

# Innovations in Pediatrics

## Rady Children's

Hospital  
San Diego

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



## PEOPLE

### Plastic surgery team offers specialized expertise

The highly skilled and experienced physicians of the [Plastic Surgery team](#) at Rady Children's Hospital-San Diego treat complex craniofacial disorders as well as functional problems with the jaw and airway. They are [Amanda Gosman, M.D.](#), [Ralph Holmes, M.D.](#), and [Samuel Lance, M.D.](#)

The [Division of Plastic Surgery](#), which is internationally known, cares for children with a wide variety of conditions, including cleft lip and palate, vascular lesions and craniosynostosis, a congenital defect that prevents normal skull and brain growth. Surgery is also performed on the ears and nose, following the removal of cancerous tumors and for sleep apnea. It is a high-volume program, with more than 1,000 procedures performed a year.



Dr. Gosman, chief of the division and the director of craniofacial surgery, is also the interim division chief of pediatric plastic surgery at UC San Diego School of Medicine and a professor of plastic surgery, as well as the director of the UC San Diego Plastic Surgery Residency Program and Craniofacial Fellowship. Additionally, she directs the [Fresh Start Clinic](#) at Rady Children's, where she volunteers to perform free reconstructive surgery for patients at the Hospital. For her work at the clinic, she was named a "Healthcare Champion" by the *San Diego Business Journal* and a "Local Hero" by Bank of America.

Dr. Holmes, the vice chief of plastic surgery and a volunteer professor at UC San Diego School of Medicine, is a pioneer in the use of biodegradable devices in craniomaxillofacial surgery. A founder of Rady Children's [Vascular Lesion and Birthmark Center](#), he collaborates closely with the Dermatology division. He also has a personal interest in reconstruction of the outer ear and was the first to bring to Rady Children's modern techniques of creating new ears from rib cartilage for children with microtia, a congenital deformity of the outer ear.



Dr. Lance, an assistant clinical professor at UC San Diego School of Medicine, specializes in both cosmetic and reconstructive plastic surgery, with expertise in pediatric and adult craniofacial surgery. In children, he treats complex craniofacial disorders (acquired or congenital abnormalities of the skull, face, neck, jaws and head), including vascular lesions, craniosynostosis (early fusion of cranial sutures), frontonasal dysplasia, facial cleft, vascular malformation, and cleft lip and palate. He also performs pediatric breast reconstruction for asymmetry and pediatric breast reduction for abnormally large adolescent breasts and complex skin lesion management. Along with Dr. Gosman, he is a volunteer surgeon at the Fresh Start Clinic.



## PROGRAMS

### Behavioral Health Urgent Care: a critical community resource

The [Behavioral Health Urgent Care \(BHUC\)](#), located in the Mid-City community, serves children and families who are dealing with a behavioral health crisis. Made possible by a generous grant from Price Philanthropies Foundation, the BHUC fills a critical need for urgent pediatric behavioral health services in the San Diego region.

Since opening in December 2016, services have been provided to a diverse population from throughout the county, in languages including Spanish, Somali, Vietnamese and American Sign Language. In the



BHUC's first six months of operation, more than 60 percent of the visits were crisis intervention sessions.

Patients coming to the BHUC also avoided waiting in the emergency department, resulting in reduced healthcare costs and enhanced quality of care. Caring for children with behavioral health issues in the ED setting often presents challenges, as the environment is not conducive to calming agitated children. Moreover, providers can have difficulty managing these patients while triaging others, which can lead to a disruption of care.

Patient surveys have elicited very positive feedback, with respondents overwhelmingly rating the BHUC at the top of the satisfaction scale.

Referrals by community providers and health plans are welcomed to this unique community resource. For more information, call 858-966-5484. Appointments can be made Monday through Friday from 9 a.m.-4 p.m.; the walk-in clinic is available weekdays from 4-8 p.m.



## INNOVATIONS

### Rady Children's to open region's first psychiatric ED for children

Rady Children's Hospital, in a joint effort with the David C. Copley Foundation, will establish the region's first pediatric psychiatric emergency department. The Copley Foundation provided a \$5 million grant to offer this specialized care.



innovation  
belongs in every moment



### Rady Children's genomic institute makes national news

The groundbreaking work of [Rady Children's Institute for Genomic Medicine](#) has been featured in *Time* magazine. The article, which appears in the Oct. 2 issue, highlights the cases of two critically ill newborn patients at Rady Children's Hospital.

In the first case, newborn Sebastiana Manuel (pictured right) began having severe seizures shortly after being born. When doctors were unable to diagnose her



symptoms, she was rushed to Rady Children's [neonatal intensive care unit](#). Based on her acute condition, her parents were told that their child might not survive. As a last resort, rapid whole genome sequencing was performed by Rady Children's Institute for Genomic Medicine. Within a few days, the test revealed a rare genetic mutation. Doctors immediately changed the newborn's antiseizure drug to one shown by her DNA to be more effective. Once the change was made, the seizures stopped. Thanks to the early treatment, Sebastiana is now virtually seizure-free, and there is a strong chance she will not have severe developmental delays.

In the second case, genome sequencing provided valuable information to a family of a newborn born with both a congenital hernia and a heart problem. The conditions required two operations in her first four weeks of life. Her parents agreed to get genetic testing to

The psychiatric ED is the latest step in Rady Children's commitment to fighting the growing mental health crisis among youth in the region. "One in five children in the U.S.



experiences a behavioral health disorder - that's 190,000 children in San Diego alone," says Benjamin Maxwell, M.D., medical director of inpatient psychiatry at Rady Children's. "Less than 10 percent of these children receive any medical attention. This dedicated emergency department will assure that children in crisis have access to immediate care."

Teens in San Diego suffer the highest rate of suicide in the state. Nationally, 12 teens die each day as a result of self-harm, and suicide is the third leading cause of death among people age 10-24 in the U.S.

Projected to open in 2019, the psychiatric ED is expected to be housed in the same building as the [Sam S. and Rose Stein Emergency Care Center](#) but will provide patients a separate space from the medical activity in the Hospital's main emergency department. Clinicians will also be dedicated to responding to pediatric mental and behavioral health emergencies. Patients will receive a full psychiatric evaluation, including screening for inpatient psychiatric hospitalization needs, as well as crisis intervention and stabilization (and a pathway to referrals), follow-up resources, education and outreach.

The new emergency department will complement the Hospital's existing behavioral health programs, including the [Child and Adolescent Psychiatry Services \(CAPS\)](#) inpatient care unit and a full range of [outpatient psychiatry services](#).

[Learn more about Rady Children's Behavioral Health services.](#)

learn if DNA defects were the cause, as the results could help their daughter's treatment. The findings could also affect their family planning. The sequencing revealed nothing unusual, alleviating the parents' concern about passing on the conditions to future children.

The article features the Institute's CEO and president, Stephen Kingsmore, M.D., D.Sc., Donald Kearns, M.D., M.M.M., chief executive officer of Rady Children's Hospital, [Jeffrey Gold, M.D., Ph.D.](#), director of neonatal neurology at Rady Children's Hospital and philanthropist Ernest Rady.

[Read the story online.](#)



**Learn more at [RCHSD.org](#)**

