

HEALTH HIGHLIGHTS

NEWS FROM CHILDREN'S MEMORIAL HERMANN HOSPITAL FALL/WINTER 2009 **FOR PARENTS**

Nationally recognized kidney disorders program puts children first

For the past 25 years, Children's Memorial Hermann Hospital's nephrology program has been diagnosing and treating children with serious kidney problems. And this unique program – one of just two in Houston – is drawing national attention. The program was ranked among the top 20 pediatric kidney disorders programs nationwide by a recent *U.S. News & World Report* survey. But the true measure of the program's

success stems from the difference it makes in children's lives.

"Our goal is excellence for each patient," explains Michael Braun, M.D., director of the nephrology program. "We provide expert treatment for kidney problems and also focus on the unique social, emotional and developmental issues these children face."

Expert Kidney Disorder Treatment

The pediatric nephrology program, available to patients from birth to age 21, treats many kidney disorders, such as kidney failure, blood or protein in the urine, diabetic and nondiabetic forms of kidney disease, hypertension and kidney stones.

Central to the program is the Children's Dialysis Unit. Routine dialysis is needed when the kidneys are unable to eliminate wastes and fluids from the blood on their own. Sometimes children are born with insufficient kidney function or are exposed to toxic substances and require short- or long-term dialysis. The Children's Memorial Hermann Hospital Dialysis Unit offers dialysis treatment in the unit and at home, depending on the patient's and family's needs.

A Focus on the Whole Child

In addition to highly trained pediatric nephrologists, specialized nurses play an important role. Each pediatric nephrology nurse cares for only one to three patients at a time. This allows each child focused, individualized attention.

The program also has a full-time social worker, dietitian and child psychologist. These professionals can address other patient issues, such as special diet concerns, puberty, school problems or financial stress at home. And Child Life Specialists offer a positive, playful and educational diversion to dialysis. Children can get help with homework, read books or participate in games or music.

"We want these kids to succeed in all aspects of their lives," explains Rita D. Swinford, M.D., medical director of the Children's Dialysis Unit. "As children, they need so much support. And through the excellent work of our staff, it's provided." ■

For more details about the kidney disorders program at Children's Memorial Hermann Hospital, call the UT Pediatric Nephrology and Hypertension Clinic at 832.325.6516.



What You Should Know About H1N1 Flu

The new H1N1 influenza virus, or swine flu, spreads the same way that seasonal flu spreads – from person to person through coughing or sneezing. It can also spread when people touch infected surfaces and then touch their noses or mouths. Symptoms include sore throat, headache, chills and fatigue. Diarrhea and vomiting also can occur. Protect your family with the following precautions:

- Get the recommended vaccine for the H1N1 flu, when available.
- Wash your hands with soap and water, especially after you cough or sneeze. When you don't have soap and water, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue out.
- Avoid touching your eyes, nose or mouth.
- Keep surfaces clean with a household disinfectant.
- Don't get too close to people who are sick. Those who have this flu are contagious starting one day before they show symptoms and up to seven or more days afterward.

For updates on the H1N1 flu, visit the Memorial Hermann Swine Flu Information Center at memorialhermann.org/healthinformation/swineflu.aspx.



New ambulances bring intensive care to patients

Children's Memorial Hermann Hospital, home to the Gulf Coast region's only Level I pediatric trauma center and one of only two in Texas, recently unveiled two new ambulances that are so advanced they serve as mobile pediatric intensive care units (ICUs).

The vehicles are designated Specialized Emergency Medical Services Vehicles, a level above Advanced Life Support ambulances, and signal that the vehicle is carrying extra personnel with specialized medical training.

Children's Memorial Hermann Hospital recently became the first pediatric hospital in the region to receive certification from the American College of Surgeons as a Level I pediatric trauma center – the highest level of care available. The new ambulances enable the Children's Transport Team to transfer more children from throughout the region for Level I care at the hospital.

"Our recent certification as the only Level I pediatric trauma center in the region, along with this investment in specialized transport services, demonstrates our strong commitment to providing the best possible care for children," says Craig Cordola, CEO of Children's Memorial Hermann Hospital.

Specialty Care During Transport

The new vehicles serve essentially as mobile pediatric ICU rooms. The transport team will be able to do anything that can be done in a pediatric ICU, including some surgical

procedures like placing chest tubes and breathing tubes. Additional capabilities include using IV pumps, continuous cardiac and respiratory monitoring and carbon dioxide monitoring. En route to the hospital, the team can be in constant contact by phone with a pediatric ICU physician at Children's Memorial Hermann Hospital.

"Studies show that seriously ill children who are transported for higher-level care by a neonatal/specialty care team have better outcomes," says Karen Brumley, R.N., clinical director of the Children's Transport Team. "The upgraded ambulances are an incredible new resource that will allow us to do our jobs even better than before."

More Room, More Capabilities

The roomier vehicles and larger patient care compartments make long trips more comfortable, and there is extra seating for a family member or an additional team member. A built-in generator keeps the waiting ambulance cool or warm even while the engine is off. A refrigerator allows the team to store medications that require a lower storage temperature. Other amenities include an IV fluid warmer as well as storage and electrical outlets for multiple IV pumps, ventilators and monitors.

