

Caring for kids and teens from

# summerlin hospital

Spring 2019

## Pop of inspiration

**Delilah Juarez  
finds help in healing  
through art**

A painting class inspired  
this creative teen during her  
cancer treatment.

### Ask the Doctor

Help to manage your  
child's asthma

### Can your tween do this?

Life skills that 12-year-olds  
should know



CHILDREN'S  
MEDICAL CENTER

SUMMERLIN HOSPITAL

A Member of The Valley Health System™



Spring is in full swing and we love the opportunity to enjoy time outdoors in southern Nevada. Biking, hiking, baseball and softball, pool time and extra playground fun all contribute to a healthy lifestyle supported by parents and physicians alike. However, accidents happen on occasion, and our pediatric emergency department is available around the clock for any medical needs your family has.

With each new season, your child's health needs can change, and new questions can sometimes arise. For example, is that nighttime cough just a cold, or is it something more, like seasonal allergies or possibly asthma? Also, as summer approaches, should your preteen be helping with more chores at home, and how can you stay on track? If hospital care is needed, what special services are available at Summerlin Hospital to help your child recover and have the best possible experience?

Learn about pediatric asthma, age-appropriate life skills and a former patient who is a cancer survivor. She received treatment at the Children's Medical Center where she also participated in an art program that inspired her during recovery. Her spirit is incredible.

Best wishes for a healthy and fun spring and summer,

Robert Freymuller  
CEO/Managing Director

PS – If you would like to receive future magazines via e-newsletter twice a year, please sign up at [summerlinhospital.com/caringforkids](http://summerlinhospital.com/caringforkids).

## Neonatal Intensive Care Unit **REUNION**



### Calling All NICU Families!

- **Friday, June 28; 2 – 4 p.m.**
- **Indoors in our Main Lobby**

If your child spent time in our neonatal intensive care unit, please join us for this "wild" event. Reconnect with your care team and enjoy some very special activities, including:

- An interactive "South American Pet Show"  
Shows at 2:30 and 3:30 p.m. in our Big Classroom
- Fun craft
- Family photo booth
- The chance to explore a fire truck
- Refreshments

Register online at  
[summerlinhospital.com/nicureunion](http://summerlinhospital.com/nicureunion).

\*For those with allergy concerns, please note that this year's event will feature live animals

# SPOTLIGHT on...



**ROBERT  
WILKINSON, DO**

*Medical Director of the  
Pediatric Emergency  
Department (ED)  
at Summerlin Hospital*



## **What is your role in providing emergency care?**

As medical director, I work with doctors and nurses to improve patient care and help ensure that we're providing high-quality treatment. I also work in shifts as the primary pediatric ED doctor, seeing kids from 0-18 years old. We deal with a lot of everyday coughs, cold and flu, as well as minor trauma, broken bones and lacerations.

## **How is a pediatric ED different from an adult ED?**

The biggest difference is that the people in the pediatric ED have dedicated their training specifically to taking care of children. We have certified child life specialists who can teach kids about what to expect and help put them at ease if they're scared or preparing for a procedure. If needed, we have equipment designed just for pediatric use.

## **What is your background, and what do you enjoy about your job?**

After graduating from medical school and completing my pediatric residency, I did a fellowship in pediatric emergency medicine (which involves additional in-depth training). I've been working at Summerlin Hospital for about two years. I really enjoy taking care of kids in the ED. You can help families in the most vulnerable and difficult times and really make a difference in their lives.

## **What if I'm not sure whether my child is having an emergency?**

If you feel you have time, we recommend contacting your primary care physician first to see if it's something they can handle. However, we're open 24/7 and our job, aside from taking care of true emergencies, is reassuring people that maybe what they have isn't an emergency. In my experience, parents know their children best. If their gut instinct tells them there is something wrong, we would be happy to see the child in the Emergency Department. ■

**If you believe your child is experiencing a medical emergency, call 9-1-1 immediately.**

## **Concussion care**

In the case of a possible concussion, the ED team performs an examination and applies current research to determine whether a CT scan is needed. Some of the more concerning symptoms of a head injury include passing out, repetitive vomiting, any altered mental status, slurred speech, inability to walk, or, for small children, inability to do the things they normally do. "These would raise a red flag," Dr. Wilkinson says.





