

# CARING for KIDS from summerlin hospital

Spring 2018

## Enjoying the little moments

Two-year-old Oliver  
may have special  
medical needs, but  
that doesn't keep him  
from playing!

### Treating childhood cancer

Learn about our approach to  
comprehensive pediatric oncology

### Ask the Doctor

Tweens, teens and  
safe cell phone use



CHILDREN'S  
MEDICAL CENTER

SUMMERLIN HOSPITAL

*Member of The Valley Health System™*



In this edition of *Caring for Kids*, you will meet the little boy on our cover, Oliver, born one minute after his twin brother at Summerlin Hospital. Thirty-six hours later, Oliver underwent his first surgery to correct a rectal malformation. Now a happy and playful two-year-old, he has had many more procedures performed at the hospital, and his parents have stepped up to help others in similar situations. It can be challenging to manage hospital visits and the stresses that come with caring for a child with a chronic illness, so we've put together some helpful tips for parents on page 5.

The Children's Medical Center at Summerlin Hospital serves as the primary pediatric care provider for The Valley Health System with a separate pediatric ER, pediatric ICU and pediatrics on the 5th and 6th floors, and providing surgery, imaging and therapy services for children with chronic or acute medical needs. In addition, we offer comprehensive pediatric cancer care, which we highlight on page 4, including an interview with Pediatric Oncologist Alan Ikeda, MD, about his approach to treating childhood cancer.

If you're the parent of a teen or tween, you might already be thinking of ways to keep your child occupied and safe during summer vacation—especially if he or she is a new cell phone user. Pediatrician Tal A. Minuskin, MD, offers parents guidance on cell phone use based on his expertise and experience with his own sons on page 6 of this issue.

**I'd also like to invite you to sign up for our e-newsletter at [summerlinhospital.com/kidsenews](http://summerlinhospital.com/kidsenews) to receive the latest stories and updates directly to your inbox!**

We hope you and your family enjoy a healthy, happy spring and summer this year!

Rob Freymuller  
CEO/Managing Director



## Neonatal intensive care unit

# REUNION

## Calling All NICU Families!

If your child spent time in our neonatal intensive care unit, please join us to reconnect with your care team and have some summer fun! Wear your red, white and blue!

**Friday, June 15**

**2:00 p.m. – 4:00 p.m.**

**Main Lobby**

**RSVP and/or update your mailing address at [summerlinhospital.com/nicureunion](http://summerlinhospital.com/nicureunion).**



# Moving forward while giving back

*After one of their twin boys was born with an anal rectal malformation (ARM), new parents Lenise and Rocio learned how to navigate life with a child who has special medical needs while finding support and helping other families in similar situations.*



Parents Rocio and Lenise with their twins Oliver and Skyler.

**W**hen baby Oliver arrived one minute after his twin brother, his medical team quickly realized he had imperforate anus, meaning there was a problem with the opening of his rectum and he

would need surgery to attach a colostomy bag at just 36 hours old.

Two years and eight surgeries later, Oliver and his parents have faced many challenges. "The first year was just a blur," says Lenise, "You're in the midst of constant doctors' appointments, tests and surgeries as well as navigating what will work best for the colostomy bag."

Rocio and Lenise found a welcome resource in the Pull-thru Network, a national non-profit organization that provides support for families of children with anorectal, colorectal and urogenital disorders. In addition to receiving useful advice from experienced parents, Rocio and Lenise became the Summerlin Hospital ambassadors for the Caring ARMs Basket project that offers supplies and information for parents whose newborns have colostomies. Rocio and Lenise add an extra bag of supplies they found helpful and a card for each family.

The journey isn't over yet for Oliver and his family, but they continue to "roll with it," says Lenise. "We travel and do everything we can to ensure our boys have opportunities, and we all enjoy the little moments in life. We just keep moving forward while trying to give back."

The affiliation between Children's Medical Center at Summerlin Hospital and Intermountain Primary Children's Hospital in Salt Lake City, Utah, allows pediatric specialists to collaborate on Oliver's care to determine best options and outcomes for his continued medical journey. ■

**To learn more about the Children's Medical Center, visit [summerlinhospital.com/children](http://summerlinhospital.com/children).**



## NEW pediatric unit

Our Children's Medical Center has expanded to the 6th floor of Summerlin Hospital. Our new 6th floor center offers child and teen-friendly features including custom flooring, paint, artwork and bedside tables. We also have lower countertops at the nurses' station, so our patients can see our care team more easily. Both pediatric centers have a treatment room, a playroom and secured access.

# Treating childhood CANCER



**L**ast year it was estimated that some 10,270 children would be diagnosed with cancer in the U.S. according to the Centers for Disease Control and Prevention with leukemia, lymphomas and brain and other central nervous system tumors the most common. At the Children's Medical Center of Summerlin Hospital, we offer childhood cancer patients and their families a safe, welcoming environment and comprehensive care for cancer diagnoses, treatment and recovery.

## Comprehensive cancer treatment

The Children's Medical Center provides chemotherapy treatments and coordinates complementary care that may include tumor reduction and surgery.

Our pediatric intensivists work closely with Children's Specialty Center of Nevada, physician specialists and our pediatric ICU team for advanced care, surgery, imaging procedures and other needs.

## Specialists in pediatric cancer

There are 39 certified chemotherapy nurses on staff, as well as an oncology educator to provide information about the disease process, signs and symptoms, medications and side effects to families and staff. Full-time, certified child life specialists on staff support children and families, helping them cope with stress and anxiety that medical tests and procedures may cause, explaining things in kid-friendly terms and arranging fun activities like guest visitors.

