

CENTRAL CALIFORNIA PEDIATRICS

SPECIALTY INFORMATION FOR PHYSICIANS
WHO TREAT CHILDREN AND EXPECTANT MOTHERS
WINTER 2009

Children's
Hospital
Central California 
Amazing People. Incredible Care.

Stopping Diabetic Emergencies

A young boy arrives at Children's Emergency Department (ED) vomiting, severely dehydrated and gasping for breath. Soon he is diagnosed with diabetic ketoacidosis (DKA), a life-threatening condition resulting from an absolute shortage of insulin that requires immediate treatment.

Unfortunately, this scenario is not uncommon. About 30 percent of children with type 1 diabetes learn they have the disease after a DKA episode. The percent increases with decreasing age of the child (less than 4 years), lower socioeconomic status, and children from families unfamiliar with diabetes signs and symptoms. At Children's, about half of the diabetic emergencies are new diabetics. The rest, kids already diagnosed with type 1 diabetes, suffer DKA due to various causes including intercurrent illness or poor compliance with insulin therapy.

"We want to prevent kids from ending up in the ED or PICU, or making their condition worse," said Dr. Samuel Lehman, Children's Medical Director of Patient Safety.

Children's pediatric specialists say patient family education and early diagnosis are critical steps you can take in your practice to prevent your patients from reaching this acute stage. They also emphasize utilizing the latest recommendations for emergency treatment of DKA to avoid increased complications, and a key test to differentiate type 1 diabetes from type 2.

Patient education

Informing your patient families of the signs and symptoms of type 1 diabetes and the importance of proper management can lead to early diagnosis and treatment. Type 1 occurs mostly in children, and accounts for up to 10 percent of all diabetes cases diagnosed nationwide. Symptoms usually develop over a short period, such as increased thirst and urination, constant hunger, unexplained weight loss, blurred vision and extreme fatigue.



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New Physicians in 2009



An important part of providing for our community is bringing new and talented pediatric subspecialists to the region. The following surgical and medical practitioners joined our already-gifted team of physicians this year:

Neurology

Raymund David, MD
Paul Fleenor, DO

Orthopaedics

Jon Oda, MD
Daniel Ruggles, DO

Neonatology

Amar Siddique, MD

Endocrinology

Abigail Gelb, MD
Marjan Haghi, MD

ENT

Angela Martin, MD

Pediatric Intensive Care

J. Anthony Reid, MD

Hematology/Oncology

Faisal Razzaqi, MD

Hospitalist

Homeira Izadi, MD

Pediatrician

Michele Tamse, DO

Other Medical Staff Changes

Dr. Robert Chilcote, a pediatric hospitalist who provided services at Children's as well as Emanuel Medical Center in Turlock, left Children's in July.

MANAGING DIABETES CONTINUED FROM PAGE 1 >>

"The child needs emergency care if you see these signs," said Dr. Lawrence Satkowiak, Children's Medical Director of Emergency Medicine.

Emergency treatment for DKA

To ensure the best treatment for kids diagnosed with DKA based on their review of the literature, Children's physicians developed a recommendation sheet for ED staff and share it with other EDs by request. Main points include:

- Don't administer sodium bicarbonate, which has been associated with cerebral edema.
- Don't administer IV insulin bolus, which children do not tolerate well.

Testing for type 1 diabetes

Given the prevalence of childhood obesity, it may be difficult to distin-

guish between early presentation of type 1 vs. type 2 diabetes. Conducting an islet cell antibody test for your patients who test positive for diabetes will confirm a type 1 diagnosis. This is especially important since some typical type 2 diabetes features – such as overweight and acanthosis nigricans – may be present in a type 1 diabetic.

"If there are diabetes symptoms or positive islet cell antibodies, the child should be seen immediately," said Dr. Swati Banerjee, Children's Interim Medical Director of Endocrinology and Diabetes. "If so, call a pediatric endocrinologist for a referral or send the child to the ED as soon as possible."

For more information on diabetes and Children's "Emergency Treatment of DKA" document, visit www.childrenscentralcal.org.



Jennifer Crocker, MD
Medical Director,
The Rehabilitation Center

PhysFocus

Long interested in athletics and health, Dr. Jennifer Crocker, Medical Director of Children's Rehabilitation Center, can't imagine doing another profession. "The overriding team approach to rehab and working with kids make my job fun," she said.

