



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Electronic Medical Records Coming to Advanced Pediatrics in 2007!

Advanced Pediatrics is dedicated to providing patients with the most advanced pediatric care available through innovations in clinical care, technology and customer service. Over the past year a special committee comprised of health care providers and management has been carefully evaluating the implementation of an electronic medical record (EMR) system for our offices. After analyzing the features and benefits of several leading products, the committee recommended AllscriptsTouchWorks EMR. Allscripts Healthcare Solutions is a leading provider of clinical software, connectivity and information systems designed for mid-to-large sized medical organizations. The EMR system enhances clinical care and physician productivity by automating many common physician activities and providing web-based access to medical records from multiple locations. Specific benefits of the new electronic medical records system include:

- ◆ More efficient, complete and legible documentation of patient visits
- ◆ Improved patient care due to integrated medical resources and the ability to quickly search medical history/records based on specific criteria
- ◆ Instant access to patient records at each of our three office locations, eliminating the need to "fax" or send records between offices
- ◆ Eventual electronic transfer of medical information between specialists, hospitals, labs and pharmacies,

allowing providers to electronically order and view lab tests, make specialist referrals, and electronically send new and refill prescriptions to pharmacies.



- ◆ Improved efficiency and productivity by office staff due to reduction in time required for manual tasks such as chart pulling and filing, updating of demographic and insurance information, and telephone/print communication between offices, labs, specialists and hospitals.

Beginning this fall, several development teams of clinical, administrative and management staff will begin the 6-9 month development of the system. It is expected that we will begin using parts of the EMR by Fall 2007. The development and implementation of the EMR will support our dedication to providing the most advanced pediatric care available to our patients. With a growing patient base and three office locations, TouchWorks will allow instant access to patient records at each of our office locations, resulting in better patient care, improved clinical and administrative efficiencies, and enhanced patient education. We are excited about this new technology and the benefits it provides, and look forward to keeping patients informed about our EMR progress during the next year.

Working to Build a Better Community!



Advanced Pediatrics Sponsors Kids' Fall Frenzy Triathlon

For the third year in a row, Advanced Pediatric Associates has sponsored the Kids' Fall Frenzy Triathlon in Parker. The event was held on August 13, 2006, at the Parker Recreation Center and included over 200 children plus their

families. The competition was divided into three age groups and included swimming, biking and running events. Each child participant received a t-shirt, goodie bag and award. Lunch and DJ music were provided for all who attended. Proceeds from the event went to benefit The Children's Hospital at Parker Adventist. Advanced Pediatrics is pleased to be able to sponsor children's events which foster healthy exercise habits and support health care for area children

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Hand in Hand for Healthier Children



Time to Schedule Flu Shots



The providers at Advanced Pediatrics strongly recommend that all children over 6 months of age receive the flu vaccine in order to be protected from the flu virus this season. As has been demonstrated over the past few years, the supply of flu shots available in the United States varies from year to year due to manufacturer limitations. This year manufacturers state that they will have plenty of vaccine, but that the shipment of the vaccine has

experienced a national delay. Although Advanced Pediatrics has ordered more than 10,000 doses of vaccine for this year's flu shots, full shipments to pediatricians are not expected until November or December. Although this is a change from previous years, the Centers for Disease Control and the American Academy of Pediatrics have emphasized that the flu season does not usually peak until anywhere from late December through March, **so children will still have plenty of time to get vaccinated before flu season.**

We currently plan to begin administering flu shots by appointment in early to mid November. In addition, we plan to hold several flu shot clinics on Saturdays from mid November to early December. Please call our Central Appointment Line to schedule a visit for a flu shot at your earliest convenience. Children under 9 years of age receiving the flu vaccine for the first time will require 2 doses, administered one month apart. Please check our website for the latest information about flu vaccine availability.

Adolescent Gynecological Services

We are now scheduling gynecological appointments for teens including:

- ◆ Annual pelvic exams (centrally located at our Centennial office)
- ◆ Diagnosis and treatment for delayed onset

of, irregular, or painful menstrual cycles

- ◆ Testing and treatment for sexually transmitted diseases
- ◆ Pregnancy testing
- ◆ Birth control and emergency contraception

For more information, please request an "Adolescent Services Brochure" or call to speak with one of our care coordinators.



New Vaccine Recommendations

RotaTaq - An oral vaccine now recommended by the CDC to protect infants and young children from Rotavirus. It is given to infants in three doses at 2, 4 and 6 months of age. Rotavirus causes severe diarrhea, is often accompanied by vomiting and fever, and causes 70,000 hospitalizations annually.

ProQuad (MMRV) - A new combination vaccine that protects against Measles, Mumps, Rubella and Varicella (chickenpox). It is given at 12 months and 4 - 5 years.

Varicella - The CDC is now recommending a 2nd dose of Varicella (chickenpox) for children and adolescents over the age of 5 years.

Gardasil - A vaccine recently approved by the FDA to protect against HPV (Human Papillomavirus), the leading cause of cervical cancer. It is recommended for girls beginning at age 11-12 and is administered in three doses, two months apart.

