

# The Specialist

Issue 16 Winter/Spring 2014

The Specialist Newsletter is a quarterly publication from Rady Children's Specialists of San Diego, a Medical Practice Foundation. Here we share with you the latest news about pediatric care in the community.

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**From the Desk of  
Herbert C. Kimmons MD, MMM**  
Executive Director, RCSSD  
President, CSSD  
Dean of Children's Clinical Services,  
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## Top Story

### New Proton Therapy Center



Rady Children's, in collaboration with Scripps Health, is now the only center in California to provide proton therapy to children of all ages.

For certain cancers, proton therapy offers a more precise and aggressive approach to destroying cancerous and non-cancerous tumors, compared to X-ray radiation. Proton therapy involves the use of a controlled beam of protons to target tumors with a precision unavailable in other radiation therapies. The targeted delivery of proton energy limits damage to healthy surrounding tissue and allows for a more potent and effective dose of radiation to be used.

Rady Children's and Scripps will collaborate on treatment planning for pediatric patients and have worked together to design child-specific amenities to enhance the pediatric patient care experience.

To learn more, [click here](#).

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## Measles Alert!



There has been measles reported in 4 patients in San Diego County, including one 5 month old infant. It is important that we do what we can to prevent further cases.

Unimmunized children under 1 year of age, unimmunized pregnant women, and immunocompromised patients are at highest risk for developing disease and complications.

### What to do if you suspect one of your patients has measles:

1. Keep the patient separated from other patients (consider having patients with suspected measles wait in the car until appropriate triage is done.)
2. Obtain a measles serology (IgM and IgG) - if blood cannot be drawn in your office, notify laboratory in advance that a patient with possible measles is coming, so proper precautions can be taken by the lab to protect others in the waiting room.
3. Consider vitamin A if the child's nutritional status is questionable.
4. **Educate parents and patients on the contagious period and the need to stay at home until no longer contagious** (usually 5 days after the rash appears).
5. Report all suspected measles cases to the County of San Diego HHSA by calling 619-692-8661 or faxing the Confidential Morbidity Report form to 619-692-5677. The report can be downloaded at: <http://sandiegohealth.org>

For more information and resources, [click here](#).

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## Polio-Like Syndrome in California



The California Department of Public Health (CDPH) has been tracking cases of acute flaccid paralysis (AFP) of unknown etiology in California for the past several months. As of February 12, 2014, 20 cases (adults and children) have met the syndrome definition (CD Brief 14-07). Two San Diegans are in this group of cases, a 17 year old male and a 22 year old male were reported in 2012. Like all syndrome investigations, there may be multiple unrecognized causes for these cases, but CDPH is being prudent to investigate all cases for an infectious etiology in case the syndrome is communicable and may be prevented.

Messages for parents:

**1. There is no polio-like epidemic in San Diego, California or the US.**

Before the polio vaccine, in a single year (1952), 21,000 cases of paralytic polio were reported in the US.

**2. The San Diego and California state health departments are doing their job of investigating possible new contagious diseases.**

We fully support their efforts to protect children. They may find nothing, or they may find a cause; they are just investigating now.

**3. Make sure that all children are immunized against polio.**

Polio is the only Enterovirus which preferentially and routinely infects nerves that control muscles.

For more information, [click here](#).

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## President and CEO Kathleen Sellick to Retire



After nearly eight years of service as President and CEO of Rady Children's Hospital-San Diego, Kathleen Sellick has announced that she will retire for medical reasons. Kathleen arrived at her decision after carefully considering the recommendations of her doctors for her health now and in the future.

Kathleen leaves behind an incredible legacy of service and accomplishment, not only to Rady Children's but to the entire community. We thank Kathleen for her significant contributions and wish her the very best.

To read the full story, [click here](#).

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## Pediatric and Adolescent Gynecology



New Physician. New Program.

The new *Pediatric and Adolescent Gynecology Program* at Rady Children's focuses on the unique health needs of girls and teens. Expert care is provided by Akilah Weber, M.D., a board certified obstetrician/gynecologist with specialized training in pediatric and adolescent gynecology. This training allows for continuous care for patients through adulthood.

Dr. Weber sees patients every Monday (8:00 a.m. - Noon) and Friday (1:00-4:30 p.m.) To schedule an appointment please call: 858-966-8446 or for more information, [click here](#).

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## New Tic/Tourette Center at Rady Children's



The Tic/Tourette Center at Rady Children's, under the direction of movement disorder specialist Jennifer Friedman, MD, provides state-of-the-art and compassionate care for pediatric and adult patients with tics or Tourette syndrome.

Along with Dr. Friedman, our team includes nurse practitioners and a neuropsychologist/educational specialist. We also work with psychiatrists, developmental pediatricians, clinical psychologists and behavioral specialists at Rady Children's and in the community to provide comprehensive care tailored to meet the unique needs for each patient.

