



# Pediatric Associates of Medford Spring Newsletter 2014

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"Habit grows a child is small"



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Springtime is the perfect time to get your children involved in gardening. Gardening is a great activity to share with your child or grandchild that provides education about nutrition and the environment around us.

Gardening can be done whether you live in a house or an apartment, either indoors or outdoors.

All you need for an indoor garden is a few pots, soil, seeds, and a location to place them where they receive adequate sunlight. Your children can experience the growth of a plant from a seedling to an herb, which can then be used in healthy meal preparation. Suggested herbs would be basil, parsley, chives,

thyme, rosemary, and oregano.

There are also small planters for tomatoes, strawberries, and other fruits and vegetables for smaller patio



Flower pot kitchen gardens are easy and attractive

gardens. Nowadays it can be a challenge getting children to go outside and be interested in anything besides electronics-When children can

be involved in a tactile and creative process, they can become motivated to be interested in learning more about nature and the world around them.

### Easy Basil Pesto:

- 3 packed cups fresh basil leaves
- 3/4 c grated parmesan cheese
- 4 cloves garlic
- 1/2 olive oil
- 1/4 c pine nuts
- 1/3 c fresh parsley

Combine basil, garlic, Parmesan cheese, olive oil, and nuts in the bowl of a food processor or blender. Blend to a smooth paste. Add parsley.



## Running of the PAM Leprechauns!



On Saturday, March 15th, several members of our staff and of the Pediatric Physicians Organization at Children's ran the Running of the Leprechauns Road Race in Medford.

The race benefitted Boston

Children's Hospital-a cause close to our hearts- and was also a great, healthy way to celebrate St. Paddy's Day in our community!



## Is Your Teen Learning to Drive?

Motor vehicle accidents are the number one cause of death among teens. Two of the physicians at Pediatric Associates of Medford, Dr. Jeanne Clifford and Dr. Shari Lecker, recently participated in a study run by Pediatric Research in Office Settings (PROS), to examine whether a brief conversation during a yearly teen physical exam would result in parents visiting a Checkpoints™ website. This website in-

cludes teen driving statistics, state specific teen driving laws, and a parent-teen driving agreement, which outlines driving rules that



By Dr. Jeanne Clifford

can be modified over time as the teen becomes a more experienced driver.

“Parents play a key role in limiting and monitoring their teens early driving,” said study author, Jean Thatcher Shope, MSPH, PhD.

I encourage any family with a teen who will soon be driving to visit the Checkpoints™ website at

[www.youngdriverparenting.org](http://www.youngdriverparenting.org)

## PAM's ADHD Program

Pediatric Associates of Medford is pleased to announce our ADHD program established and run by Nicole Hersel, our Nurse Practitioner, in conjunction with our patient's Primary Care physicians. The program is designed to compliment our vision of comprehensive, Medical-Home based medical care for our patients.

Through in-house referrals, the continuity of care is upheld in times when our patients and their parents are in their greatest need. ADHD can some-

times be a challenge to diagnose. The key to addressing this challenge is being able to provide thorough evaluations, review comprehensive school, family, and medical histories, and complete validated questionnaires with parents and teachers that help best determine if a child truly meets

**'The program is designed to compliment our vision of comprehensive, Medical-Home based medical care for our patients'**

the criteria for an ADHD diagnosis.

Prior to initiating this program, Nicole received specialized training through another Boston Children's Hospital affiliated practice. In working with other providers who specialize in diagnosing and managing care for children diagnosed with ADHD, she was able to bring this program back to Pediatric Associates of Medford to benefit our patients and their families.

## Healthy Eating Tips-Great Website Links!

Anyone who is a parent knows how challenging it can be nowadays to ensure that your child is eating a healthy, well balanced diet and getting enough exercise. Childhood obesity has become a significant health concern in our country and sometimes families have to work to change their habits and attitudes

towards food and physical activity.