Dr. Crocker specializes in treating youth with spinal cord injuries, and is currently developing an adaptive sports program for Children's. "Spinal cord injury is a definitive problem and a dynamic field in research," she said. "There are many ways for these patients to get around the physical disability and do what they want to do. It also lends itself well to adaptive sports."

Dr. Crocker received her medical degree from the University of Missouri School of Medicine. She completed her residency at University of California Davis Medical Center, and a fellowship in pediatric physical medicine and rehabilitation at Shriners Hospital for Children, Northern California in Sacramento.

"What's most rewarding is when a patient becomes independent and 'graduates' from me," said Dr. Crocker.

Water Ski Clinic Inspires Patients

After hours of water skiing at Wolf Lakes Park, Megan McKeon, 9, who has one leg, couldn't wait to go another round. "It's so much fun!" she said excitedly as her family watched nearby.

Severely burned at 5 months old, Megan was one of 13 special needs children who attended Children's second annual Adaptive Water Ski Event in September. Dr. Jennifer Crocker, Medical Director of Children's Rehabilitation Center, organized the free outing that offers kids a recreational and athletic experience while building their confidence and independence. Children's patients' conditions ranged from cerebral palsy to spinal cord injuries.

"Studies have shown the importance of adaptive sports in patients with disabilities," said Dr. Crocker. "They build strength and provide a valuable social outlet. My athletes are my healthiest patients."

Many people made the event possible, from Dr. Crocker and Children's Neuropsychologist Paul Leiby, Ph.D, driving their personal speedboats, to organizations donating jetskis and specialized equipment. "Everyone's generosity is amazing," said Susan McKeon of Clovis who adopted Megan at 18 months. "All these people and Hospital staff volunteering their time, the food - we're very appreciative."

Ruben Ramirez of Kettleman City agreed. "He just loves the water," said Ramirez of his 12-year-old son, Ruben, who suffered a traumatic brain injury following a serious auto accident. "This is very good for him."

The event is part of a larger effort to build an adaptive sports program at Children's for area youth. Before coming to Children's about 18 months ago, Dr. Crocker significantly contributed to a similar project as assistant professor of pediatric physical medicine and rehabilitation at Indiana University School of Medicine, Riley Hospital for Children in Indianapolis. Dr. Crocker's goal at Children's is to hold a major clinic such as water skiing or snow skiing monthly, and smaller events periodically, including kayaking, rock climbing and power soccer.

Dr. Crocker encourages primary care providers to support their disabled patients' interest in athletics. "There's a misconception that people with a physical disability can't be active or competitive," she said.

"This is a way to show the children that they don't have limitations," added Dr. Steven Ehrreich, Children's Medical Director of Neurology and event volunteer. "It may be difficult for them at first, but with our help they realize they can do this."





Referring a Patient

For urgent referrals, or to transfer a patient, call the Children's Access Center toll free at **866.353.KIDS (5437)**. Or go online to **childrenscentralcal.org** for a complete list of physician office numbers and information.

Direct link:

www.childrenscentralcal.org/services/medicaloffice/refer

Outreach Centers:

Merced Subspecialty Pediatric Center

209.726.0199

Modesto Subspecialty Pediatric Center

209.572.3880

For a copy of Children's Quick Reference

Telephone Guide, call 559.353.6621.

PHYSICIAN EDUCATION

Mercy Medical Center Merced Pediatric Subspecialty Lectures:

Children's Hospital Central California partners with the Family Practice Residency Program at Mercy Medical Center Merced to bring specialized pediatric medical training to physicians, clinical staff and allied health professionals. Courses are available to healthcare professionals at the hospital and from the community on the first Thursday of every month.

January Series: Respiratory Emergencies

February Series: Gastroenteritis & Dehydration

Mercy Medical Center Merced Conference Room, 12:15 to 1:30 p.m.

For more information contact:

The Family Practice Residency Program at (209) 385-7172 or

Children's Hospital Physician Relations at (559) 353-6621

Every Tuesday & Thursday:

Pediatric Consulting & Subspecialty Lectures

At Children's Hospital Central California, 12:30 p.m. – 1:30 p.m.

December Series: Adolescent Medicine

January Series: Gastroenterology

Children's Hospital is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. For questions about our CME program, contact Norma Barajas, Ph.D., at 559.353.7230 or email nbarajas@childrenscentralcal.org.



Children's Physician Liaison David Chuhlantseff is available to answer any questions or assist you in any way. He can be reached at (559) 353-7229 or emailed at physicianrelations@childrenscentralcal.org.

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