*Jennifer Friedman, MD*

In addition to providing expert care, the center conducts research to better understand the cause of these disorders and to develop more effective therapies. We also provide a setting to train fellows, residents and medical students in caring for these patients, thereby increasing awareness of these conditions among future clinicians. We work closely with the national Tourette Syndrome Association and local support groups, as well.

To learn more, [click here](#).

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## Emergency Department Improvements

Rady Children's has been working on a number of initiatives to respond to the Winter census surge and have created a surge plan to meet the demands in the ED. Some of the improvements we have made are:

- Expanding capacity for Medical/Surgical Patients
  - Opening of PACU Pod A for OR holds
  - Opening of Medical North Pod C for admissions
  - Additional NICU beds to be used for overflow
- Working with AMN Healthcare to increase our nursing coverage as well as our pool of providers which will give us greater staffing flexibility and also increase the number of shifts we provide.



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## Cardiology On the Move



Please note that our Cardiology Department previously located at 8001 Frost St. has moved clinic locations. Please refer your patient families to our new locations listed below:

### [Rose Pavilion - 3020 Children's Way - First Floor South](#)

- Cardiology Clinic (all Cardiology clinics, including the Kawasaki Disease Clinic)
- All Cardiology Diagnostic Testing:
  - Echocardiograms (Sedated ECHO's will still be done in OPC).
  - EKGs
  - Holter/Event/Pacemaker Testing
  - Exercise Testing
  - EKGs

### [Nelson Pavilion - 8001 Frost St.](#)

- The Cath Lab, including check-in and check-out processes (it hasn't moved)
- Outpatient Procedure Center (OPC)

### [MOB Suite 202 - 3030 Children's Way](#)

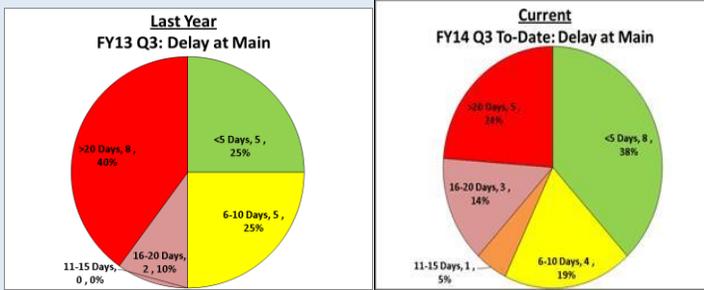
- Cardiovascular Surgery Outpatient Clinic

If you have any questions about service locations, please contact us at 858-966-5855.

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## Specialty Access Update

Our organization has made a commitment to provide timely care to our patients. The goal of the Specialty Access Initiative is to achieve 3rd Next Available of 5 days or less for non-urgent new patients in all specialties and to maintain delay at that level. For fiscal year 2014, a goal has been set to have 10 divisions achieve delay of 5 days or less. In order to achieve this goal, we vigorously monitor system performance using a "dashboard" measuring Delay, Demand, Supply, and Activity. From the data, we can adjust with purpose to achieve our goals for our patients.



In an effort to provide physicians and managers with real-time monitoring for Specialty Access, the "Specialty Access Dashboard" is being created. The Specialty Access Dashboard tracks Delay, Demand, Activity, and Supply by division to enable MPF leadership, Division Chiefs, and Division Template Coordinators to identify trends in the metrics and take appropriate actions. **Currently, the delay, demand, and activity portions of the website are live for all specialties.** Supply is expected to be ready over the next few weeks.

To learn more about Specialty Access and the Specialty Access Dashboard, [click here](#).

## Save the Date!

### Practical Pediatrics CME

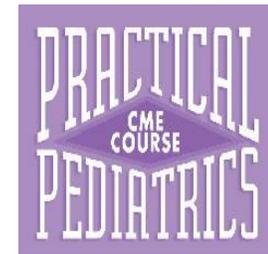
**When:** Saturday, April 26, 2014

**Where:** AMN Healthcare Conference Center - 12400 High Bluff Dr. #100 - San Diego

**Time:** 7:30 am - 1:00 pm (Registration & Breakfast: 7:30 am, Program begins at 8:00 am)

Topics presenting at this CME:

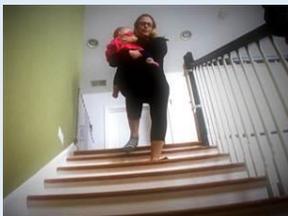
- *Newborn Hearing Loss:* Hear the sound of change
- *Neonatal Cardiac Surgery:* A lifetime commitment for patients and parents
- *Appendectomy:* What's new and what's not (Are Cheetos the cause?)
- *Teens and Sex:* What's new down there
- *Seeing Straight:* Vision therapy or muscle surgery?
- *Ankyloglossia:* The pain of the latch



For invitation and registration form, [click here](#). For more information, please contact Kat Ford at [kford@rchsd.org](mailto:kford@rchsd.org).

