



Kids Count!

Fall 2006

News from the Goryeb Children's Hospital

What You Need To Know Before Taking Your Child to the Emergency Room

- 1 Call your pediatrician as soon as possible.** Your pediatrician needs to be abreast of the situation so he can note the medical diagnosis in your child's medical file.
- 2 Know your child's health history.** Keep current records of previous illnesses, immunizations, allergies, chronic conditions, and any medications that your child is taking. Always have your child's health insurance card in your wallet or diaper bag and provide your child's caregiver with written authorization to treat your child in your absence.
- 3 Give the emergency room doctor the facts.** Precise information about how an accident happened or when symptoms first appeared will help doctors diagnose and treat your child more quickly. If your child swallowed something poisonous, bring the container with you.
- 4 Go ahead and treat a fever, but hold off on food and drink.** It is okay to give acetaminophen or ibuprofen prior to or on the way to the emergency room. However, a full stomach can delay the doctor's ability to operate or sedate a child (*e.g., sometimes children need to be sedated for routine tests such as CT scans, blood work and procedures.*)
- 5 Ask questions.** It is important that you fully understand what is going on and that you ask for clarification, especially with discharge instructions.

Spotlight on the Gagnon Children's Emergency Center: *Superior pediatric emergency care in a child friendly environment*

For many children, a trip to the emergency room is just part of growing up. Since parents cannot always protect their children from life's unexpected accidents or illnesses, they [parents] can be reassured that the physicians and staff at the Gagnon Children's Emergency Center are there when you need them day or night. The dedicated pediatric emergency center, with 16 treatment rooms and a separate waiting area, located in the Goryeb Children's Hospital and adjacent to Morristown Memorial Hospital's adult emergency department, opened its doors in October 3, 2003. The Gagnon Children's Emergency Center is one of the newest and most technically modern emergency departments in the metropolitan area.



"With the largest staff of full and part-time pediatric board-certified emergency physicians in the state, as well as a facility that is second to none," said Michael Gerardi, M.D., director of the Gagnon Children's Emergency Center, "we are confident that we will continue to be the emergency department of choice for the children in our region."

"Our primary goal is to get a child access to experts who can handle their problems as quickly and safely as possible," added Dr. Gerardi. A cutting-edge electronic tracking and charting system helps the physicians and nurses continuously monitor the status of patients throughout the emergency department.

A nurse or physician evaluates most patients within 20 minutes of arrival and more than 97 percent of patients are discharged home after treatment within two hours after arrival – this makes the turnaround times among the best in the country. The staff works closely with an ever-growing group of referring pediatricians and hospitals and communicates results using the latest computer technology to provide pediatricians with records of their patient's visit within hours. Satisfaction surveys report that patients rank the Center in the 99th percentile compared to other emergency departments in the state and nation.

The Center is fortunate to be one of the few emergency departments in the country to employ Child Life Specialists who are trained professionals that help children and families relax by using play therapy and other distractions.

Since it's opening in 2003, there have been nearly 80,000 emergency department visits to the Gagnon Children's Emergency Center.

continued on page 3

Leading the Way in Research and Education

Physicians host national experts in Gastroenterology and Attention Deficit Disorders

The **First Annual Abdominal Pain Symposium** “What is it and what can we really do about it?” will take place on September 29th and 30th. This symposium is being organized and hosted by Morristown Memorial’s Center for Pediatric Irritable Bowel and Motility Disorders (CPIBMD), the only center of excellence in pediatric functional gastrointestinal disorders in the Mid-Atlantic region, and a leader in the study, diagnosis, and treatment of Dyspepsia/Irritable Bowel Syndrome as well as other functional GI disorders. By focusing exclusively on the study, diagnosis, and treatment of pediatric gastrointestinal disorders, this symposium will be the first of its kind in the country. It will also serve as the first in an ongoing series of annual conferences that CPIBMD will hold on pediatric functional bowel disorders.

The planned symposium will feature a panel of specialists in pediatric functional bowel disorders and complementary alternative medicine who are recognized internationally as experts in their fields. In addition to featuring presentations by these speakers and round-table discussions, the symposium will offer a half-day of practical workshops that provide valuable “hands-on” instruction on treating and diagnosing these painful disorders. Because there is increasing and wide-spread interest in the study, diagnosis and treatment of GI disorders such as Abdominal Pain, Dyspepsia, and Irritable Bowel Syndrome within the medical community, the symposium is expected to draw over 300 attendees from across the country, including gastroenterologists, general

practitioners, clinical and school nurses, and allied health professionals.

