



# Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

## Advancing Pediatric Care for Our Patients!

### APA Nurse Advice Line - Leading the way with online triage!

In June of 2004, Advanced Pediatrics was selected from Denver area pediatricians to test a new online pediatric protocol, "Doctors Office Call (DOC)," for providing health care advice to patients through our nurse advice line. Through this testing, the nurses at Advanced Pediatrics have provided recommendations to LVM Systems for product improvements before rolling out this system to other local and national pediatric practices.

This system utilizes the same pediatric protocol used by The Chil-

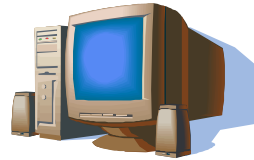
dren's Hospital and written by Dr. Bart Schmitt, a recognized leader in pediatric telephone triage advice.

The new online system allows our nurse advice line to provide consistent, up to date pediatric advice to patients and to electronically document advice given in telephone conversations with our patients. Not only does this system provide for a quicker and more efficient exchange of information, but it also helps to better support continuity of care between our nurses, providers and our after hours service.

The data base for this new online

system is updated frequently by LVM systems and Dr. Bart Schmitt to provide the most advanced information available on a wide variety of pediatric health care topics.

As a recognized leader in providing telephone triage care, Advanced Pediatrics is always looking for ways to improve our service through clinical and technological advancements.



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## Working to Build a Better Community!

### Parker Country Festival Kid's Stage June 10 - 12, 2005 Sponsored by Advanced Pediatrics



For the second year in a row, Advanced Pediatrics was pleased to sponsor the Kid's Stage at the Parker Country Festival.

The Parker Country Festival is the largest annual community event in the Parker area, drawing crowds of over 50,000 children and their families.

This year the Kid's Stage was located in the new gazebo in O'Brien Park and featured a wide variety of entertainment aimed at pleasing children from toddlers to adolescents. The entertainment began with a Kid's Idol Karaoke Contest where local children could compete in four different age groups. The level of talent and enthusiasm that these children brought to the audience was enjoyed by all!

Other entertainment included performances by Broadway Bound Children's Show Choir, Colorado

Youth Dance Theater, Miss Abbie the Clown, All That Entertainment and James Loshbaugh, performing a magic and puppet show.

Staff from Advanced Pediatrics worked with the entertainers at the Kids Stage, passing out free "APA Healthy Kids!" bracelets to children and information about pediatrics and our practice to their families. Our staff had a wonderful time visiting with children and their families from the Parker area!

Advanced Pediatrics looks forward to participating in other neighborhood, school and community events in Aurora, Centennial and Parker.



Hand in Hand for Healthier Children



## New Vaccine Recommendations!

### August is National Immunization Month – Is Your Family Up to Date?

Immunization is one of the best ways to protect your children against diseases that once killed and disabled millions in the United States. While we no longer see many vaccine-preventable childhood diseases, most of the viruses and bacteria that cause these diseases are still circulating. And, new vaccines are being developed that help continue the fight against other diseases that can kill or disable. The Centers for Disease Control (CDC) has recently added some new vaccines to the recommended vaccine schedule for children.

**Meningococcal (Menactra)** – This new meningococcal vaccine is recommended for all 11 and 12 year olds, as well as children entering high school or college. This vaccine protects

children from contracting bacterial meningitis, an infection of the fluid surrounding the brain and spinal cord. Approximately 2,600 people get bacterial meningitis in the US each year, resulting in serious complications or death for up to 30% of patients. APA has added this vaccine to its immunization schedule according to CDC and AAP recommendations.

**Diphtheria, Tetanus and Pertussis Booster (Adacel or Boostrix)** – Both of these DTaP booster vaccines have received FDA approval and are being introduced in the marketplace. The DTaP booster is a very important vaccine as it provides additional protection against Pertussis (whooping cough), Tetanus, and Diphtheria for older children and adults whose immunity for these serious diseases has decreased since their initial immunization. This new booster has

been approved for use in individuals 11-64 years of age. APA anticipates having this vaccine in our offices sometime this summer and will be adding it to the immunization schedule.

**Hepatitis A** – Due to the fact that Colorado is one of six states with incidences of Hepatitis A greater than the national average, APA has added the Hepatitis A vaccine to its immunization schedule for 2-year old children. Hepatitis A is a viral disease of the liver, and 20% of Hepatitis patients require hospitalization.

**Please be sure to check with one of our providers at your next visit to ensure your child is up to date with his or her immunizations or call our nurse advice line if you have any questions about immunizations or your child's immunization status.**

## Time to Schedule Annual Well Care Exams, School & Sports Physicals!

Summer is the perfect time to schedule well care exams, school, sports and camp physicals. Consistent with guidelines from the American Academy of Pediatrics, we recommend well care exams on an annual basis beginning at age two. For children under two years of age, exams are scheduled at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months and 18 months.