## Stair Falls: Caregiver's "Missed Step" as a Source of Childhood Fractures

Published February 2014 in the *Journal of Children's Orthopaedics*



Stairway falls are a leading cause of injury in children less than 5 years of age. While the majority of these injuries occur when a child steps down the stairs, approximately 3% of injuries will be associated with a caregiver falling while carrying a child.

A study was done between 2004 and 2012 in which 16 children sustained a fracture after a fall down the stairs while being carried by a caregiver.

The goal of this study was to identify injuries that may occur when a caretaker falls while carrying a child on a stairway, to understand the pathomechanics of this injury, and to perform a cost analysis of the injury. Drs. Scott Mubarak and Andrew Pennock were among the authors of this study. Click here to read [Full Study](#).

## Rady Children's Summer Medical Academy



Rady Children's Hospital is taking applications for a Summer Medical Academy for youth ages 15-19. The 2-week intensive experience, July 14-25, will include clinical workshops and discussion; lab simulations and activities; along with field trips, all with an emphasis on hands-on learning. The Academy, offered in collaboration with UC San Diego School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences, is designed to partner students' interest in medicine with real world experience, build connections with some of our communities leading physicians, researchers, and other health care providers, and inspire them to pursue healthcare as a career.

Please share this with your patient families.

For full details [click here](#). Application deadline is April 25.

## Let's Get Cooking! Class for Parents and Caregivers



As of February, the "Let's Get Cooking" class began at the City Heights Wellness Center. The class is available to anyone but has been designed especially for parents with children who are overweight/obese. The class is taught by Adriana Arredondo, RD at RCHSD, Lisa Vandervort, RD and Manager of the City Heights Wellness Center, and Jackie Gaylis, student intern of RCHSD's Center for Healthier Communities.

It is the hope that this class becomes a resource that extends opportunities about nutrition and cooking for the community and for the families that Rady Children's serves.

To learn more, [click here](#) for a flyer with more information about the class. Please share this with your patient families.

## Welcome our New Physicians

We are proud to welcome the new physicians who have joined our Medical Practice Foundation:

- Rakesh Singh, MD / Medical Director of Heart Failure and Transplantation
- Daniel DiBardino, MD / Director of Pediatric Cardiac Surgery and Critical Care
- Akilah Weber, MD / Pediatric and Adolescent Gynecology
- Kimberly Bower, MD / Division Chief of Palliative Medicine
- Kristin Williams, MD / Maternal Fetal Medicine
- Melissa Cameron, MD / Pediatric Hospitalist
- Maria Paula Aristizabal, MD / Hematology/Oncology

To learn more about our new physicians, [click here](#).



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## New Senior VP, Steve Jennings



Since July 2013, Steve has served as Senior Vice President, Rady Children's Hospital and Health Center and Executive Director, Rady Children's Hospital Foundation. He has more than 15 years of fundraising experience in the health and human services and higher education sectors, both domestically and internationally. Prior positions include Assistant Vice Chancellor for the UCLA Health Sciences Development, and Assistant Vice Chancellor for Development for the UCLA College of Letters and Science.

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## Physician Honors

### Dr. Andrew C. Krakowski

#### *Dermatologist From The Heart Humanitarian Award*



La Roche-Posay awarded its inaugural Dermatologist From The Heart (DFTH) humanitarian award at the annual American Society of Dermatologic Surgery (ASDS) in Chicago. Dr. Andrew C. Krakowski is the recipient of the \$10,000 grant for his program Missionskin.org! This project seeks to build an Internet-based platform dedicated to the sharing of "cutting-edge" knowledge of treatment and revision of scars to satisfy unmet needs within the scar treatment and revision community.

Please for more details regarding the winner and awards dinner, [click here](#).



Dermatologist From The Heart supports initiatives that enhance the quality of life for patients.

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## About Rady Children's Specialists of San Diego

We are committed not only to offering the most advanced diagnostic and therapeutic options, but also to providing responsive customer and patient service. RCSSD's physicians are pleased to provide health services ranging from one-time consultation to comprehensive treatment and follow-up, and are committed to maintaining effective communication to provide the best care.

### Our Mission

To provide specialty services that are state of the art, comprehensive and family-centered in order to improve the health and well-being of infants, children, adolescents and mothers with high-risk pregnancies.

### Our Vision

To be the premier provider of healthcare to infants, children, adolescents and mothers with high-risk pregnancies, through excellence in clinical care, research, teaching and advocacy.

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