Additionally, the groundbreaking **Pediatric Attention Deficit Disorders Symposium** will be held on November 29th at the Morris County Fire and Police Academy in Morris Plains, New Jersey. This symposium is being organized and hosted by the Goryeb Children’s Hospital faculty and will also feature nationally recognized speakers. This innovative program will provide pediatricians, primary care physicians, advanced practice nurses, school nurses, psychologists, and Child Study Team members with new information about the pathophysiology and management of Attention Deficit Hyperactivity Disorder (ADHD). As a result of attending this symposium, the participant will be able to recognize the clinical features and diagnostic criteria of ADHD and distinguish the separate characteristics found in common co-morbid conditions. Moreover, the participant will also be able to examine the current pharmacological treatment of ADHD, contrast the clinical features of Tourette Syndrome with Attention Deficit Disorder, review teaching strategies for the child with ADHD in the mainstreamed classroom, and recognize and apply education laws to advocate for students with ADHD.

Ultimately, this course aims to bring everyone up-to-date on the most current information and broaden the attendee’s scope of knowledge regarding the range of resources available for children with ADHD and their families.

New Docs on the Block

Clinical programs at the Goryeb Children’s Hospital continue to grow with the recruitment of new pediatric subspecialists to the Department of Pediatrics. Some recent additions include:

Dagnachew Assefa, M.D.
Pediatric Pulmonologist
Respiratory Center for Children

Tamara Feldman, M.D.
Pediatric Gastroenterologist
Department of Pediatric
Gastroenterology and Nutrition

Eric Huang, M.D.
Pediatric Endocrinologist
BD Diabetes Center for Children

Peter Wilmont, D.O.
Pediatric Gastroenterologist
Department of Pediatric
Gastroenterology and Nutrition

The Health Foundation is relocating!

The Morristown Memorial Health Foundation is moving its offices this fall to **475 South Street, first floor, in Morristown**. Look for our new contact information in the Holiday issue of *Kids Count* and on our web site at www.mmhf.org.

The Emergency Department at Morristown Memorial Hospital, including the Gagnon Children's Emergency Center, is home to the oldest Emergency Medicine training program in the state. As part of this program pediatric residents and students from the University of Medicine and Dentistry of New Jersey and other medical schools around the country are trained in pediatric emergency medicine. The Emergency Department is a growing and respected academic center and is currently a recipient of federal research grants to study pediatric emergency medicine issues. Most recently, the Gagnon Children's Emergency Center began a pediatric fellowship program, which is one of two in the state and one of only 50 in the country. Providing a fellowship recognizes that this hospital has the expertise provided to not only care for complicated young patients, but to teach those skills to future generations of pediatricians and emergency physicians.

The Gagnon Children's Emergency Center was built with children in mind and has many unique characteristics for a children's hospital and features include:

- A staff of six full and part-time pediatric trained emergency physicians board certified in pediatric emergency medicine, a certified pediatric nurse practitioner, as well staff (nurses, technicians, and child life specialists) trained and experienced in pediatric emergency medicine;
- A child friendly décor with a separate pediatric waiting room;
- 16 treatment spaces — all furnished with state-of-the-art monitoring equipment including private treatment rooms for orthopedics, ear, nose and throat emergencies, gynecological and ophthalmologic emergencies and a pediatric resuscitation room;
- Digital radiology suite with computerized filmless x-rays;
- One of only a few pediatric emergency departments in the region capable of providing safe and efficient sedation and analgesia for procedures that in the past would have been done in the operating room, but can now be performed in the Center's treatment rooms and allow discharge home within hours;
- Ability to serve as a back-up to the Pediatric Intensive Care Unit when needed;
- Pediatric Transport System with dedicated pediatric critical care nurses;
- A Child Life Specialist who is trained to care for the developmental, emotional, and social needs of children and helps facilitate trust between the kids and the health care team. The child life specialist uses toys, games, art supplies and video games to engage children in therapeutic and recreational activities;
- Premiere teaching site for pediatric and emergency medicine residency programs; and
- Around the clock access to staff pediatric sub-specialists in the following areas: gastroenterology, pulmonary, cardiology, radiology, anesthesiology, ophthalmology, orthopedics, endocrinology, nephrology, hematology/oncology, adolescent medicine, infectious disease and surgery.



