

It's About PEDS

A Newsletter for physicians from St. Joseph's Children's Health Center

Summer/Fall 2009



Locally Developed Procedure Save Girls Life

One-year-old Amanda Anderson was hospitalized for suspected viral meningitis. After a CT scan showed severe bleeding and swelling in her brain, she was transferred to St. Joseph's Hospital and Medical Center where doctors discovered an aneurysm behind her eyes.

"The aneurysm involved very small blood vessels deep in her brain, a very unusual condition in a child so young," says Robert Spetzler, MD, director of Barrow

Neurological Institute at St. Joseph's.

To safely reach the aneurysm, the physicians used a route into the brain that had been researched and developed

by surgeons, fellows and scientists at Barrow. It is called the modified orbital zygomatic (OZ) approach and involves removing a small piece of bone at the top of the eye and then going under the brain instead of retracting the brain.

Joseph Zabramski, MD, is one of the neurosurgeons who developed the modified OZ approach. He says it was critical to the success of Amanda's operation. "In young children, the skull is small and there's not much extra room around the brain. Retracting the brain can put pressure on it and damage it. With the modified OZ approach, the Barrow team was able to reach the aneurysm without retracting Amanda's brain."

Once Dr. Spetzler reached the aneurysm, he removed it, leaving a hole in the artery where the aneurysm had arisen. He then did a very unusual bypass to repair the opening in the artery. Maneuvering a tiny nearby vessel over the opening, Dr. Spetzler secured the vessel in place with microscopic sutures to prevent future bleeding.

A week after surgery, Amanda went home and two weeks later, she was attending church, visiting her grandparents and going to the zoo.



New Brain Injury Program

St. Joseph's Hospital and Medical Center has created a new brain injury program to comprehensively treat mild to severe traumatic brain and spinal cord injuries. The program combines specialties to accurately and effectively diagnose and treat patients of all ages.

The Barrow Resource for Acquired Injury to the Nervous System (BRAINS) Program offers specialized treatment and rehabilitation for each patient with traumatic brain and spinal cord injuries. The program combines numerous medical specialties to help every patient meet their individual recovery goals.

Continued



Your Patient's Visit to the Eller Congenital Fetal Heart Program



During a patient's initial visit to the Eller Congenital Fetal Heart Program and during follow-up care, they will receive:

- A fetal echocardiogram and analysis by a fetal cardiologist specializing in heart disease in unborn babies.
- Consultation with the fetal cardiologist, with ample time for questions and answers.
- Ongoing patient education and coordination of resources by a dedicated Fetal Heart Program nurse practitioner.
- A comprehensive multidisciplinary approach that includes cardiothoracic surgery, maternal-fetal medicine, neonatology, genetics, anesthesia, other sub-specialists if needed, and social services.
- A tour of the facilities and an opportunity to meet other

members of the cardiac center team. Each family will receive an individualized tour of the Pediatric Cardiothoracic Intensive Care Unit, a review of what to expect during their child's postoperative course and a plan of the comprehensive outpatient services they will be enrolled in upon discharge.

- Each family will have an opportunity to meet other families in the Eller Congenital Heart Center that have a child with a similar or the same heart defect. Families will be introduced to the Eller Heart Family Council, a community of heart families that have developed an integrated network support for new families.

If a heart problem is identified, our team will work with you to plan care, beginning with options for delivery. Each mother will receive a Fetal Heart Program wallet card that identifies her baby's heart defect and how to contact the cardiac team. The Fetal Heart Program card is an informational card that the mother uses to communicate with the Labor and Delivery team when she enters our facility or an outside facility for delivery. After delivery, the baby will be cared for in our cardiac center. If the infant requires surgery, our cardiothoracic surgeons can perform even the most complex surgery for congenital heart disease. All infants will be followed by a comprehensive team of pediatric cardiologist and cardiac nurse practitioners.

Fetal Surgery



The Fetal Care Center of Arizona at St. Joseph's is one of just a few comprehensive fetal care centers in the United States, and the only dedicated fetal care center in Arizona with an experienced fetal surgeon, Gregg Giannina, MD. The Fetal Care Center offers numerous procedures and surgeries for women experiencing a high-risk pregnancy and/or carrying a fetus with serious or life-threatening problems.

Some conditions require treatment while a baby is still in the mother's womb. In-utero fetal surgeries are performed when fetal and placental conditions may result in severe complications or in long-term, irreversible harm to the baby.

The surgical procedures are minimally invasive, using a "mini-laparoscopy." A very small incision is cut in the woman's abdomen, and the doctor inserts a scope inside the uterus to work on the fetus or the placenta. During the procedure, the mother is awake, using only local anesthetic, and can usually go home the next day. There are no stitches required.

Fetal surgeries and/or procedures are available for the following conditions:

- Twin-twin transfusion syndrome
- Complicated monochorionic twins
- Sacrococcygeal teratoma
- Anemia
- Thrombocytopenia
- Cardiac arrhythmias
- Pleural effusions
- Iatrogenic ruptured membranes
- Lower urinary tract obstruction
- Twin reverse arterial perfusion syndrome
- Congenital cystic adenomatoid malformation
- Amniotic band syndrome
- Placental chorangioma

For more information on fetal surgical procedures at St. Joseph's, please call the ResourceLink at 877-602-4111.

