

CARING for **KIDS** from

summerlin hospital

Spring 2017



Age 5 and thriving

Cali Kiss raises hope and awareness as an Ambassador for the March of Dimes

Ready in an emergency

See what makes a pediatric ER different

Ask the Doctor

Tips to help your teen stay healthy



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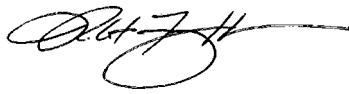


In this edition, you'll have a chance to meet our cover girl, Cali Kiss, who is serving as this year's March of Dimes Child Ambassador for the Las Vegas Valley. Cali was born 10 weeks early, and spent time in our neonatal intensive care unit (NICU), growing stronger and receiving specialized care for medical complications. As you can see, she's doing great, and we are delighted to see our 5-year-old NICU graduate blossoming!

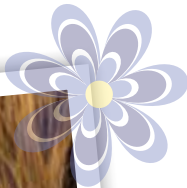
The warmer months mean lots of outdoor fun, from athletic pursuits to simple pleasures like riding bikes and spending time at the playground. They can also mean an increase in possible injuries or, with our desert heat, dehydration. Be sure to check out our article on page 4 about our pediatric emergency department and helpful tips as we head into the summer months.

We'd also like to introduce you to Jessica Casey, MD, a pediatric urologist, who can shed some light on a variety of urological issues that parents may not be aware of. Plus, Wesley Robertson, MD, shares some important information on teen health issues.

Wishing you a season filled with good times, good health and great memories!



Rob Freymuller
CEO/Managing Director



Getting ready for baby *at The Birthplace at Summerlin Hospital*

If you or someone you know is expecting a baby, be sure to check out the many classes available at Summerlin Hospital on topics such as Baby Care Basics, Breastfeeding Support, Infant Massage and more. New e-classes are now being offered as well to help prepare for the big day!

The Birthplace provides a comfortable, family-friendly environment with private suites, lactation support and a Level III Nursery/Neonatal Intensive Care Unit (NICU), should your baby need special care. An antepartum unit supports women with high-risk pregnancies.



To find out more about maternity services, classes and free tours of The Birthplace, please go to www.summerlinhospital.com/baby.



Her time to shine

Five years after being born prematurely at the Children's Medical Center at Summerlin Hospital, preschooler Cali Kiss was chosen to be the Las Vegas Valley Child Ambassador for the March of Dimes. This means she will be a special participant at the upcoming "March for Babies" walk on May 13 (see details below) and other events to raise awareness about the importance of prenatal care and infant-related medical research. "We have a personal story to share," says her mom, Gloria Kiss.



Cali enjoys some fun time with mom and dad, Gloria and Steve Kiss.

Cali's journey began on November 16, 2011, when she was born 10 weeks early, weighing just three pounds. "When your child is born prematurely, many scary thoughts and emotions go through your mind," Cali's dad, Steve Kiss, says.

Almost a month after Cali was born, the family faced another hurdle when they were told Cali could have necrotizing enterocolitis (NEC), a potentially life-threatening intestinal condition. "My heart sank," Gloria recalls. "I felt helpless. But this tiny little baby needed my strength now, more than ever."

Gloria found comfort from the nurses in the Neonatal Intensive Care Unit (NICU) – especially one nurse who guided her "as a mom" and encouraged her to use "kangaroo care," a special way of holding an infant with skin-to-skin contact. "That was the best thing for Cali and for me," Gloria says.

She was also encouraged by a representative from the March of Dimes who reassured her that medical treatment would prevail and Cali would get healthy. She made it her mission to support the organization when Cali was better.

Today, Cali is a thriving 5-year-old who loves ballet, gymnastics, getting her picture taken and making friends. She went back with her mom to visit the NICU at the Children's Medical Center on her fifth birthday and delighted the staff. Together, this family is supporting the March of Dimes to help ensure that all babies, like Cali, have a chance at life. ■



The Level III Neonatal Intensive Care Unit at Summerlin Hospital provides the highest level of nursery care for newborns. To learn more about the Children's Medical Center, visit www.summerlinhospital.com/children.

