

# New Pediatric Anxiety QI Project

## EARN MOC PART IV POINTS

In partnership with the American Academy of Pediatrics, the Illinois Chapter of the American Academy of Pediatrics (ICAAP) is recruiting primary health care clinicians to join a 5-month learning collaborative and quality improvement (QI) project focused on anxiety. The goal of this project is to enhance identification and management of pediatric anxiety in primary care by implementing standardized screening processes, structured follow-up, and education using quality improvement tools.

Practices must provide primary care to patients aged 11-17 in Illinois, complete monthly de-identified retrospective chart reviews, and submit monthly PDSA (Plan, Do, Study, Act) worksheets. Clinical teams will engage in monthly educational sessions including strategies for treating anxiety in the pediatric primary care setting, validated screening tools, differential diagnoses, medication management, CBT and other tools, and more.

**This project builds on ICAAP's 2025 Anxiety Quality Improvement Project. While some foundational topics overlap, the measures, tools, and improvement work are **new and expanded**.**



### When

Sessions will be held on ZOOM on the following Thursdays at 8:00am CST: **February 12, March 12, April 16, May 14, and June 11.\***

*\*Participants must attend at least 3 out of 5 webinars to share data and best practices across participating sites to earn 25 MOC points.*



### Benefits of Participating

- Improve access to quality care for patients affected by anxiety.
- Increase knowledge regarding best practices for identifying and managing anxiety in pediatric patients.
- Network and problem-solve with others.
- Earn American Board of Pediatrics Part 4 Maintenance of Certification (MOC)\*\* credit and CME credit\*\* (\*\*pending approval).



### Project Requirements

#### January 2026:

- Submit online registration
- Receive onboarding materials

#### February - June 2026:

- Attend one session per month
- Conduct monthly de-identified chart reviews
- Conduct PDSA cycles

#### July 2026:

- Complete project evaluation survey
- Participation credits awarded (MOC 4 and CME, if eligible)

Register **here** or by scanning the QR code by February 6, 2026.

For more information, contact Lauren [lbarnfield@illinoisAAP.com](mailto:lbarnfield@illinoisAAP.com).

