

# CARING for KIDS from summerlin hospital

Fall 2018



## Born with a rare airway condition

Liza has grown  
into a healthy  
six-year-old



### Tips for your hospital visit

A guide in case your child  
needs to visit the ER

### Ask the Doctor

The benefits of outdoor  
time for kids and teens



CHILDREN'S  
MEDICAL CENTER

SUMMERLIN HOSPITAL

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School, sports and other extracurricular activities are in full swing, and they keep families on the move. It's always important to incorporate some unstructured, outdoor play time, says pediatrician James (Tony) Bakerink, MD, of Wee Care Pediatrics. He shares wonderful information about the benefits of getting kids outside on page 6.

We're happy to share some tips for a successful hospital visit courtesy of Amber Landry, one of our certified child life specialists. Whether it's a quick trip to our pediatric ER or something that involves a stay in our Children's Medical Center, her advice will help you feel prepared.

In this edition, you'll also meet six-year-old Liza, who has a long-time relationship with pediatric pulmonologist Craig Nakamura, MD, of Children's Lung Specialists. You'll also want to read Dr. Nakamura's excellent article on lung health, including the dangers of vaping and Juuling that are becoming more popular among teens and adults.

We understand how precious your children are and thank those of you who have chosen Summerlin Hospital for their care. We wish you a fun-filled fall, and remember, we're here whenever you need us.

Best wishes,  
Rob 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).



**Families for Effective Autism Treatment, Inc. (FEAT)** of Southern Nevada is a non-profit organization made up of parents and professionals that provides assistance to families with children who have received the diagnosis of Autism Spectrum Disorder (ASD). FEAT offers information about treatment resources, support, encouragement and guidance to parents while connecting them with other families and educating the community. FEAT also trains Summerlin Hospital staff who encounter patients with ASD to keep them informed about current treatments and research!

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# Tips for a successful hospital visit



*Deciding that your child needs to visit the emergency room (ER) can be a scary moment for both of you. Certified Child Life Specialist Amber Landry, BS, CCLS, shares tips for parents who have to take a child to the hospital to make the experience easier for everyone.*

## Talk to your child about the ER

If this is your child's first ER visit, they may ask, "What is the ER?" You could explain that the ER is a place open all day and night that people go to if they need quick attention when they get hurt or sick. Use developmentally appropriate language to explain things that your child may experience during his or her ER visit.

## What to bring with you

If you have extra time before leaving the house, bring a comfort item like a blanket, stuffed animal or pacifier, depending on your child's age. It can also help to bring activities like a book, toy or tablet to help ease anxiety while you wait with a fun distraction. If you weren't able to grab personal items from home before you came to the ER, it may be a good idea to have someone bring those items for you if that's a possibility.

## Manage your emotions

Children of all ages can sense when their parent is feeling fear or anxiety. While you may be afraid or worried, try your best to stay calm and optimistic to help your child relax. Be open and honest about what is happening, but remain positive and comforting to put your child at ease. Focus on each task at hand to avoid feelings of anxiety that may surface.

## If your child has to stay overnight

Your child may be admitted to the hospital if the doctors decide that additional medical attention is needed. Explain that staying overnight is like having a sleepover at the hospital. Each admitted child stays in a private room on one of our two pediatric units with a sleep chair for a parent or guardian to spend the night. Both pediatric units have a playroom and a nourishment room. ■

Summerlin Hospital has dedicated pediatric staff to serve your family including certified child life specialists, who are healthcare professionals trained to provide children with age-appropriate preparation for medical procedures, pain management and coping strategies to make the experience less stressful for patients and families.

To find a pediatrician, call our free physician referral service **Direct Doctors Plus®** at 702-388-4888.