A two-mile March for Babies walk for the March of Dimes will be held Saturday, May 13, at Sunset Park, 2601 E. Sunset Road, Las Vegas. Registration is at 7:30 a.m., and the walk starts at 8 a.m. Learn more at marchforbabies.org.

Why a **pediatric ER**?

Kids have very different needs from adults, especially in a medical emergency. From staffing to furniture to medical equipment, the Pediatric Emergency Department at the Children's Medical Center at Summerlin Hospital is designed just for kids, says Medical Director Johnn Trautwein, MD.

Child-friendly equipment and comfort

The Pediatric ER is equipped with smaller blood pressure cuffs, nebulizer masks and other age-appropriate equipment, as well as toys, iPads®, movies, snacks and other kid-friendly comforts. Certified child life specialists on staff can help relieve kids' and parents' anxiety by explaining tests and procedures at the child's level of understanding. "Communication with families is so important, and we want to make sure everyone feels informed every step of the way," says Children's Medical Center Director Lisa Sperry, RN, BSN, MHA, CCRN.

Age-appropriate testing and treatment

Pediatric doctors have experience and training to know when testing or antibiotics are needed and what symptoms to look for in diagnosing certain conditions in children, Dr. Trautwein notes. "Just because some of our patients may be adult-sized, that doesn't mean they have the same physiology as an adult," Dr. Trautwein says. In addition to treating physical issues in teens and adolescents, doctors can also identify and diagnose signs of emotional problems, like depression, and help get intervention started.

A team-based approach

The Pediatric ER is staffed by physicians and nurses specially trained in pediatrics and backed by a highly skilled team of subspecialists. The whole idea is to make children feel more comfortable and provide the best care possible, Dr. Trautwein says. ■

To learn more about the Pediatric ER at Summerlin Hospital, please visit www.summerlinhospital.com/children.

Safety reminders



Dehydration – Keep a bottle of water with you when you go out, and try to do your activities in the morning or evening, if possible, to avoid mid-day heat.

Pool safety – Check pool gates and make sure an adult is supervising at all times; don't walk away for even a minute, as accidents can happen fast. CPR training can be obtained through the American Red Cross.

Scorpion stings – Get immediate medical care if your child is stung by a scorpion. While pain, numbness or swelling around the site of the sting can be common, more concerning symptoms include difficulty breathing, drooling, agitation, vomiting, uncontrolled muscles or delirium, Dr. Trautwein notes. Summerlin Hospital's Pediatric ER has antivenom medication, if needed.

Concussion care



The Centers for Disease Control and Prevention (CDC) says you should call 9-1-1- right away or go to the ER if your child experiences the following symptoms after a bump, blow or jolt to the head or body: one pupil larger than the other; drowsiness or an inability to wake up; a headache that gets worse and doesn't go away; slurred speech, weakness, numbness or decreased coordination; repeated vomiting or nausea, convulsions or seizures; unusual behavior, increased confusion, restlessness or agitation; loss of consciousness, even if brief; for infants or toddlers, any of the above conditions or inconsolable crying or refusal to nurse.

Preparing for an ER visit

While ER visits are spontaneous by nature, it can be helpful to be prepared. A favorite stuffed animal or blanket can help to comfort a child, while easy toys and activities can be a great source of distraction for both the patient and his or her siblings. Don't forget chargers for personal electronic devices. Be ready to provide the ER team with information such as your child's current medications, allergies and/or sensitivities, and past medical experiences. "When caregivers are able to remain calm and focused, it helps decrease anxiety for the child as well," notes Sperry.

Take your child to the Pediatric ER if he or she ...

- Has difficulty breathing or lips turn "blue"
- Appears to have a fracture
- Has contracted a serious burn
- Is not acting right and your intuition tells you something's wrong



IF YOU BELIEVE YOUR CHILD IS EXPERIENCING A MEDICAL EMERGENCY, CALL 9-1-1 IMMEDIATELY

"As a parent, be sure to find out where the closest pediatric ER is located and know where to take your child in an emergency," says Johnn Trautwein, MD.

