

Watchung Pediatrics Messenger

Summer Issue

2017

Our Providers: Nurse Practitioners and Medical Doctors

Since the founding of Watchung Pediatrics, nurse practitioners have been providing primary care to our patients and families. At Watchung Pediatrics our pediatricians and nurse practitioners work collaboratively to provide the best healthcare for our children and families.

Nurse Practitioners are registered nurses who have advanced education and training in a specialty area, such as pediatrics. NP's have a master's degree and are board certified in their specialty. They provide a full range of pediatric care from birth to age 21. Nurse practitioners can diagnose and treat common acute illness and injuries, prescribe medication, and order and interpret labs and diagnostic testing. Pediatric trained nurse practitioners can also diagnose and treat mental health conditions in children and teens, such as depression, anxiety and ADHD.

Physicians and NPs are similar in that both diagnose, treat, and manage acute and chronic disease but do so from different perspectives. Our nurse practitioners were already skilled RNs before going on for advanced education and training in advanced practice. NPs make ideal primary care providers because of their holistic and wellness orientation that emphasizes health education, preventative care and risk reduction. Families appreciate that nurse practitioners spend time discussing concerns as well as educating in growth, development, and prevention of health problems.

For over 50 years, pediatric nurse practitioners have been enhancing the healthcare of children and families. Watchung Pediatrics trusts that their NPs provide the highest level of care to our families.

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Spotlight: Jessica Hopkins



Jessica Hopkins, RN, MSN, FNP-C received her Bachelor of Science in Nursing from James Madison University in Harrisonburg, VA. Her nursing experience includes working on the inpatient pediatrics unit at Morristown Medical Center and in pediatric oncology at Rutgers

Cancer Institute of New Jersey. Additionally, she worked in adult general medicine/ oncology at George Washington University Hospital in Washington, DC.

Jessica obtained her Master of Science in Nursing from George Washington University. She previously worked as a family nurse practitioner for MedExpress Urgent Care in the Greater Philadelphia Area. Jessica is happy to be back home in New Jersey and to be part of the Watchung Pediatrics team. She is passionate about pediatric oncology, global health, and volunteering. She lives in Hoboken and enjoys spending time with her family at the beach, traveling, and walking her dog, Lulu.

Ticks 101: How to check for them

1. **Perform daily tick checks.** Ticks look like tiny black or dark brown dots on your skin. Search your whole body thoroughly when you come inside – don't forget to check children and pets, too. Ticks bite and latch onto skin.
2. **Remove any ticks.** Use tweezers to grasp the tick tightly. Pull the tick straight up by the head. A tick must be attached for more than 24 hours to transmit Lyme bacteria.
3. **Wear insect repellent.** Apply products that contain between 20 and 30 percent DEET every time you go outside.
4. **Spray clothes.** Use insect repellent that contains permethrin on shirts, pants, and shoes.
5. **Protect pets.** Cats and dogs can carry ticks. Spray them with topical tick and flea control products such as: Frontline, K-9 Advantix, or PetArmour.
6. **Cover up.** Wear long-sleeved shirts, and tuck pants into your socks

Watchung Pediatrics -- Your Patient-Centered Medical Home

A Patient-Centered Medical Home (PCMH) strives to provide whole-person care which is coordinated and tracked by the primary care provider. Watchung Pediatrics has been recognized for meeting the six criteria established by the National Center for Quality Assurance (NCQA) for a PCMH, as follows:

Team-Based Care and Practice Organization

Helps structure a practice's leadership, care team responsibilities and how the practice partners with patients, families and caregivers.

Know and Manage Patients

Sets standards for data collection, medication reconciliation, evidence-based clinical decision support and other activities.

Patient-Centered Access and Continuity of Care

Guides practices to provide patients with convenient access to clinical advice and helps ensure continuity of care.

Care Management and Support

Helps clinicians set up care management protocols to identify patients who need more closely-managed care, such as those with chronic conditions.

Care Coordination and Care Transitions

Ensures that primary- and specialty-care clinicians are effectively sharing information and managing patient referrals to minimize costs, confusion, and inappropriate care.

Performance Measurement and Quality

Helps practices develop ways to measure performance, set goals, and develop activities that will improve performance.

How does a practice become a certified Medical Home?

In order to be recognized, a practice must demonstrate adequate performance in the six areas mentioned above. Additionally, a practice must meet all 40 core criteria, and at least 25 credits of elective criteria across different concept areas. A list of these can be found on the PCMH website. Watchung Pediatrics is currently PCMH NCQA-certified and is dedicated to improving care for our patients.

What is the benefit to you, the patient?

In the Medical Home, the patient is at the forefront of care and receives collaboration between all of their providers. Integrated care has been shown to lead to better patient outcomes, improved quality of care, reduced costs, and improved patient experience.

Want to learn more?

If you would like to learn more about PCMH or what Watchung Pediatrics is doing to improve your quality of care, look for our new column, PCMH Matters!, in upcoming editions of the newsletter. Here, we will delve deeper into the services we provide as your child's medical home. Additionally, you may visit:

<http://www.ncqa.org/programs/recognition/practices/patient-centered-medical-home-pcmh>.