## Stem cell transplants

Summerlin Hospital is now able to offer autologous stem cell transplants, which may be necessary after a patient receives a high dose of chemotherapy. Stem cells are immature cells that can develop into new, mature cells, such as white blood cells, red blood cells or platelets. Stem cells can be collected from the patient before treatment through a peripheral blood stem cell (PBSC) donation and transplanted after chemo as needed. ■

**Bone marrow transplants can help pediatric cancer patients after chemotherapy. To learn about bone marrow donation, visit [join.bethematch.org/Summerlin](http://join.bethematch.org/Summerlin).**



# A guide for parents: coping when your child has a chronic illness



## Find and build a support network

- Join a local or online support group for parents whose children have the same health issue to share your experiences and tips.
- Find a way to communicate updates about your child whether you send a weekly email or set up a social media page to keep friends and family informed of what is going on and how they can help.



## Take time for your relationships

- Writing a note, texting or calling to check in with your partner or other children can go a long way to bolster those relationships. Make a point to connect each day and be open about what you all need to feel supported.



## Remember to take care of yourself

- Self-care is important for caregivers. Try your best to eat well, exercise, get sleep and practice stress reduction. Consider professional counseling or therapy if you are struggling with anxiety, depression or other mental health issues. ■

To find a physician or specialist, call Direct Doctors Plus® at 702-388-4888.

## How to support parents whose child is sick

- Ask how you can support the family, and emphasize how simple it is for you to help. Visit their home to lend a hand with cooking or running errands because once you're there, it'll be easier for them to accept the assistance.
- If there is a group of you supporting the family, create a schedule to alternate who drops off a meal each week or takes their other kids out for an afternoon. That way the help is organized and dependable.

The Wesley Payton Childhood Cancer Foundation collects brand new, never-used books for pediatric floors in Las Vegas area hospitals in memory of Wesley Payton, a 7-year-old boy who loved reading.

### SEND BOOKS TO:

**Wesley Payton Childhood Cancer Foundation  
5016 Lone Wolf Ave, Las Vegas, Nevada 89131**

### DROP BOOKS AT:

**Volunteer desk in main lobby, ATTN: Pediatrics**

Wesley Payton  
CHILDHOOD CANCER FOUNDATION



# TWEENS, TEENS and cell phones



**ASK the  
DOCTOR**

**Tal A.  
Minuskin, MD  
Pediatrician**

If you are the parent of a tween or teen, you have probably had a talk about cell phones at some point. Pediatrician **Tal A. Minuskin, MD**, founder of Kiddies' Pal Pediatrics in Las Vegas, offers advice for parents.

## **Q: What age is appropriate to give my child a cell phone?**

Maturity levels and needs vary, so it is up to you as a parent to decide. We got our boys cell phones at 11 years old because we felt they were ready. Some parents feel secure knowing their child can reach them in an emergency while others worry about risks like cyberbullying and texting behind the wheel. Have a conversation about the responsibility a cell phone entails before you make a decision.

## **Q: How do I encourage safe use?**

Talk with your child about risks of cell phone use and establish rules like only answering numbers they know, not sharing mean or inappropriate messages or pictures and not using the phone while driving. For example, our boys' phones are set up so that they can't download any apps unless they ask our permission, and we haven't given them their passwords to access pictures, music and games, so they need us to access even that.

## **Q: Do cell phones affect tween/teen health?**

Studies have found that cell phones can negatively affect tween and teen sleep, especially when it is in the bedroom at night. A sleep deficient adolescent may be at greater risk for physical, emotional and mental health problems\*. It may be a good idea to create a cell phone curfew in the evening to help your child wind down before bed. We take our boys' cell phones at bedtime. Before we did that, they were up all night playing games!

## **Q: Should I limit cell phone time?**

Setting limits on cell phone use can help your tween or teen have a healthier relationship with their phone, and it can also prevent them from running up the bill. Maybe you work out a plan that they can use the phone after homework is done or give them an hour after dinner with it—find what works and adjust as needed. We've found that our boys don't spend much time with their phones or technology in general because we encourage them to play outside and be active, read or do something constructive. ■

\*[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)





## SPOTLIGHT on...



**ALAN IKEDA, MD**

*Pediatric Oncologist  
at Summerlin Hospital  
and Children's Specialty  
Center of Nevada*

**"In general, pediatric cancers are rare diseases. However, even having one child affected by cancer is too many."**

### **What is the role of a pediatric oncologist?**

Our role is to help diagnose patients who have tumors or hematologic malignancies, determine treatment course, arrange appointments with other specialties and perform surgery. We also arrange second opinions for our own specialties and other specialties unavailable in Las Vegas. We then manage the treatment and effects, including assistance with social and financial complications.

### **How do you work with other pediatricians and specialists?**

We are in constant need of assistance and input from other specialists, both in-town and out-of-state. Most urgent issues are completed by cell phone or face-to-face, while less urgent matters are dealt with over email.

### **What would you like people to know about pediatric cancer?**

It is through the work of the community that has expanded to worldwide collaborations, that we are able to progress with new technologies and develop new methods and regimens of care for patients.

### **What do you enjoy about your work?**

We love seeing children conquer their battle with cancer and go on to be great members of society. We truly appreciate the boldness of families who have the courage to keep their lives moving through the course of treatment, through recovery and on to a new life after cancer. We enjoy watching the children who lend their own strength to carry their parents through the journey of cancer care. ■







CHILDREN'S  
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like *our*  
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  - Diagnostic testing
  - Pediatric physical/occupational/speech therapy
- **ERJustGotEasiER.com**
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  - ER wait times online
  - ER Reserve lets you request a time in the ER

Summerlin Hospital is proud to be affiliated  
with Primary Children's Hospital of Salt Lake City.



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**702-233-7000**

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