The following are links to helpful websites for you and your family:

<http://www.letsgo.org/>



[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

<http://fatsmack.org/>

[www.turnthetidefoundation.org/](http://www.turnthetidefoundation.org/)

<http://www.childrenshospital.org/centers-and-services/optimal-weight-for-life-program/optimal-weight-for-life-program>

## PAM's Behavioral Health Initiative - Part 1

By Dr. Shari Lecker

Medicine has done a lot to keep kids physically healthy. From childhood vaccinations to preventive medications for conditions such as asthma, we at PAM have seen a decline in many of the illnesses we have treated over the years. Over the same time period, we have seen an increase in the number of our patients of all ages struggling with behavioral health issues, anxiety and depression being the most common. Reasons for this are many- children and adolescents are under increasing social and academic pressures, many families have less support structures in place, and it is more acceptable to discuss these important issues. Happily, there has also been more research into effective treatments for childhood and adolescent anxiety and depression. Cognitive Behavioral therapy (CBT) and the judicious use of medications (the SSRI class having the best profile of safety and effectiveness), or a combination of the two.

**'we have seen an increase in the number of our patients of all ages struggling with behavioral health issues'**

For many years, the pediatricians at PAM have felt strongly about screening our patients for con-

cerns regarding their behavioral health. Starting at age 4, at all well child visits parents fill out the Pediatric Symptom Checklist (PSC) and at age 16 we have the adolescent complete their own PSC. Once we have identified a patient and family in need of additional mental health support, we have often been frustrated by the delay in patients receiving the care they need. A shortage of child psychiatrists and psychologists leading to long wait times for appointments and insurance issues are the most common reasons for delay.

To improve the care our patients receive, PAM is part of the Childrens Hospital PPOC Behavioral Health Initiative. This initiative has two main objectives- Giving our pediatricians additional and up-to-date learning in diagnosing and treating behavioral health issues, and estab-



lishing a Co-Located Behavioral Health Provider right here at PAM. Research has shown that having a team approach in an office setting our children and adolescents are already familiar with increases the likelihood of them getting the services they need in a timely manner.

Many of you may already know Kelly Daugherty, our Medical Home Coordinator. What you may not know, is that Kelly is also a Licensed Mental Health Counselor with extensive experience in treating children and adolescents in a therapeutic setting. Kelly also has additional training as a grief counselor. Starting in late Fall 2014, to early Winter 2015, Kelly will move into the role of our Co-Located Behavioral Health Provider. That our new behavioral health provider is someone we already trust and have a good working relationship with is a bonus for all.

Behavioral Health Initiative – Part II coming Fall 2014

## Staff Profile: Desiree Thevenot

Desiree Thevenot has been at PAM for over 14 years. She started when her daughter was three months old, in November of 1999. Desiree has two children and a newborn. Right now she is keeping busy with the college application process for her oldest child, who will be starting in the fall, and preparing for her new baby who is due any day now!

Desiree was a patient at PAM throughout her childhood and now her



children are patients here as well. "It's nice to be part of this PAM family for so long, first as a patient, a parent of patients, & now as an employee," she said.

Desiree has lived in Medford all of her life and loves to see all the familiar faces coming into the office. If you call the referral department, most likely you are speaking to Desiree. She says "It's always nice to hear familiar voices. I

always try my best to make it possible for your child to see the specialist without any problems in a timely manner."

Recently, Desiree has been busy with the improvements made to the referral process that ensure that our patients follow up with the specialists to whom they have been referred and that our PCP's at PAM receive all the notes from patients' specialists so that they can continue to provide the best care possible here at Pediatric Associ-



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**Boston Children's Hospital**  
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Preferred Pediatric Practice

Until every child is well

At Pediatric Associates of Medford, P.C., we offer a full range of pediatric care including prenatal visits for expecting parents, well-child check-ups, immunizations and sick appointments. Our caring team is committed to providing quality service in a comfortable, safe office setting where children and parents can feel at ease. We also set aside time to equip parents with the tools and resources necessary for the development of healthy children from birth to adolescence.

We are open 7 days a week, including Saturdays and Sundays.

We are open 364 days a year (except Christmas)!

## Good Luck KariAnn, we will miss you!

KariAnn Orlandella has been a registered nurse here at PAM for over fourteen years. As Lead Nurse, she was responsible for training and managing the clinical staff as well as other duties such as helping order and track all of the various vaccines for the



practice, assisting the physicians and triaging, to list a few.

Working closely with Dr. Melvyn Levine for years and more recently with Dr.

full time position at Lowell Community Health Center.



Espinosa and her patients, she developed a relationship with many of the patients and families and knew them by name. An integral member of the nursing staff, as well as the office, she will be greatly missed.

We all wish KariAnn the best of luck at her new