Spotlight on Toni Weil - Centennial and Parker Office Manager!



Toni Weil joined Advanced Pediatric Associates in 2006 as office manager of the Centennial and Parker offices. Toni has worked in healthcare since 1978, holding both clinical and management positions,

and has certifications in Medical Assisting, Medical Compliance-Physicians and Medical Coding. She is also a certified massage therapist. Toni enjoys the problem solving aspect of her position and being able to help both staff and the parents of our patients. Outside of work, Toni enjoys crafts, scrapbooking, sewing and spending time with her family. She is a proud mother of two and grandmother of four!

The office managers at Advanced Pediatrics play a very important role in helping our offices to run smoothly and provide optimal patient care. They are responsible for hiring and managing office staff and responding to patient concerns. Our office managers enjoy helping people and making patients and parents feel welcome.

Advanced Pediatrics Bids Farewell to Dr. Brandon Davison-Tracy

It is with the very best of wishes for success that the staff at Advanced Pediatrics bids farewell to Dr. Brandon Davison-Tracy at the end of this year. After contributing as a physician for Advanced Pediatrics for the past six years (and partner for the past three), Dr. Davison-Tracy has decided to venture out on his own by starting a new pediatric practice, Stapleton Pediatrics, near the old Stapleton airport. Dr. Davison-Tracy will be missed by both staff and patients. We wish him the very best in his new endeavor!

We are in the process of hiring two new physicians for our physician staff. Advanced Pediatrics carefully selects new physicians based on academic and professional achievement. We are confident patients will be impressed with the level of care they provide.

Employment Opportunities at Advanced Pediatrics

Come join the APA team! We often have positions open at our offices and invite qualified applicants to apply. Applicants must possess appropriate experience, have great customer service skills, and enjoy working with children and their families. Advanced Pediatrics offers competitive salaries and benefits and is an equal opportunity employer. For information on job opportunities at Advanced Pediatrics, visit the employment page of our website at www.AdvancedPediatricAssociates.com or call our Human Resources department at 720-886-9408 for more information.



Nutrition Tip for Fall - No More Soft Drinks!



Some experts believe that simply eliminating soda pop from your child's diet may be the easiest way to reduce the risk of childhood obesity and diabetes.

In fact, medical researchers at Children's Hospital in Boston found children who consume one extra sugar-sweetened drink a day have a 60% greater chance of becoming obese. With 14 percent of America's children now obese or overweight and a doubling of childhood diabetes cases in the United States, these findings carry even greater importance. Researchers now blame soda pop consumption as playing a

major role in the increase of childhood obesity. According to the US Department of Agriculture, the consumption of soft drinks has increased 500% in the last 50 years and children and adolescents are major consumers:

- ◆ Over half of 8 year olds drink a soda daily.
- ◆ Children who drink soft drinks consume almost 200 more calories per day than their counterparts who don't.
- ◆ Teenagers in the US now drink twice as much soda as milk.
- ◆ Average soda consumption among teens between the ages of 13 and 18 is two to three or more cans a day.

Why is soda pop so unhealthy? It provides calories, sugar, sodium and (sometimes) caffeine with no nutritional value. In fact, soft drinks constitute the leading source of added sugars in the diet, amounting to an average of 36.2 grams daily for girls and 57.7 grams for boys.

So how should parents handle soda pop? Think of it as "liquid candy" – a special "occasional" treat, not a daily beverage. Instead switch to low fat milk or water (add a slice of lemon or lime for some extra pizzazz!), and help your child build a healthy habit for life!

Is it a Cold or the Flu?

People often confuse the common cold with the flu (influenza). Both are respiratory infections caused by a virus, but the flu is more severe and carries different symptoms and complications. Generally a cold will resolve on its own, although it can occasionally lead to secondary bacterial infections of the middle ear or sinuses (which can be treated with antibiotics). Sometimes, however, parents mistake the flu for a bad cold, and serious flu complications like pneumonia may be overlooked that might have been prevented with antiviral medications. The following helps to distinguish a cold from the flu:

Common Cold

Typically, colds begin slowly, two to three days after infection with the virus. The first symptoms are usually a scratchy, sore throat, followed by sneezing and a runny nose. Temperature is usually normal or only slightly elevated. A mild cough can develop several days later. Cold symptoms usually last from two days to a week.

Influenza

Signs of the flu include sudden onset with a headache, dry cough, and chills. The symptoms quickly become more severe than those of a cold. Muscle aches in the back and legs and fever of up to 104 degrees are common. The fever typically begins to subside on the second or third day, and then respiratory symptoms like nasal congestion and sore throat appear. Fatigue and weakness may continue for days or even weeks.

If you believe that your child might have the flu, call our central appointment line to make an appointment with a provider for evaluation and treatment.