The ambulances also are equipped with DVD players, so children's movies or music can provide a distraction for alert children. ■

Overweight women should limit pregnancy weight gain

Between food cravings and “eating for two,” most women gain weight while they’re pregnant. But there are limits to what’s healthy when it comes to pregnancy pounds. Experts recommend that overweight and obese women limit weight gain. This can help reduce health risks for both mothers and babies.

Ideally, women should be a normal weight before conception. A body mass index (BMI) between 18.5 and 24.9 is considered normal. Then, they should gain 25 to 35 pounds during pregnancy, according to experts. But for obese women, those with a BMI higher than 30, 11 to 20 pounds is enough. Overweight women with a BMI between 25 and 30 should gain only 15 to 25 pounds, experts say.

Obesity during pregnancy puts both moms and babies at risk for many problems, including:

- Gestational diabetes – diabetes that starts while a woman is pregnant
- Preeclampsia – high blood

pressure that develops while a woman is pregnant

- An unusually large baby, which can cause trauma during birth and a greater chance of needing delivery by cesarean section
- Stillbirth

A recent study in the *Journal of the National Medical Association* found that following a healthy diet during pregnancy helped obese women manage weight gain and reduce health risks. In the study, women who were put on a nutritional plan gained less weight and had lower rates of gestational diabetes, preeclampsia and pre- and post-term delivery than those who were told to “eat to appetite.”

Experts also urge underweight women to gain extra weight to help ensure a healthy pregnancy. Women with a BMI of less than 18.5 should gain 28 to 40 pounds during pregnancy.

These weight ranges are only guidelines. Talk with your doctor about diet and exercise before, during and after pregnancy. ■



Children’s Memorial Hermann Hospital partners with the March of Dimes to work toward its mission of improving the health of babies by preventing birth defects, premature birth and infant mortality. Visit www.marchofdimes.com to learn more.

peter pumpkin squares

- 1 16-oz can **pumpkin**
- 1½ cups **brown sugar**
- 4 **eggs**
- ¾ cup **cooking oil**
- 1½ cups **all-purpose flour**
- 1½ cups **rolled oats**
- 1 tablespoon **ground cinnamon**
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- Margarine** or **butter** to grease the pan

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin,

brown sugar, eggs and oil. Mix well.

3. In a large bowl, mix the flour, oats, cinnamon, baking powder and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9-by-13-inch baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

Serving Size: 1 bar **Yield:** 24 servings

Nutritional analysis (per serving): 180 calories, 8 g total fat, 110 mg sodium, 25 g carbohydrates, 2 g fiber, and 3 g protein.

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Make Your Next Meal Count: Panera Bread Partners with CMHH

The Panera Bread Operation Dough-Nation Program recently chose Children's Memorial Hermann Hospital as the sole recipient of all collections received from in-store donation boxes at Panera Bread stores throughout the greater Houston area.

In addition to the funds collected from each store, Panera Bread will match half of all customer contributions.

Founded in 1992, Operation Dough-Nation and the Community Bread Box Program shows Panera Bread's commitment to community involvement and ensures that the donations made by customers feed back into the community.

So stop in at Panera Bread to make your next lunch – and spare change – count.



Children's Memorial Hermann Hospital
6411 Fannin, Houston, Texas 77030. Call **713.704.KIDS (5437)**.

Knowing emergency first aid saves lives

Garrett Mullikin, 12, was on vacation when he decided to ride his friend's new dirt bike. He lost control on a hill and crashed into a tree branch. The branch pierced Garrett's lung, just missing his heart.

Memorial Hermann Life Flight® was immediately dispatched. At Children's Memorial Hermann Hospital, Richard Andrassy, M.D., pediatric surgeon, was able to remove the branch.

Garrett is now recovering well. Doctors say he and his friends made a critical decision that saved his life when they chose not to remove the branch themselves. Doing so would have been fatal.

Do you know what to do in such an emergency? Be prepared with these tips.

Handling Serious Cuts

- Stop the bleeding. Firmly but gently press down with a clean cloth for 10 minutes. If blood soaks through, add another cloth and press a bit harder. Raise a cut arm or leg above the heart.
- Keep it clean. If the bleeding stops, rinse the cut with cool water. Then clean the edges with soap and water.
- Call the doctor if bleeding doesn't stop after 10 minutes, if the cut is deep or if it has jagged edges.



Recognizing Physical Shock

Shock means that the body's vital organs aren't getting enough blood. Symptoms may include clammy, pale or gray skin; slow or shallow breathing; dilated pupils; confusion or unconsciousness.

Seek emergency care if you think someone's in shock. While waiting for care:

- Don't move the victim, unless the person's life is in danger.
- Keep him or her lying down and warm.
- Loosen tight clothing.
- Don't provide anything to eat or drink.
- If the person is vomiting, turn him or her to one side to prevent choking.

The NBC TODAY Show reported on Garrett Mullikin's story. You can view the video at childrensmemorialhermann.org in the Patient Stories section.