



Boston Children's Hospital
Community of Care
Preferred Pediatric Practice

Until every child is well™

Pediatric Associates of Medford

PAM fall newsletter

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Information about Enterovirus E68

Most enterovirus infections cause mild or no symptoms, with a minority causing more severe symptoms. There are over 100 types reported which cause approximately 10 to 15 million infections in the United States each year. They typically occur in the summer and fall.

In August 2014, enterovirus D68 was identified in children ill with severe respiratory illnesses in the Midwest. (Before this, it was reported only rarely in the US in the last 40 years.)

There have been cases of EVD68 identified in Massachusetts. No antiviral medications are currently available for treating of EV-D68 infections. Many infections will be mild and self-limited, requiring only treatment of the symptoms. Some people with severe respiratory illness caused by EV-

D68 may need to be hospitalized and receive intensive supportive care. There are no licensed vaccines for protection against enterovirus infec-



tion.

Infection control

Soap and water is the most effective method for hand hygiene, as hand sanitizers are less effective against enteroviruses. Standard precautions should be used for suspected and confirmed cases of entero-

virus infections.

Advice for parents:

Wash hands often with soap and water for 20 seconds, especially after changing diapers

- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick

For guidance from the CDC, check out this link: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>



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Dr. Madeleine Khalil Retiring

After receiving her MD from Cairo University Medical School and completing her residency in pediatrics at St. Elizabeth's Hospital, Dr. Madeleine Khalil began working at PAM in 1973. She has been taking care of children in Medford and surrounding communities since that time. There are many families that have entrusted their children to her care and she will be missed deeply.

Dr. Khalil is looking forward to spending time with her grandchildren in Colorado and California

and spending time in Florida.

"I know I'm leaving my patients in good hands and am happy to help them choose a new pediatrician within the practice," says Dr. Khalil.

We are creating a scrapbook as a remembrance gift to her from her patients and are looking for contributions from her patients and families. Drawings, pictures, notes, letters, or any other mementos can be given to

the staff at the front desk for this project-we can't complete this project without you and it will be greatly appreciated!



Attention Deficit Hyperactivity Disorder By Dr. Jeanne Clifford

Fall is an exciting time for most children, adolescents and parents, as it is the start of a new school year. However, it sometimes becomes apparent within the first few months that some students are struggling academically, behaviorally, or both. There can be many reasons for this, including a learning disability, anxiety, recent family stressors, or illness.

A particularly common reason for learning difficulties and/or behavior problems is Attention Deficit Hyperactivity Disorder (ADHD). If this disorder is not recognized, these children and adolescents can suffer from academic failure, rejection by their peers, and feelings of failure and poor self-esteem, while their parents experience tremendous stress while trying

to find the right tools to help.

More than 6 percent of school age children have ADHD. This number has risen over the past 10 years, but it is unclear whether more children have ADHD or more are being appropriately diagnosed. We also now know that having ADHD continues into adulthood, so many individuals are now treated well past the school age years.

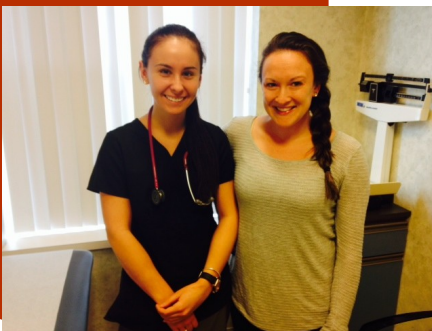
If your child or teen is identified by a teacher as possibly having ADHD, the first step is to make an appointment with his/her pediatrician. It is important to rule out any physical illness and to examine other possible factors which could interfere with a student's attention at school and at home. Your pediatrician will also provide you with assessment

scales to be completed by the parent and by the teacher. After these initial evaluations, your pediatrician will be able to discuss whether the student meets the criteria for a diagnosis of ADHD. If so, then the management and treatment options for the condition can be reviewed. In most cases, this common disorder can be monitored and treated here in our office.