Be Sun and Skin Safe!



To some, summer's warm, long days are best spent, soaking up the sun on the beach or in the backyard. Getting a moderate amount of sun exposure is good for us – our bodies need sunlight to produce vitamin D. However, too much sun can cause skin cancer or melanoma, which can be deadly. Help your family enjoy sun-safe outside time in the summer by setting a good example and sharing this sun-safety information!

Know that there are no exceptions.

From people with paper-white skin who turn pink within minutes of being in the sun to those with dark skin that looks like it couldn't be any darker, a sunburn always leads to skin damage which can increase the risk of skin cancer. No matter what color your skin is, take sun safety seriously.

Remember to slip, slop, slap!

Slip on a t-shirt, slop on some sunscreen, and slap on a hat! When spending time in the sun, cover up with clothing as much as is comfortable and protect any exposed skin with moderate (15-30 SPF) or high (SPF 30+) protection sunscreen. A wide-brimmed hat or baseball cap with sunglasses completes your sun-safe summer look.

Don't tan.

Though the temptation to bake in the sun for a bronzed glow can be strong, resist it. Tanning by being exposed to direct sunlight for hours at a time, whether you use sunscreen or not, is a health hazard. Not only does it put you at risk in the long-term for developing skin cancer, it also causes premature aging of the skin including age spots and wrinkles. Plus, in the summertime, tanning is a risk for heatstroke – no one should spend more than an hour in direct sunlight without taking a break for some shade.

Protect your eyes

Prolonged exposure to bright sunlight over time can cause damage to the corneas which can result in cataracts. The risk is increased when the sunlight is reflected from water (or snow) and for people with light-colored eyes. Protect your child's eyes with sunglasses certified to protect against 100% of UVA and UVB rays.

Remember that sun safety is all-year-round.

The sun is most intense in our area in the summer months, so it is necessary to take extra care of your skin in summertime. However, the sun shines all year. In winter, sunlight reflects off the snow and can be very intense, which is why it's important to wear sunglasses when driving in winter and goggles during snow sports. In fall and spring, it's a good idea to always wear sunglasses and consider using sunscreen on your face every day.

Is all sun exposure bad?

No. We need some exposure to sunlight in order to make vitamin D, which is important for healthy bones. Ten or fifteen minutes of bright sunlight daily without sunscreen is safe and adequate to ensure normal vitamin D levels.



Dos and Don'ts: Having a Healthy Vacation



Getting sick on or right before vacation is a nightmare. Here's what to do – and what not to do –to be prepared for illnesses away from home.

Do be prepared for motion sickness. Pack tissues, wipes, sealable plastic bags, and anti-vomiting medicine like Dramamine within reach, just in case. A travel size bottle of mouthwash can't hurt, either!

Don't pack prescription medications in checked baggage. You never know whether your checked bags will arrive when and where you do, so have all your family's important medications on hand in a carry-on bag.

Do cover all your bases. Use a pill organizer to save space in your bag and bring a few doses each of any medications you and your family might need. This should include a pain reliever/fever reducer, antihistamine, decongestant, antitussive, antidiarrheal, and laxative.

Don't expect that you will be able to find a medication "when you get there." Some drugs that are available over-the-counter here for a reasonable price are not sold or are much less accessible in other countries.

Do take steps to stay healthy in transit. All forms of public transportation, but especially airplanes, are crowded with both people and germs. Use hand sanitizer and disinfect your tray table with wipes before using it. Drink plenty of water, too – the pressurized air in planes is dry and can cause discomfort and dehydration.

Don't stress. Vacation is supposed to be a fun and relaxing time for the family to spend together. Stress will not only get in the way of that, but it can weaken your immune system and make it easier to get sick.



Seasonal Sickness: Hand-Foot-Mouth Disease

What is Hand-Foot-Mouth Disease?

Hand-Foot-Mouth disease (HFMD) is most often caused by coxsackievirus, which belongs to the enterovirus family. Coxsackievirus infections peak during the summer into early fall and occur most often in young children. The virus is highly contagious and can result in epidemics.

Signs and symptoms of HFMD

HFMD usually begins with fever and may include cough, diarrhea, and/or malaise. Soon, painful blisters form in the mouth. These may be on the tongue, the palate, the inner cheeks or the tonsils. Young children may refuse to eat or drink due to discomfort caused by the blisters. In some cases, painful, red spots may be seen on the palms and soles. These can also become blisters.

Diagnosis and treatment of HFMD

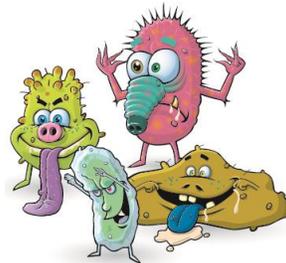
Your pediatrician usually diagnoses HFMD by recognizing the clinical features of the disease, rather than by a specific test. The child's age, their symptoms, and the time of year also help make the diagnosis. Like most viral infections, HFMD generally requires no treatment other than pain/fever medicines such as acetaminophen or ibuprofen. Keeping your child hydrated is important, since dehydration can occur if children refuse to eat or drink. Pain medicine can help, as can allowing your child to suck on ice pops and to drink what appeals to them. If these steps are not working, call our office so that your child can be evaluated for dehydration.