# True Colors

While Delilah Juarez was being treated for osteosarcoma, her creative spirit continued to soar

A shiny brass bell hangs on the wall of the sixth floor of Children's Medical Center. Patients ring it after their last scheduled hospital treatment, often for chemotherapy. Part of its inscription reads, "My treatment's done, this course is run and I am on my way!" Hanging beside the bell is a colorful image of a bright butterfly. It was painted by osteosarcoma survivor, Delilah Juarez, and it beautifully captures the joy that is often felt in that space. The young cancer survivor rang the bell in July 2018, but her story began nearly a year before that. ➤



Top: A sign Delilah J. painted to celebrate her last day of chemo. Right: A sampling of her personally signed original artwork.

In late summer 2017, the 16-year-old's arm hurt. It was a bit swollen, too, and her mom and dad were worried. The pain landed them in the Emergency Department and, after an X-ray, the teen's mother, Adelina Juarez, received some unwanted news. "They told me that my daughter had a mass on her bone."

A few days later, the young patient was diagnosed with osteosarcoma, an aggressive form of bone cancer. Just two days after that she started her first round of chemotherapy. "I was very scared," she says. "Just hearing the word cancer, I couldn't believe it."

Certified child life specialists are on staff at the Children's Medical Center to help patients and their families cope with the stress and uncertainty of a challenging diagnosis. "We explain things at their level," says certified child life specialist Jacquie MacLeod. "We're also someone to connect with. We're a friend."

For the next 10 months, the teen was at the hospital at least two weeks every month, often more. "After my first treatment, I felt good," she says. "I was trying to be positive and just kept telling myself that I was going to be okay."

The Children's Medical Center has a wide range of programs in place to help kids during their stay. The teenager was immediately drawn to a painting class held by Eliane Balsewich of Busy Bee Art Studio.

"Within her first two weeks of treatment she started making art," says her mother. "Every Monday, she was excited to paint and I was so relieved that she had something to look forward to. I still have the first piece of art she made there."

## It wasn't just her artistic ability that stood out.

"Delilah is amazing," says her child life specialist. "She was always thinking about other people, even though she was going through an incredibly hard time herself. She wanted to make sure that her family was comfortable and that her siblings had things to do while they were there. She reached out to other patients to help them feel comfortable. She wanted to share her story in a way that was inspiring and helpful."

It's no surprise that the young girl's Make-A-Wish® involved making other people's lives a little brighter. The Southern Nevada Chapter helped connect her with ColourPop to launch her own makeup line – one designed to help cancer patients feel beautiful. After the launch, she used her makeup on some of the nurses and other patients. "That was a special day," says her mom. "It was beautiful to see her wish in action. It can be a challenging place to be, but when we're in there and we're all together, it becomes a community."

When Delilah rang the bell commemorating her last chemo treatment, she held a sign that she painted herself (see bottom of page 4). With her many talents, there is no doubt that her future looks bright. Plus, she knows exactly where she wants life to take her.

**"I want to be a child life specialist," she says. ■**



Mom, dad and daughter share a special moment.

## Support for the pediatric department

The child life team helps to coordinate activities with assistance from hospital volunteers and various community partners. In addition to painting, patients also have the opportunity to participate in the Project Imagine Arts in Medicine Program and in virtual reality programming with VR Kids. Special visitors from entertainers to costumed characters can easily brighten a patient's day, while organizations such as Candlelighters Childhood Cancer Foundation, Nevada Childhood Cancer Foundation and the Tyler Robinson Foundation are on hand to specifically support oncology patients and their families. "These activities and events help the patient feel like a kid and they bring a sense of normalcy," says MacLeod.

Learn more about certified child life specialists at Children's Medical Center by visiting [summerlinhospital.com/childlife](http://summerlinhospital.com/childlife).



# What you need to know about pediatric asthma



## ASK the DOCTOR

**Nudrat Nauman, MD**  
Pediatrician,  
Advanced Pediatrics

According to the Centers for Disease Control and Prevention (CDC), approximately 6.2 million people under age 18 have asthma. Also, asthma is reportedly the third leading cause of hospital stays for children.\* Pediatrician **Nudrat Nauman, MD**, shares some insight on symptoms, diagnosis and treatment.

### **Q. Is there more than one type of asthma?**

Yes, there are several different types of asthma. The most common diagnoses include allergic asthma, reactive airway disease (RAD), infant asthma and exercise-induced asthma. If there is a family history of asthma or allergies, your doctor may recommend a consult with a specialist, who can do further testing to confirm diagnosis and appropriate treatment.