Brain Injury Program Continued

Specialties within the program include:

- Child neurology
- Diagnostics
- Intensive Care
- Neurology
- Neuropsychology
- Neuroradiology
- Neurorehabilitation
- Neurosurgery
- Translational research
- Trauma care

Ninety percent of injury-related deaths are caused by traumatic brain injuries (TBI). Because the symptoms and severity of TBIs vary, the condition can be very difficult to recognize and diagnose. Many patients with TBIs are underdiagnosed or never treated and struggle with daily activities throughout their lifetime as a result. Participants in the program will have access to top neurological scientists and research studies at St. Joseph's which includes Barrow Neurological Institute.

"Our mission is to improve the outcomes of those who suffer from neurological injury through comprehensive, individualized care and aggressive medical research," says Javier Cardenas, MD, neurologist at St. Joseph's. "This interdisciplinary program is just part of the ground-breaking work underway at St. Joseph's, which is an internationally recognized leader in neurological treatment and research."

TBI occurs when a sudden trauma causes damage to the brain. It is the leading cause of death and disability in children and young adults and has been called the signature injury of the Iraq war. Approximately 1.5 million Americans sustain a traumatic brain injury each year. The new program includes collaborations with Arizona State University, the Brain Injury Association of Arizona and Phoenix Children's Hospital. It is endorsed by the Sarah Jane Brain Project and the Governor's Council on Spinal and Head Injuries.

Healthy for Life

In a community whose childhood obesity rates mirror the alarming national average, St. Joseph's has created a program that will teach overweight children and their families how to lead a healthier, more active lifestyle.

In early September, St. Joseph's Pediatrics will introduce Healthy For Life, a multidisciplinary clinic devoted entirely to the prevention and treatment of pediatric obesity. Held in the hospital's 240 Building, the clinic consists of monthly 1½ hour long visits in which patients spend 20 minutes with each of four health professionals – a pediatrician, a pediatric physical therapist, a dietitian and a social worker.

"We're taking a global approach to childhood obesity," says Kristen Samaddar, MD. "By creating a one-stop shop and approaching the problem from as many different angles as we can, we hope it will make it easier for these children to overcome their obstacles."

Patients and their families will receive healthy eating information and learn about valuable community resources from the dietitian and social worker. The physical therapist will focus on exercise, measuring endurance through activities such as stair testing. A nurse will help coordinate the program, making follow up calls and providing weigh-ins. Also, if needed, patients will have facilitated referrals to other St. Joseph's services and physicians, such as echocardiography, psychology and gastroenterology.

The clinic's initial patients will be identified from those currently receiving care through St. Joseph's Pediatrics – of which Dr. Samaddar estimates approximately 30 percent are overweight. Her hope is to reach out to 40 patients between the ages of 3 to 18 years in the first year.

"There's a huge need for education and prevention, but in a standard pediatric appointment the time we have to talk about eating right and being active is limited," she says. "This environment will allow us to spend more time getting patients and their families the individualized tools they need to make positive changes."

Internet Crime

While the Internet can be a vast resource for children, it can also allow criminal activity to flourish. Internet predators can prey on unsuspecting children and teens, and many parents do not know what signs to look for.

While many children and teens are quite knowledgeable about the Internet, many do not realize that information they post online is public and can leave an “electronic footprint” for online predators to use against them. Children may also not realize that their new online “friend” is not who they appear to be.

The nationwide Internet Crimes Against Children (ICAC) Task Force Program helps state and local law enforcement agencies develop an effective response to cyber enticement and child pornography cases. This encompasses forensic and investigative components, training and technical assistance, victim services, and community education.

The program was developed in

response to the increasing number of children and teenagers using the Internet, the proliferation of child pornography, and heightened online activity by predators seeking unsupervised contact with potential underage victims.

Within Arizona, the ICAC Task Force is partners with 54 agencies. Arizona detectives and special agents have conducted more than 6,000 investigations resulting in the incarceration of hundreds of offenders. Training efforts have reached thousands of children, parents and community groups.

Finding Internet predators is particularly important because a government study has shown that 85 percent of men who view child pornography also commit sexual abuse crimes.

The Child Abuse Assessment Center at St. Joseph’s works with ICAC to review cases to do ‘age estimation’ for photographs using pubertal development, size, and facial appearance, in order to determine that the person portrayed is actually a child. Unfortunately, in the last few

years the number of cases the center has been asked to review has increased significantly. The Child Abuse Assessment Center also sees children who have been victimized by online predators when a medical exam is needed.

Tips to protect children against online predators

- Talk to your children about the dangers of online predators.
- Instruct your children to never meet anyone they meet online in person, do not upload pictures of themselves and send to people they do not know, and never give out personal information.
- Keep the computer in a common area where it is visible.
- Block adult sites on your computer.
- Block social networking sites.
- Use a “safe search” so that no adult/malicious sites appear in searches.
- Review what is on your child’s computer.
- Track your child’s online activity.