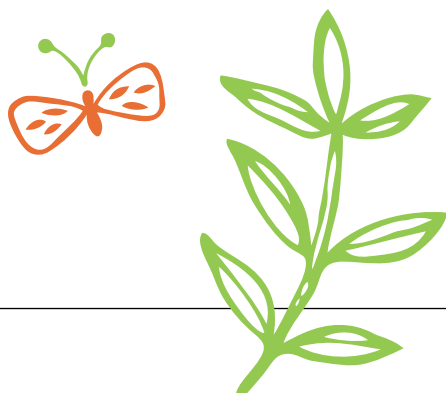


# Parents' INTUITION



**When Alexandra and Damien brought their daughter Liza home from the Summerlin Hospital NICU in 2012, they couldn't shake the feeling that the newborn's breathing wasn't normal.**

**L**iza is as active and happy as any other six-year-old. She loves nature, takes ice skating lessons, practices gymnastics and wants to be a florist when she grows up. Meeting her now, you would not have any idea that she has spent her whole life dealing with the effects of a rare airway condition she developed shortly after birth that required pediatric specialists at Summerlin Hospital to work for months to keep her breathing. ►



Alexandra and Damien still remember how relieved they felt the day they could finally bring Liza home from the hospital to join her sister Talia. The identical twin girls were born prematurely, but Liza's health complications kept her in the NICU for three additional weeks while her sister was at home. Even before leaving the NICU, they felt concerned that Liza's breathing didn't sound normal. "We were watching her very closely," recalls Alexandra. "Her breathing was labored and was so loud."

After a visit to the pediatrician for another checkup, the staff immediately recognized that there was a problem and contacted Pediatric Pulmonologist Craig Nakamura, MD.

Early the next morning Dr. Nakamura saw Liza at his office and told the family to go directly to Summerlin Hospital, where he put Liza under general anesthesia to examine her respiratory tract. He discovered that she had a hemangioma, a benign growth of blood vessels, blocking 30 percent of her airway. Although hemangiomas are common in newborns, especially preemies, seeing them grow inside the airway is rare and many doctors mistake the symptoms for croup.

"It's not very common. I maybe see it once a year, and hers was more severe," explains Dr. Nakamura. "She had difficulty breathing and made a sound called stridor. We scoped her with a camera to see what was going on, and we saw this big hemangioma blocking her airway."

To manage the growth of the hemangiomas, which also grew around Liza's mouth and ears, she uses a topical treatment and takes a beta-blocker, which means going to the hospital for electrocardiograms every few months to check her heart rate for irregularities the medicine could cause. Liza's parents and Dr. Nakamura agree that she has come a long way since that first year. For now, the medication is working and her pediatrician is hopeful that they will be able to wean her off of the medications in the future.

**Learn more about the services offered through the Children's Medical Center at Summerlin Hospital by visiting us online at [summerlinhospital.com/pediatric](http://summerlinhospital.com/pediatric).**



Mom and dad Alexandra and Damien, with Liza (above right) and her identical twin sister Talia - plus the family dog!

**"Parents often have a good intuition, and they know when something is not right with their child. They should trust their intuition if they feel something is wrong and discuss it with their pediatrician."**

**– Pediatric Pulmonologist  
Craig Nakamura, MD**

"I'm so fortunate that we had such good quality care," says Alexandra. "It was life-threatening when she was first diagnosed, but we got lucky that something so serious in the beginning turned out to be manageable. Over the past six years, Liza has had tremendous progress. We're really grateful to Dr. Nakamura and Summerlin Hospital." ■



# IMPORTANCE OF OUTDOOR TIME FOR child and teen well-being



## ASK the DOCTOR

**James (Tony)  
Bakerink, MD**

Each day the average American child spends an estimated four to seven minutes engaging in unstructured outdoor activity and, depending on the age of a child, over seven hours engaging with media in front of a screen\*. With this in mind, it is important to consider the positive effects of being outside on health and well-being. Pediatrician **James (Tony) Bakerink, MD**, founder of Wee Care Pediatrics, shares his insights on free time outdoors for children and teens.



