Books (e.g. My Daddy is a Pretzel by Baron Baptiste or Our Family's Doing Yoga by SonJoria Sydnor) can help guide the practice and work on reading skills at the same time. Doing a few yoga poses and breathing exercises can help kids calm down before bed or find more self-regulation when they are upset. More and more kids are learning yoga and relaxation techniques at school – ask them what they know and let them teach you their new skills. Music can also make yoga fun – I love doing freeze dance yoga with kids – dance around together and every time the music stops have a different person call out a yoga pose for everyone to do. Let go of the idea of a perfect practice and just move together, breathe and have fun!



Emily Jean Davidson, MD, MPH, and family practice a tree pose together

### Make Monday Magical

Tips for creating a better, smoother Monday:

- String together your family's favorite yoga poses and design your own sequence. Add music for a festive touch.
- For winding down, reserve some coloring books or coloring pages especially for Monday afternoon or evening.



Where the world comes for answers

### Happy Holidays from the Office of Faculty Development

*S. Jean Emans*

*Carla Kim*

*Maxine Milstein*

*Jill Dobriner*

*Sabrina Rodriguez*

*We hope your indoor and outdoor scenery brings sweet notes of cheer. Best wishes for 2022!*



### In this issue:

My Boston Children's Hospital Story - by Tina Young Poussaint, MD, FACR

Sun Hur, PhD, Receives Multiple Awards

My Boston Children's Story – by Joanne Wolfe, MD, MPH

Update from the Office of Health Equity and Inclusion

Charles A. Nelson, III, PhD, Receives Klaus J. Jacobs Research Prize

Katherine R. Peeler, MD, MA, Receives 2021 HMS Barbara J. McNeil Faculty Award for Exceptional Service

Timothy Springer, PhD, Named the 2022 Winner of the Founders Award by the Biophysical Society

Boston Children's Launches Ombuds Office

Update from the Medical Library

News from the Archives

Annual Apple-Picking Expedition

Wellness Tips by Faculty for Faculty – Family Yoga Practice by Emily Jean Davidson, MD, MPH, RYT