



Rady Children's - A comprehensive system focused solely on children.



PEOPLE

Dr. Kelly Swords joins pediatric urology team



Kelly Swords, M.D., M.P.H., recently joined the Division of Urology at Rady Children's Hospital-San Diego.

Dr. Swords comes to Rady Children's from Children's National Health System in Washington, D.C., where she completed a fellowship in pediatric urology. Along with performing common urologic procedures and newborn circumcisions, Dr. Swords has launched a pediatric robotics program at the UC San Diego health system. In this program, pediatric urologists from Rady Children's perform minimally invasive procedures for several pediatric conditions using advanced robotic instrumentation.

Dr. Swords' clinical and research interests include the radiologic evaluation of the urinary tract and minimally invasive surgery. She is also interested in medical education at all levels, quality improvement in medicine -- especially in the operating room -- and health information technology.



PROGRAMS

Specialized program improves children's urologic health

The 2-B-Dry Program, part of the Division's Continence Center, has helped thousands of children learn healthier elimination habits, achieve dryness and reduce problems associated with enuresis. It has also been effective in facilitating optimal surgical outcomes and improving children's self-esteem.

The program is based on the latest research and treatment modalities, and is individualized to meet each child's particular needs. The conditions treated include enuresis, nocturnal enuresis, giggle or stress incontinence, urinary urgency, urinary frequency, dysuria, post-void dribbling, recurring urinary tract infections and encopresis. With just two visits, patients show a significant reduction in symptoms associated with bladder and bowel dysfunction.



innovation
belongs in every moment

Expert care is provided by board-certified nurse practitioners -- in collaboration with pediatric urologists -- who have specialized training and experience in evaluating and treating bladder and bowel control issues in children. Registered nurses are another important part of the team. Along with providing urodynamics, bladder scanning and medications when needed, the program offers counseling, biofeedback and complementary therapies.

[Read more about the 2-B-Dry Program.](#)



Using the electronic health record for clinical research

[George Chiang, M.D.](#), chief of the Division of Urology at Rady Children's and an associate professor of surgery and chief of pediatric urology at UC San Diego, is exploring the use of electronic health records (EHR) software, such as Epic, for clinical research.

Dr. Chiang serves on a national steering board for Epic and pediatric urology, and is the principal investigator on two intramural grants from Rady Children's proposing "secondary use" purposes for the EHR. As part of a multi-institutional cohort, he currently uses structured data narratives in the Epic EHR for outcomes analysis of pediatric health conditions. "This method harmonizes your clinical workflow with your research interests, taking advantage of the calculated power of automatic data capture to allow for multi-institutional research that's cost effective," Dr. Chiang says.



He is also developing clinical trial alerts for pediatric specialties within the Epic EHR to assist with identification and recruitment of eligible patients throughout the Rady Children's health information network. This network, one of the largest in the country, includes the largest pediatric group practice in San Diego, which provides care to approximately 30 percent of the region's children.

Dr. Chiang notes that the EHR can also be used to advance genomics research. "The current movement towards genetic analysis can provide the genotype of a patient," he explains, "whereas using the EHR as a way to classify a patient's comprehensive phenotype can complement the push for genetic sequencing."

Spina bifida study aims to prevent obesity in children

[George Chiang, M.D.](#), has received a grant from the [Patient-Centered Outcomes Research Institute \(PCORI\)](#) to study obesity in the child and adolescent spina bifida population in San Diego. The goal of the research is to develop an early intervention program to prevent obesity in these patients, while it is still possible to affect eating choices and boost physical activity.



After the age of 6, at least 50 percent of all children who have spina bifida are overweight, and in adolescence and adulthood, more than 50 percent are obese. In San Diego, more than 70 percent of the spina bifida patients are Hispanic, who already have a greater incidence of high cholesterol, high blood pressure and diabetes. As a result, cardiovascular disease is more prevalent among adults with spinal cord dysfunction living in San Diego than in the able-bodied population and is also the leading cause of death.

To identify the weight issues facing San Diego's Hispanic spina bifida population, Dr. Chiang and his colleagues are reaching out to community investigators in obesity research to create a community network composed of patients, parents, caretakers and researchers who are invested in preventing and addressing obesity in this high-risk group. These investigators include Dr. Ruth Bush and Dr. Cynthia Connelly at the University of San Diego School of Nursing.

The community network has met regularly and recently presented its findings at the national PCORI meeting in Washington, D.C.



Learn more at RCHSD.org