

# Innovations in Pediatrics **Rady Children's** Hospital San Diego

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



## PEOPLE

### Dr. Holmes: A career of leadership and service

Nicholas Holmes, M.D., M.B.A., is senior vice president and chief operating officer at Rady Children's Hospital-San Diego. Prior to assuming this position in 2014, he served on the Hospital's medical staff and held vital leadership roles within the Hospital and Rady Children's Specialists of San Diego.



Dr. Holmes was chairman of the Department of Surgery, vice president/medical director of surgery, acting surgeon-in-chief and chief of the Division of Urology. Under his leadership, the division became nationally recognized and highly ranked by *U.S. News & World Report*. Among his accomplishments, he and his colleagues developed a clinical pathway to achieve the best surgical outcomes for vesicoureteral reflux, a condition that can result in end-stage renal disease. Subsequently, they presented lectures to community primary care physicians about their approach.

Dr. Holmes received his medical degree at the Georgetown University School of Medicine. He completed his residency training in urology at the Naval Medical Center San Diego and fellowship training in pediatric urology at the University of California, San Francisco. In 2011, Dr. Holmes earned a Physician Executive

Masters of Business Administration from the University of Tennessee-Knoxville. In 2017, he was among the first cohort of physicians to become board certified in administrative medicine by the American Board of Physician Specialties.



## PROGRAMS

### Genomics conference explores latest breakthroughs

[Rady Children's Institute for Genomic Medicine](#) is hosting its 3rd Annual Frontiers in Pediatric Genomic Medicine Conference on April 25-27 in La Jolla, Calif.



The event will explore innovations in rapid whole genome sequencing through patient stories, case studies and discussions with leaders in research, industry and healthcare. Speakers have been selected from throughout the country and around the world.

Among the presentations are "NICU Rapid Whole




## RECOGNITION

### Rady Children's, CFO honored for medical supply donations

Rady Children's and four other hospitals recently received awards for providing medical supplies and materials to hospitals

Genomic Sequencing," "Discovering New Disease Genes," "Is Rare Disease Genomics Cost Effective?" and "Using AI to Automate and Expedite Diagnosis." [View the program agenda.](#)

The conference will be held at the Scripps Institution of Oceanography in the Robert Paine Scripps Forum for Science, Society and the Environment. Registration for the conference is \$300 (meals and reception included), and one-day registration is \$100 (meals included). [Register here.](#)

[Watch the video to learn more.](#)



## ED screening all teens for depression and suicide

The rising number of behavioral health visits to the [Sam S. and Rose Stein Emergency Care Center](#) at Rady Children's has prompted emergency department staff to screen all children over the age of 12 for depression and suicide, and provide interventions for at-risk patients.

Through a year-long process, a Hospital committee selected evidence-based screening tools, educated staff and rolled out the tools in the electronic medical record. Emergency Department Manager Jason Malia, M.H.A., B.S.N., R.N., C-NPT, who was a member of the committee, discussed the screening tools at the recently held 2018 Quality and Safety in Children's Health Conference.



"We chose two screening tools because they were tried and tested," Malia says. "It's staggering to think that half of the patients who hurt themselves or commit suicide have been to a hospital or clinic to get help, maybe hoping someone recognized they needed help."

The first screening tool is the PHQ-9 patient health questionnaire, which starts with two questions:

- Have you in the past two weeks felt down, depressed or hopeless?
- Have you had little interest or pleasure in doing things?

If the patient's scores on these questions are flagged, staff continues through the PHQ9, and if the patient is found to be potentially suicidal, a second screening tool is employed: the Columbia Suicide Severity Rating Scale (C-SSRS).

For patients found to be at risk for suicide, social workers are immediately involved and a multidisciplinary plan is developed to ensure patient safety. For patients who show a moderate to severe risk for depression, numerous resources are provided to their families. The Hospital then makes follow-up phone calls to ensure that families are connecting with these resources.

in Ethiopia.

Kathleen Cain (pictured right), Rady Children's chief financial officer, has been leading the effort. During her tenure at Children's



Hospital Oakland, she became involved with the charity Humani Villages, which seeks to reduce extreme poverty in Ethiopia.

The charity asked Cain to go with them to visit a hospital in Addis Ababa, and the conditions she observed prompted her to take action. "The NICU scale was a blue, shallow plastic feed bucket connected with a rope to a meat scale," she says. "We can do better than that."

After the charity told her that there was a way to ship medical supplies to the country, Cain began asking hospitals for their used equipment or outdated supplies. Three pediatric hospitals -- Valley Children's Hospital, UCSF Benioff Children's Hospital and CHOC Children's Hospital -- along with Sharp Memorial Hospital -- joined the cause.

This group provides supplies to hospitals throughout Ethiopia but primarily works with the country's six teaching hospitals. More than 20 containers of supplies have been delivered to date. Cain recently visited the hospitals and was thrilled to see the supplies being used.

"Before there might have been one crash cart for a hospital, and to see one crash cart per floor per unit was a huge improvement for them," she says. "They were so grateful."

In recognition of their work, St. Paul's Hospital Millennium Medical College, the teaching faculty for the Ethiopian hospitals, presented Rady Children's and the other hospitals with an award and certificate. Cain received her own award and certificate for getting the hospitals to donate.



**Learn more at [RCHSD.org](http://RCHSD.org)**

Rady Children's records about 3,000 visits a year for mental healthcare, representing about 3 percent of all emergency department visits.

[Learn more about the screening tools.](#)