### **Q. What symptoms should I watch for?**

In young children, it may be hard to tell the difference between asthma and a bad chest cold. Symptoms can vary, but the most common include night coughing; rapid, labored breathing; wheezing; chest tightness; and frequent colds that are centered in the chest. If you notice any of these symptoms, contact your child's pediatrician.

### **Q. What causes an asthma attack?**

Asthma triggers can be caused by many different factors. Grass and tree pollens, air pollution, molds, dust mites, smoke or pet dander are common culprits. Exercise-induced asthma can be brought on by physical activities and sports. Knowing triggers is the best way to alleviate a potential asthma attack.

### **Q. What is the best way to manage my child's asthma?**

The allergist or asthma specialist can identify your child's triggers and create an emergency treatment plan in the event your child has a severe attack. The doctor may prescribe a quick acting medicine delivered by inhaler for emergencies, and another medication for everyday use to help minimize airway inflammation. That medication is usually inhaled through a mask attached to a nebulizer. ■

**If you think your child might have asthma, speak to your pediatrician or to an allergist.**

**To find a doctor, visit [valleyhealthsystemlv.com/doc](http://valleyhealthsystemlv.com/doc) or call 702-388-4888.**

\*Asthma and Allergy Foundation of America

# *Handy life skills* every 12-year-old should know

.....

*Prepare your preteen with capabilities that are sure to boost their confidence.*



Getting your tween up to speed on practical know-how doesn't have to be a chore. Even if they initially balk, they'll ultimately take pride in knowing they can handle these everyday tasks. Below is a list of need-to-know knowledge just right for this age:



## **GETTING ORGANIZED**

We've all spent precious minutes searching for that missing homework, cell phone or set of keys. Learning to be organized tames the chaos of our busy lives. Help your child understand the value of having a place for everything. Their room is a great place to start. Allow them to organize it in a way that works best for them.



## **DOING HOUSEHOLD CHORES**

Now that everything is in its place, time to tackle cleaning. It's easy once the clutter is cleared. Let your preteen pick the playlist and have fun along the way as you share the basics of sweeping, dusting and vacuuming. Bonus points for scrubbing a tub.



## **GETTING UP & GOING**

Teach your 12-year-old savvy ways to start their day. Make sure that they know how to set an alarm and the importance of getting up once it goes off. They should also be able to handle their morning hygiene on their own.



## **PLANNING AND PREPARING A MEAL**

Start your child out by helping them prepare one of their personal favorites. Emphasize kitchen safety and keep the task age appropriate. Work together on ways to make a healthier version of their favorite meal.

**Mastering these age-appropriate milestones is an important step towards independence. After all, high school is just a year or two away and after that it's off to college or a life of their own. Prepare them by passing along these practical skills.**





CHILDREN'S  
MEDICAL CENTER  
SUMMERLIN HOSPITAL

A Member of The Valley Health System™

657 N. Town Center Drive  
Las Vegas, NV 89144

PRSRT STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 322  
PONTIAC, IL

# Caring *for* kids and teens every day!

Treating kids is different than treating adults. That's why we have the Children's Medical Center and a dedicated pediatric ER staff available for your precious ones 24 hours a day ... every day!

- Specialty trained pediatric nurses and medical specialists
- Pediatric surgical services
- Pediatric imaging – X-rays, MRIs and CTs
- Outpatient physical/occupational/speech therapy
- Pediatric Intensive Care Unit – PICU
- Advanced maternity services
- Childbirth education classes
- Neonatal Intensive Care Unit – NICU



Learn more at [summerlinhospital.com/pediatrics](https://summerlinhospital.com/pediatrics)



Connect  
WITH US!



Find us on  
Facebook

English: [summerlinhospital.com](https://summerlinhospital.com) | Spanish: [summerlinhospital.com/es](https://summerlinhospital.com/es)  
702-233-7000

CARING FOR KIDS AND TEENS FROM  
SUMMERLIN HOSPITAL

Robert Freymuller  
CEO/Managing Director

Lisa Sperry, BSN, MHA, CCRN  
Director, Children's Medical Center

Information in *Caring for kids and teens* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of Summerlin Hospital or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Summerlin Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2019. All rights reserved. Printed in the U.S.A.