A Reminder about Using Antibiotics

Antibiotics are only effective against bacterial infections, NOT VIRUSES, and frequent and inappropriate antibiotic use leads to the development of antibiotic-resistant bacteria. For proper antibiotic use:

- ◆ Be sure your child takes antibiotics exactly as prescribed, completing the full dose prescribed.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

The common cold and influenza are both VIRUSES and cannot be treated with antibiotics (although sometimes antibiotics are necessary to treat secondary infections of the ear, sinuses or lungs).

What are Retail Based Health Clinics?



Over the past few years major retail chains such as CVS, Target, Kroger and WalMart have been testing retail based health clinics in selected grocery, discount and drug stores in the United States. These clinics offer a limited menu of simple walk-in services and are staffed primarily by physician assistants and nurse practitioners, often supervised by an off-site physician. Less

than 50% of these clinics accept insurance and charge an average of \$40 - \$70 per visit.

As these clinics open in select Colorado locations, we know patients will be interested in knowing more about them and if they are an option for occasional pediatric care. The American Academy of Pediatrics recommends that parents consider carefully the pros and cons of receiving care at a retail health clinic. In their policy statement, the AAP reminds parents that these clinics do not offer the continuity of care provided by traditional medical practices, and without access to medical records including a patient medical history, drug

allergies and recent treatments, these clinics are at a disadvantage to treat many illnesses. The AAP is concerned that in-store clinics lead to fragmentation of patient care, inadequate follow-up and missed opportunities for preventive care of patients. The providers at Advanced Pediatrics recommend that children be seen in one of our offices whenever possible, and believe our same-day access policies and nurse advice line provide a valuable service to parents seeking same day care or home care advice. If your child is seen at a retail health clinic, please bring a copy of the retail health care progress report to your child's next visit for review by one of our providers.



Focus on Wellness



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Kids Need Time to Play!



A new report from the American Academy of Pediatrics “says free and unstructured play is healthy and - in fact - essential for helping children reach important social, emotional, and cognitive developmental milestones as well as helping them manage stress and become resilient.” This report was written as a reaction to the ever demanding and hurried lifestyles that children face today due to heavy academic and extracurricular loads and cites a number of factors that have led to decreased time for free play among America’s children:

- ◆ More children are in child care settings and after school care with programmed activities and an academic focus, rather than time for free play.
- ◆ Parents feel pressured to provide as many extra-curricular opportunities as possible for their children.
- ◆ As the college admission process has become more rigorous, families feel pressured to begin building a college resume of academic excellence and a wide range of activities and volunteer efforts at much younger ages than in years past.
- ◆ Because high schools are judged by the rates in which students are accepted into prestigious universities, students are pressured to carry increasingly rigorous academic schedules filled with honors/AP courses.
- ◆ There is a national trend in schools to place more focus on reading and math, resulting in decreased time left for other subjects, creative arts, physical education and recess.
- ◆ Children are spending more time in passive entertainment – television and video games – rather than creative free play.
- ◆ Due to safety concerns regarding unsupervised outdoor play, children spend less time playing outdoors.

The American Academy of Pediatrics notes that enrichment, academic and extra-curricular activities serve as a great benefit to American children when they are kept in balance with a child’s individual need for down time and free play. According to the report, “The challenge for society, schools, and parents is to strike the balance that allows all children to reach their potential without pushing them beyond their personal comfort limits and while allowing them personal free playtime.” When this balance is not reached, hurried and overscheduled children suffer from stress, anxiety, depression, perfectionism and an overly critical self evaluation. The AAP states in their report that this lack of balance is taking its toll on U.S. college students, as a survey by the American College Health Association reported that “61% of college students had feelings of hopelessness during the previous academic year, 45% felt so depressed they had trouble functioning, and 9% suffered suicidal ideation.” The report also notes that American families of highly scheduled children also suffer as family time is sacrificed in order to arrange activities and transport children. Rather than striving to arm children with every talent possible, the report emphasizes the importance of building the character traits that will enable children to “navigate an increasingly complex world as they grow older.” The report states that “confidence, the ability to master ones environment, and a deep-seated connectedness to caring about others creates the love, safety, and security that children need to thrive. In addition, to be resilient – to remain optimistic and be able to rebound from adversity – young people need the essential character traits of honesty, generosity, decency, tenacity, and compassion. Children are most likely to gain all of these essential traits when parents and children have time to be together, and to look to each other for positive support and unconditional love.”

The American Academy of Pediatrics suggests the following guidelines to help encourage more time for free play:

- ◆ Choose “true toys”, such as blocks and dolls, in which children use their imagination over passive toys that require limited imagination.
- ◆ Find a healthy balance between an appropriately challenging academic schedule, extracurricular activities and ample time for family interaction and free play. Parents should carefully consider each child’s unique needs and not competitive community standards.
- ◆ Carefully evaluate claims by advertisers about products or programs designed to produce “super-children”.
- ◆ Understand that each child does not need to excel in multiple areas to be considered successful or prepared to compete in the real world.
- ◆ Choose childcare and early education programs that meet children’s social and emotional developmental needs as well as academic preparedness.

For information on stress reduction and coping skills for children and teens, visit: www.aap.org/stress

Hand in Hand for Healthier Children