How long should my child stay home?

The incubation period, or time between exposure to coxsackievirus and the appearance of symptoms, is between four and six days. HFMD generally resolves within seven to ten days. Children are most infectious during the first seven days. Close contact with other children should be avoided until your child has been fever-free for at least 24 hours.

How can HFMD be prevented?

Unfortunately, there are many strains of coxsackievirus that can cause HFMD, so it is possible to get HFMD multiple times. The infection is spread through contact with respiratory secretions or feces carrying the virus. It can also spread by oral contact with skin blisters, objects or water containing the virus. The best way to prevent HFMD is by ensuring children wash their hands thoroughly after using the toilet and before eating. For adults, washing hands after diaper changes is crucial for preventing epidemics, particularly in child care settings.



Googling symptoms?

The internet has given parents and patients access to more medical and health information than ever before. However, it sometimes presents that information in a misleading way that causes unnecessary concern or confusion. Make the internet a health resource for you and your family by following these rules for searching symptoms online:

Don't click if you see .com in the URL

Beware of websites like WebMD and Healthline. These sites and any "health" websites that end in .com are operating for-profit. That means they really have no incentive to provide information that is either correct or helpful. Rather, they make money from advertisers every time someone visits their site. Look for sites ending in .org, .edu, and .gov – they are more often trustworthy sources.

Use the same sources as your provider

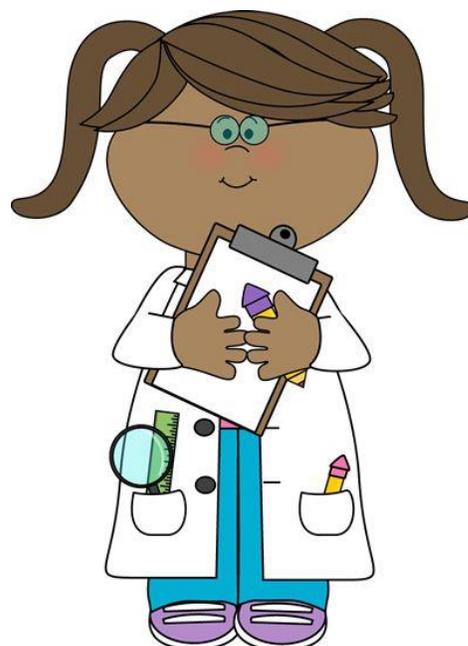
Yes, healthcare professionals use the internet too! The American Academy of Pediatrics (AAP) has resources online for healthcare providers and caregivers alike, and you can trust what you read there. Check out the AAP's website by pediatricians, for parents at www.healthychildren.org. This website includes in-depth information about children's health from birth to young adulthood. Government websites also make accurate information accessible: research illnesses and symptoms at the CDC and NIH sites, and answer your medication questions at the FDA site.

Look for information, not answers

It can be tempting to use "symptom checkers" online. What could be simpler than typing in your symptoms and having a diagnosis at the click of a button? The truth is that symptom checkers do more harm than good. Making a diagnosis is complicated, and most symptoms can be the result of hundreds of different problems ranging from common cold to serious illness. Instead of trying to get an instant diagnosis online, try researching particular symptoms at a trustworthy site. That way, you'll be able to get a better idea of what is most likely to be causing the symptom and how to address it.

When in doubt, ask your provider

No matter what, someone with medical training can help you more than the internet can when it comes to answering your health and medical questions. Your provider will be happy to answer your questions and help you manage your family's health.



KIDS KORNER

Frozen Yogurt Pops

Ingredients

- 2 containers (6 oz each) yogurt
- 2 cups cut-up fresh fruit such as blueberries, bananas, grapes, peaches, or raspberries
- 1 tablespoon honey



Directions

In blender, place all ingredients. Cover; blend until smooth.

Divide mixture among 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Freeze about 6 hours or until frozen.

Word Scramble

HEBAC _ _ _ _ _

MSIW _ _ _ _ _

LOPO _ _ _ _ _

LAUBMREL _ _ _ _ _

OWETL _ _ _ _ _

UNSNY _ _ _ _ _

Summer Word Search

S	J	C	A	M	P	M	C
W	G	L	A	M	C	H	M
I	J	M	M	P	Y	Y	Z
M	V	K	B	E	A	C	H
S	U	M	M	E	R	M	S
M	H	O	T	E	B	H	U
K	O	I	G	U	F	U	N
W	A	T	E	R	O	Q	E

BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER



Summer time Jokes

Which letter is the coolest?
Iced t.

What do frogs like to drink on a hot day?
Croak-a-cola.

What does the sun drink out of?
Sunglasses

What do sheep do on sunny days?
Have a baa-baa-cue

Why do bananas use sunscreen?
Because they peel.

What did the ocean say to the sailboat?
Nothing, it just waved.