### **Q: What are the benefits of outdoor time for children and teens?**

Time spent active outside can help increase fitness levels for children and teens, and the exposure to nature can diminish stress levels and symptoms of ADHD in some children. Studies have found that connecting with nature makes people more kind and better at interacting with others in social settings.\* Nature also provides sensory and intellectual stimulation that can enhance concentration, creativity and performance inside and outside the classroom.

### **Q: If my child is involved in sports, does that count as outdoor time?**

Being outside and getting exercise through organized sports can promote physical and emotional health while helping your child develop interpersonal skills, which is great! However, it is good to balance organized outdoor activities with unstructured activity that enables kids to be creative and interact with their outdoor environment on their own terms.

### **Q: What are some ways to encourage my child to go outdoors?**

If children or teens seem reluctant to put down their smartphone or video game controller, you may have to inspire them with other ideas. Ask them what types of activities they might like to try—maybe hiking in the woods, playing games outdoors with neighborhood friends, rollerblading at a park or drawing with sidewalk chalk would entice your child or teen to go out. Engage their interests to encourage more outdoor time.

### **Q: How can parents keep kids safe while they are out?**

Talk with your kids about safety rules. Make sure they know what to do if a stranger approaches them, how to safely cross the street and the importance of wearing protective gear with bikes, scooters and skateboards. Agree on check-in times if they will be outside for long periods and set boundaries for how far from home they can wander. You can also connect with other parents in your community to create a network of chaperones who you trust to look out for your kids! ■

\*Source: Child Mind Institute



# SPOTLIGHT on...



**CRAIG NAKAMURA, MD**

*Pediatric pulmonologist  
at the Children's Medical  
Center at Summerlin  
Hospital and director of  
Children's Lung Specialists*



## **What is your role as a pediatric pulmonologist?**

A pediatric pulmonologist is a pediatric subspecialist who treats children with lung problems, which means treating a common condition like asthma that affects nearly 10 percent of people in the world or a rare lung disease like cystic fibrosis. We treat newborns to 18-year-olds. My patients could be preemies with underdeveloped lungs and infants who need oxygen or life support at home, as well as young athletes with breathing problems. I help children with tracheostomy tubes, children with congenitally abnormal breathing tubes and children with severe or recurrent pneumonias and many other conditions. I also conduct sleep studies for childhood sleep disorders, run a monthly pediatric tuberculosis clinic to screen for the disease and offer a vaccine clinic for RSV, a common virus that affects most children but can cause complications for higher-risk babies and children.

## **What may be some common signs of a possible pulmonary problem?**

Common signs or symptoms that may indicate a possible pulmonary problem include shortness of breath, feeling tired or easily winded during exercise, a chronic cough, chest pain or tightness, chest congestion, wheezing, a croupy or barking cough and coughing up blood or phlegm. Other things to look out for include snoring at night with

sleep disturbances or apnea—when you stop breathing. Sometimes a sign of low oxygen levels could be a “blue spell” when your child’s skin has a blue or purple color, which means he or she is struggling to breathe and could have an underlying pulmonary disease.

## **Is there anything parents should know about vaping or Juuling?**

Often people think it’s less dangerous, but you are breathing carcinogens and that can lead to other nicotine abuses. The theory is that vaping is not bad because you don’t have the carcinogens, but when you are vaping, you are still breathing in toxic chemicals. If you’ve seen pictures of a Juul e-cigarette, it doesn’t look like a real cigarette, so kids think it’s not as bad. A lot of times people look at that as a gateway to other nicotine abuses. Kids who vape or Juul often dip or chew tobacco also, which can lead to a disease like mouth cancer.

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

It’s rewarding to be able to make a difference in children’s lives by fixing a sleep problem, so they do well in school; allowing them to function without coughing or shortness of breath; enabling a young athlete to function and achieve full potential; and just generally making their lives better and more comfortable. It’s rewarding to see their smiling faces and to help them be worry-free. ■



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### CARING FOR KIDS FROM SUMMERLIN HOSPITAL

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