If you have any questions or concerns regarding your child or teen who is experiencing academic or behavioral difficulties at school, please do not hesitate to call our office. We wish all of our patients a successful and fulfilling school year!

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Welcome to Tina and Heather!



Heather, Left & Tina, right

Kristine ("Tina") Devine has both a Bachelor's Degree in Psychology and in Nursing. She has worked administratively in the NICU at Mass General Hospital and has experience working with children in child-care.

Tina will be dividing her time between nursing duties at PAM and working as one of our Medical Home Care Coordinators, assisting our patients and their families with resources and scheduling appointments with specialists, among other responsibilities.

Heather is a recent graduate of MCPHS University

(formerly Massachusetts College of Pharmacy and Health Sciences). She has already impressed us with her capability and maturity and has taken over the evening nursing shift. If you call regarding your sick child in the later afternoon you will probably be speaking with Heather!

Baked Apple Recipe-A Healthy Fall Favorite

Ingredients:

- 1 tsp. butter
- 2 tsp. brown sugar
- 3 tsp. vanilla sugar
- 3 tsp ground cinnamon
- 1 tsp ground nutmeg
- 6 large apples, peeled, cored and sliced
- 3 1/2 tbsp. of water

Directions:

Preheat oven to 350 degrees.

Grease a large baking dish with the butter.

Mix brown sugar, sugar vanilla, cinnamon, and nutmeg in a small bowl. Layer about 1/3 of the apples in the prepared baking dish. Sprinkle with about 1/3 of the sugar mixture, repeat layers twice.

Bake in preheated oven for 30 minutes. Pour water over apples and continue baking for about another 15 minutes.



PAM's Behavioral Health Initiative- Part 2

By Dr. Shari Lecker

Part I of our discussion regarding pediatric behavioral health had a focus on Anxiety and Depression. Another area of intensive focus and learning through the Children's Hospital Behavioral Health Learning Community is Substance Use and Substance Use Disorders in Pediatric Primary Care. As alcohol use among teens has declined slightly, marijuana use has increased. The media focus on legalization of medical marijuana, has fueled the misconception that somehow marijuana use is 'safe' or 'safer' for teens. There is also the problem some parents, who may have experimented with marijuana themselves at some time, have discussing this issue with their own children.

Some facts- marijuana today is twice as strong as just a decade or two ago, teens today are starting to experiment with

drug use earlier than in previous generations, teens today also have easier access to "designer drugs" that are much more potent with deadlier side effects at lower doses. It is well established that the adolescent brain is uniquely sensitive to the effects of marijuana- increasing/ worsening anxiety and depression and impairment of memory and cognitive function.

For our younger teens



we applaud their decision to not use drugs and alcohol and reassure them they are not the only one saying No. For teens we

have greater concerns about, research has shown that their pediatrician can effectively engage them in motivational techniques to help them better understand the negative effects of substance use in the short and long term.

PAM has joined with one of the high quality counseling groups in our area to work on implementing our Integrated Approach to Behavioral Health. This group is also part of the Children's Hospital Behavioral Health Learning Community and has counselors up and running in several greater Boston pediatric practices. They are actively working to find the right people to become part of our pediatric primary care team at PAM to join with our doctors, staff and parents to keep our children, adolescents and young adults safe, happy and healthy!



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Pediatric Associates of Medford is a Preferred Member Practice of the [Pediatric Physician’s Organization at Children’s Hospital \(PPOC\)](#). The PPOC, as part of the renowned Boston Children’s Hospital, actively works with member practices to improve the quality of care to the patients we serve and their families. Through educational workshops and Quality Improvement programs involving physicians and staff, we at Pediatric Associates of Medford work with the PPOC to work to serve you better.

Healthy Halloween snack ideas

Halloween is such an exciting time for children of all ages. Of course, besides dressing up in costumes, the highlight revolves around ‘Trick-or-Treating’ for candies and chocolates.

The following are some images to give you ideas for healthy snacks which still have the fun theme of Halloween-Enjoy!