Routine well child care exams play an important role in keeping your child healthy. We look forward to getting to know you and your child better at these important visits. These exams provide an opportunity for our providers to examine your child's growth and development and discuss age specific health, behavior and safety issues. These visits often include a vision screening, important lab work and immunizations.

If it has been over a year since your child's last well care exam or you are in need of a school or sports physical, please call our Central Appointment Line as soon as possible, as our summer well care schedule fills up quickly. As always, please check with your insurance company to learn about your well care coverage. Some plans may not cover annual well care exams.

## “A Medical Home for Every Child!”

Did you know that 100,000 “uninsured” children in Colorado are eligible for healthcare through Medicaid, but are unable to find health care providers willing to accept Medicaid patients? Advanced Pediatrics is one of eight pediatric practices in the Denver area participating in a new pilot program designed to provide medical care to these children by improving the quality and cost effectiveness of health services for low income families. Advanced Pediatrics supports the Colorado Children's Healthcare Access Program goal of providing “A Medical Home to Every Child.”

## Welcome Lynda Melton, PA!



Advanced Pediatrics is pleased to announce that Lynda Melton has joined our provider staff!

Lynda Melton graduated from the University of Colorado Health Sciences Center Physician

Assistant Program in 2004. She received a bachelor of science degree in biology and a bachelor of arts degree in psychology from the University of Kentucky in 2000, graduating Magna Cum Laude. Prior to joining Advanced Pediatrics in July 2005, she practiced as a physician assistant at Potomac Square Family Medicine in Aurora. She is certified by the National Commission of Certification of Physi-

cian Assistants, is a member of the American Academy of Physician Assistants and is bilingual in Spanish. Her interests in medicine focus on pediatrics, adolescent medicine and women's health. Her personal interests include outdoor activities such as hiking, biking and snow skiing. She and her husband are expecting their first child in September.

## 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. Current employment opportunities include:

**RN Triage Nurse** - PT/FT, Centennial office

**Medical Receptionist** - FT, Centennial Office

**Care Coordinator** - FT/PT, Centennial office

For more information, visit the employment page of our website at:

[www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com)



## Protecting Your Child From West Nile Virus

Last summer 291 cases of West Nile Virus were diagnosed in Colorado. This virus is spread to humans through bites from infected mosquitoes.

Most West Nile Virus infections produce no symptoms at all. Approximately 20% of infected people will develop a fever, headache, muscle aches, backache, rash and swollen lymph glands. These symptoms generally resolve on their own within a week.

While cases of severe symptoms can occur in children, they are most common in adults over 70 years old or those with a weakened immune system. Serious symptoms from the virus affect less than 1% of infected people and can result in meningitis or encephalitis. Indications of serious symptoms include tremors, stiff neck, high fever, severe headache, slurred speech, paralysis, muscle weakness, disorientation, convulsions and loss of consciousness. Anyone experiencing any of these symptoms should seek medical attention immediately.

The best way to prevent West Nile Virus is to apply insect repellent to the skin and clothing when exposed to mosquitoes. The most effective repellents contain DEET, which is safe to use on infants **older than 2 months of age**. Advanced Pediatrics recommends a concentration of 10% DEET, which will last approximately 2 hours. This may be reapplied if needed according to package directions. Advanced Pediatrics makes the following recommendations when using DEET repellents on children:

- ◆ **Do not use on infants less than 2 months of age.**
- ◆ Do not use combination DEET/sunscreen products, as sunscreen should be reapplied often.
- ◆ Don't apply on hands, eyes, mouth or open wounds, sunburn or skin with rashes. Use sparingly around ears.
- ◆ Always have an adult apply to child. Do not allow child to handle the product.

◆ When using sprays, do not spray directly on face - spray on hands first and then apply to face. Some brands offer repellent wipes, which may be more convenient to use on the face.

◆ Apply DEET to exposed skin only (not under clothes). Use just enough repellent to cover skin (as directed on product label). Heavy application is unnecessary for effectiveness. DEET can also be applied to clothing.

◆ Wash off DEET thoroughly with soap and water after coming indoors. Also, wash treated clothing before wearing again.

◆ DEET is not water soluble, so it does not need to be reapplied if skin gets wet.

◆ **If a child develops a rash or other apparent allergic reaction from an insect repellent, stop using the repellent, wash it off with mild soap and water and call a local poison control center for further guidance.**

## Summer Safety Tips

### Sun Safety

#### Babies under 6 months:

◆ Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the best recommendation to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

#### For Young Children:

◆ Apply sunscreen at least 30 minutes before going outside and use even on cloudy days. The SPF should be at least 15.

#### For Older Children:

◆ The best line of defense against the sun is covering up. Wear a wide brimmed hat, sunglasses (that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

◆ Stay in shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

◆ Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.

◆ Reapply sunscreen every two hours,

or after swimming or sweating.