Children’s Rehabilitative Services

It has been nearly one year since the state’s Children’s Rehabilitative Services (CRS) program transitioned its business operations from St. Joseph’s to Arizona Physicians IPA-CRS (APIPA-CRS). While working through significant operational and administrative changes, St. Joseph’s staff members have continued to make clinical care and patient satisfaction a priority to ensure a seamless transition for patients and their families.

An attestation to the team’s efforts, St. Joseph’s most recent patient satisfaction scores on the ADHS 2009 Family Centered Survey mirrored the hospital’s high scores from the previous year. The survey also indicated that approximately 85 percent of patient families were aware of the administrative change.

In a move designed to create a more comprehensive state-wide network and to centralize business operations, APIPA-CRS now administers the state program and contracts with four CRS multi-specialty clinics (located in Phoenix, Yuma, Tucson and Flagstaff). The most noticeable difference has been for providers, in that pre-authorizations and claims now go through the managed care provider.

Fortunately for patients, the network of CRS physicians has maintained stability and most families were unaffected. For those who do

make physician changes to seek the specialty care St. Joseph’s CRS program offers, the St. Joseph’s CRS team has made it a priority to help them through the process.

“I think that our team has done an outstanding job during the business transition. It’s been an amazing demonstration of teamwork in action,” says Kate Holdeman, CRS practice manager. “While we have not only maintained the medical home environment and quality of care to families actively enrolled in CRS services, we are also working diligently with families that have suffered from the loss of funding for medical services from state budget cuts.”

Today, the CRS clinic at continues to grow. Current membership is just under 15,000 patients and the program receives approximately 150 new applications per month. Kate attributes the growth in part to St. Joseph’s comprehensive services.

“CRS has had a long-standing presence at St. Joseph’s. The community is aware of our expertise in treating CRS eligible conditions and they continue to refer patients,” she says. “The healthcare community understands that these children can benefit from the family-centered, interdisciplinary approach to treatment offered here that is not typically available to the families at another pediatrician or subspecialist’s office,” says Kate Holdeman. “These include team planning clinics, genetic counselors, comprehensive rehabilitative services, audiologists, dietitians, interpreters, and social services.”



The Healthy for Life team includes:

Kristen Samaddar, MD
Laurie Jones, MD
Reggie Bowman, MD
Sandy Sexton, RN
Nilou Minaei, RD
Kristin Hix, PT
Nicole Valdez, MSW, LCSW

For more information about Healthy for Life, please contact Dr. Samaddar by e-mailing kristen.samaddar@chw.edu or calling 602-406-5143.

Amazing St. Joseph's



In July, St. Joseph's unveiled a new branding campaign to better distinguish the hospital from other healthcare providers in the Valley. Titled St. Joseph's Amazing, the new campaign

focuses on St. Joseph's highly specialized services and areas of expertise and excellence. The St. Joseph's Amazing campaign has its own look, and the hospital has strategically purchased cost-effective advertising venues to promote it. The ads drive people to stjosephsamazing.org, which features more detailed versions of the amazing St. Joseph's stories that are highlighted in the advertisements. The initial stories focus on a double lung transplant, an infant who received congenital heart surgery, and a teacher who underwent surgery for a spinal tumor. More stories will be added in the future.

St. Joseph's Sub-Specialists Now Serve East Valley

In a collaborative effort between St. Joseph's and Mercy Gilbert Medical Center, the St. Joseph's Medical Group (SJMG) is launching a new multi-specialty practice in Gilbert, AZ. Building off of the two highly successful practices located in downtown Phoenix, the new Gilbert location will combine services from the Eller Congenital Heart Center, Pediatric Cardiology, Women's Care Center, and Maternal Fetal Medicine programs. The new SJMG East Valley office will be located in the Mercy Gilbert Medical Plaza building on the Mercy Gilbert campus.

Slated to open in September 2009, the practice is expected to ramp up quickly and provide a new home for specialized pediatric and women's care that is not currently available in the East Valley. Providers include Joseph Harris, MD, in Maternal Fetal Medicine and Stephen Pophal, MD, Edward Rhee, MD, and Karim Diab, MD in Pediatric Cardiology. Additional physicians from Eller and Women's Care will provide services once the practice is fully up and running.

The practice is located at 3420 S. Mercy Road, Suite 121, Gilbert, AZ across from Mercy Gilbert Medical Center. To make an appointment or for more information, call 480-728-9881 or 480-728-9880.

Keeper of the Wood

John Bodensteiner, MD (right) presents "the Wood" to Kevin Chapman, MD for safe keeping for the year. "The Wood" is given each year in recognition of the individual who makes contributions to the division of Pediatric Neurology that most exemplify the spirit and goals of the division. The faculty member so honored is the "Keeper of the Wood" for the year, at the end of which time, it is passed on to another individual who has made outstanding contributions to the mission of the Pediatric Neurology Division.



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