Tuning into TEEN HEALTH



ASK the DOCTOR

**Wesley
Robertson, MD,
FAAP, JD
Pediatrician**

Your child goes through a lot of changes in the teenage years, and good habits today can help support better health well into the future, says Pediatrician **Wesley Robertson, MD**, founder of Sunshine Valley Pediatrics in Las Vegas. As a parent, you can encourage healthy choices. Here are some tips and reminders to help your child stay on track.

Q. What are some ideas for healthy snacks?

The best snacks have less sugar and white flour, and more of the good things teens' bodies need, like complex carbohydrates, calcium and protein. Some healthy ideas include low-fat yogurt, apples and peanut butter, string cheese, popcorn with sprinkled Parmesan cheese instead of butter, kale chips, and fresh fruits and vegetables. Try to avoid sugary "energy bars," and be creative. You can even make your own trail mix with a favorite healthy cereal and dried fruit or nuts.

Q. What vaccines do older kids need?

The Tdap vaccine is recommended for preteens and teens to reinforce protection against tetanus, diphtheria and pertussis (whooping cough). Also, vaccines are recommended to protect against meningococcal disease and the human papillomavirus (HPV), which can pose an increased risk as your child matures. Additionally, an annual flu vaccine is recommended.

Q. Why does my teen want to stay up so late at night?

Teens' internal clocks may make them more inclined to get sleepy later and wake up later. Avoiding long naps, limiting caffeine, unplugging from electronics an hour before bedtime and sticking to a schedule, even on weekends, can help support good sleep habits. Getting quality sleep can help your teen feel better mentally, perform better in school and stay healthier physically.

Q. What are signs of depression or a mental health problem?

Some signs that there may be a problem include a change in school performance, a loss of interest in favorite activities, disruptions in sleep, isolation, personality changes, use of alcohol or drugs, and weight loss. You know your child best. If you feel that something isn't right, it's important to seek professional help. ■



SPOTLIGHT on...



**JESSICA T. CASEY,
MS, MD**

*Pediatric Urologist,
the Children's Medical Center
at Summerlin Hospital and
Children's Urology Associates,
Las Vegas*



"I reassure families and let them know that many urologic conditions are not as uncommon as they might imagine."

What is a pediatric urologist?

We provide care and treatment for a wide variety of conditions related to the bladder, kidneys and genitalia in babies and children. Among the many different health issues we address are complex circumcisions, congenital urological problems, urinary tract infections, bed-wetting and advanced reconstructive surgery of the urinary tract.

What particular conditions should parents be aware of?

For some boys, one or both testicles do not descend into the scrotum before birth. If this condition hasn't resolved on its own by the time your child is 6 months old, early intervention can help improve potential fertility and decrease the risk of testicular cancer in the future. Another serious problem is testicular torsion (or twisting), which is marked by a sudden onset of scrotal pain in boys and teens and requires immediate emergency care to prevent death of the testicle. For girls, we commonly see patients with recurrent urinary tract infections. A pediatric urologist can provide treatment and determine if there is an underlying medical condition increasing their risk for infection.

What if my child is uncomfortable talking about a urological problem?

It can be natural for kids and even parents to feel embarrassed or uncomfortable talking about these very private subjects. As a parent, it's important to talk with your kids and let them know they can tell you if they feel pain or discomfort. Even though it can be hard to talk about at first, getting treatment can relieve kids' anxieties about problems they may be having and help them feel better in the end.

What do you enjoy about your work?

I find it rewarding to counsel families and help them feel more reassured about their treatment options. As a mother to three young children, I understand what it's like to be a parent. I want to help kids and their families get the care they need so they can enjoy living their best, healthiest lives. ■

Supporting healthy starts

Sometimes during pregnancy, an ultrasound can reveal urologic or genital concerns that require special care and counseling. Dr. Casey notes that a pediatric urologist can help to evaluate and manage these conditions before birth to ensure that expectant moms and their babies receive the care they need.



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 - Pediatric ER just for kids

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