### Heat Stress in Exercising Children

◆ The intensity of activities lasting 15 minutes or more should be reduced whenever heat and humidity reach critical levels.

◆ At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.

◆ Before prolonged physical activity, a child should be well-hydrated. During activity, periodic drinking should be enforced (each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs, and 9 oz for an adolescent weighing 132 lbs) even if the child does not feel thirsty.

◆ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

### Pool Safety

◆ Never leave children alone in or near pool, even for a moment.

◆ Install a fence at least four-feet high around all four sides of pool. Fences should not have openings or protrusions that a young child could use to get over, under, or through the fence.

◆ Make sure pool gates open out from pool, and self-close and self-latch at a height children can't reach.

◆ Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.

◆ Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.

◆ Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.

◆ Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

Reprinted from the American Academy of Pediatrics website. For more information, please visit:

<http://www.aap.org/advocacy/releases/summertips.htm>



# Focus on Wellness



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## Fostering Self Esteem!



Fostering a high self-esteem should be a goal of every parent. To do this, it is important for a parent to accept a child as the person he is, and help the child to feel good about himself as he develops and grows. According to [Caring For Your School Age Child](#), "the single most important factor in maintaining a child's self-esteem is the presence of an adult who demonstrates respect and acceptance and who provides support that conveys the message "I believe in you." The following characteristics are important in helping a child to develop a healthy self-esteem:

**A sense of security.** A child needs to feel safe about his future.

**A sense of belonging.** A child needs to feel accepted by family, friends, schoolmates, neighbors and outside groups such as sports teams, churches, clubs etc. This type of group identity helps a child to keep from feeling rejected or lonely.

**A sense of purpose.** A child should have goals that help him channel his energy and express his individuality. A child that lacks a sense of purpose may feel bored, aimless, or resentful at being pushed in directions which don't seem to provide an outlet for personal fulfillment.

**A sense of personal competence and pride.** A child should feel confident in his ability to meet challenges. According to [Caring For Your School Age Child](#), "This sense of personal power evolves from having successful life experiences in solving problems independently, being creative and getting results for his efforts. Setting appropriate expectations, not too low and not too high, is critical to developing competence and confidence. If a parent is overprotecting him, and if he is too dependent on a parent, or if expectations are so high he never succeeds, he may feel powerless and incapable of controlling the circumstances in his life." This is especially important as a child approaches adolescence. "Since adolescence threatens to diminish individuality, parents should help children discover their unique talents and interests. Parents should support their children in the belief that it is okay to be different - that difference is special and valued. It is important to talk to a child about things he likes about himself, and about things parents particularly like as well."

**A sense of trust.** A child needs to feel trust in others and in himself. It is very important for parents to keep promises, be supportive and give children opportunities to be trustworthy.

**A sense of responsibility.** Children should be given a chance to show what they are capable of doing. Children should be allowed to take on tasks without being checked on all the time. This helps to give children confidence that they are capable of handling things on their own.

**A sense of contribution.** Children develop a sense of importance and commitment if they are given opportunities to participate and contribute in a meaningful way to an activity or task.

**A sense of making real choices and decisions.** Children feel empowered and in control of events when they are able to make or influence decisions that they consider important (and which are appropriate for their age and abilities, and for their family's values).

**A sense of self-discipline and self-control.** As a child strives to achieve more independence, he needs to feel that he can make it on his own. "Once given expectations, guidelines, and opportunities in which to test himself, he can reflect, reason, problem-solve and consider the consequences of the actions he may choose."

**A sense of encouragement, support and reward.** Children need positive feedback and recognition. Parents should encourage and praise children, not only for achieving a set goal, but also for efforts (even small increments of change and improvement). Comments like, "You are really working hard!", "Look how much you have improved!", and "I am so proud of how hard you are trying!" help children feel pride and achievement for their efforts.

**A sense of accepting mistakes and failure.** Children need to feel comfortable, not defeated, when they make mistakes or fail. Parents should explain that these setbacks are a normal part of learning, and that we all can learn or benefit from our mistakes. By giving constructive feedback and recognition for a child's effort, a parent can overpower any sense of failure, guilt, or shame a child might be feeling and give him renewed motivation and hope.

**A sense of family self-esteem.** Family pride is essential to self-esteem and can be nourished by making time for each other, sharing activities and interests, creating family traditions, tracing a family's heritage, and caring for extended family members. It is important for family members to focus on each other's strengths, avoid excessive criticism and stick up for one another outside the family setting. Children develop a strong sense of family esteem when family members believe in and trust each other, respect their individual differences and show their affection for each other.

Excerpted from [Caring for Your School-Age Child: Ages 5 to 12](#), Bantam 1999. Advanced Pediatrics recommends this book from the American Academy of Pediatrics as an excellent resource for parents of school age children.

*Hand in Hand for Healthier Children*