Since the Center's opening in 2003, there have been nearly 80,000 emergency department visits to the Gagnon Children's Emergency Center. The number of visits each year continue to grow and the numbers could double within a decade. The rise in pediatric visits is a multi-functional result of increased referrals from pediatricians, the Atlantic Health transport helicopter and access to specialized care anytime. "We strive to maintain our state-of-the-art facility by continually updating our equipment, recruiting and training the very best emergency medicine physicians and staff, expanding our community education program for emergency medicine technicians (EMT), pediatricians and school nurses, and excelling in our research efforts," said Dr. Gerardi. "By doing this, we will continue to provide the best emergency care in the region for the children who depend on us for their care."

For more information about ways you can support the Gagnon Children's Emergency Center and other pediatric specialties at the Goryeb Children's Hospital, please contact Geraldine Kling at 973/971-7256.

Missed an issue of *Kids Count*?

Log on to www.mmhf.org and visit the What's Happening/Foundation Publications section of the web site where you can access past issues.

Gifts from the Heart

Putting a smile on a child's face at the Goryeb Children's Hospital is made possible by many people who give of their time, talent and treasure. Listed below is just a sampling of the many donors who give to make life better for children and families who rely on us for help.

★ Our gratitude goes to an anonymous donor who donated \$32,000 to the Goryeb Children's Hospital towards the purchase of a new DVD Vending Machine (pictured right), known as DVmatic from the Children's Hospital Wish List. This vending machine, which houses 500 DVDs, will undoubtedly help to pass the time for the pediatric patients. Upon admission, each patient is given a card enabling him/her to "rent" two DVDs at a time. The DVDs are age appropriate and will be rotated with new releases on a monthly basis.



★ Many thanks to Haley Preston, a 13-year-old Chester resident, for her donation of more than \$500 in children's toys. In lieu of birthday presents, she asked her classmates to bring a donation of small toys and crafts for the children in the Goryeb Children's Hospital. Her close friend, who has been a long-term patient at the hospital, inspired Haley to want to help other children feel better while being treated at the Goryeb Children's Hospital.

Pictured l to r: Amy Goldberg, child life coordinator, Haley Preston and Stephanie Popek, child life specialist.

★ Thank you Laura Luc, a 16-year-old Mountain Lakes high school senior who directed, choreographed and produced a recent production of the Wizard of Oz. The proceeds from the shows, featuring children ranging between the ages of four and 18, will be donated to the Goryeb Children's Hospital Gastroenterology and Nutrition Department.

★ Jared Bergman, the teenage son of Kerry Bergman, M.D., one of Morristown Memorial's pediatric surgeons, chose to buy video games and accessories for the patients in the Goryeb Children's Hospital rather than give gifts or favors for the attendees at his Bar Mitzvah. Thanks you Jared for this tremendous basket of games.



Michael Accetta with the DVmatic, a new DVD Vending Machine, which was graciously contributed by an anonymous donor.

Teenagers, Alcohol and Drugs: Confronting the Issues

Thursday, October 26th · 7:00–9:00 p.m.

Malcolm Forbes Amphitheater • Free admission
Call 1-800-247-9580 to register

This program addresses concerns/questions about alcohol/drugs with regards to adolescents. Parents and school and community professionals will find this presentation and interactive panel discussion on prevention and practical intervention strategies valuable.

Presented by: The Adolescent/Young Adult Center for Health of the Goryeb Children's Hospital at Morristown Memorial and supported by the Cummins Endowment for Adolescent Medicine

Kitchen Tours of Somerset Hills to Benefit the BD Diabetes Center at the Goryeb Children's Hospital

Thursday, December 7th · 10:00 a.m.–2:00 p.m.

Tickets are \$50 in advance and \$75 day of. For information or tickets, contact Tara Gilvar at 908-766-0147 or tgilvar@earthlink.net

Twelve exquisite homes throughout Bernardsville, Basking Ridge and Peapack will showcase their beautiful kitchens. Arrangements from area floral designers will be on display, and local chefs from popular restaurants and caterers will provide samples of their recipes and creations at each home. Interior designers, decorators and kitchen experts will be on hand to share the details of their wonderful designs.

Kids Count is published for friends of the Goryeb Children's Hospital. For more information, please call 973/971-7256 or visit the Health Foundation web site at www.mmhf.org. Donations can be made online or can be mailed to us at the Goryeb Children's Hospital, c/o Morristown Memorial Health Foundation, P.O. Box 35558, Newark, NJ 07193-5558.

*Written and edited by Kimberly Accardo, communications consultant
Produced by the Morristown Memorial Health Foundation
Layout and design by Susan Carter, Envoi Design
Printing donated by L. P. Thebault Company*