



Mt. Washington
Pediatric Hospital

Handprints

WINTER 2018

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Kudos

C.A.R.E.S. Value Spotlight Efficient

- Trust, support and assist your co-workers
- Work cooperatively
- Contribute to a positive work environment
- Take ownership of problem resolution
- Find a way to say "YES"

A Lifetime of Caring

NOTED PEDIATRICIAN LAWRENCE PAKULA, MD, CONTINUES
A LIFETIME OF DEDICATION TO THE REGION'S CHILDREN WITH
A TRANSFORMATIVE GIFT TO MWPH.



Dr. Lawrence C. Pakula, along with family and MWPH leaders, celebrated the rededication of the unit.

Everyone who is connected with MWPH—employees, patient families, volunteers, and supporters—understands what a special place the hospital is. Combining high quality specialized care for children with complex medical or rehabilitation needs with a warm, family feeling, MWPH is a place unlike any other. And thanks to our hospital's generous supporters, we are poised to serve even more children as they heal and grow.

Lawrence C. Pakula, MD and his late wife, Sheila, have supported MWPH for more than 30 years. Dr. Pakula has served on the hospital board since 1996, including a term as board president. And this year, Dr. Pakula chose to make a transformative gift to support the hospital's expansion.

"Dr. Pakula has been a wonderful supporter of MWPH for several decades," said Sheldon J. Stein, the hospital's president and CEO. "We are so grateful to him, not only for his generosity, but for the many years of guidance and expertise he has provided as a board member."

As a pediatrician for 50 years, Dr. Pakula knows first-hand the important role that MWPH plays in caring for children. "Logistically, and within the context of the healthcare system, MWPH is exceptionally important to the pediatric community," he said. "Once kids no longer need the intensive kind of care available at Hopkins or University of Maryland, MWPH provides the kind of specialized care they need."

Thanks in part to Dr. Pakula's gift, the Rosenberg Outpatient Center will be expanded by 50 percent to accommodate patient demand in behavioral health, primary care, and other important clinic areas. The increased space will house seven new patient exam rooms, eight psychology offices, two staff work areas, and additional support space. It will also feature a new reception area. The hospital plans to break ground on the construction in March, and the entire process is expected to take 10 to 12 months. When the process is complete, thousands more children each year will be able to benefit from outpatient services at MWPH.

"I've known Dr. Pakula for 40 years, and he and his late wife, Sheila, have always been very generous, with particular interest in supporting the care of children, especially newborns," said Ron Peterson, president emeritus, Johns Hopkins Health System and former MWPH board member. "He gives freely of both his financial resources as well as his time. MWPH is very fortunate to have someone of his stature so intimately involved, supporting the care and well-being of children and their families on so many different levels."

To thank Dr. Pakula for his gift, which will enable so many more children to receive care at MWPH, the hospital has rededicated the hospital's infant unit, formerly known as the Center for Pediatric and Neonatal Transitional Care in his and his

continued on next page >>

A LIFETIME OF CARING *cont'd*

family's honor. On November 8, the hospital rededicated the unit the Sheila S. and Lawrence C. Pakula Center for Infant Specialty Care. At the Pakula Center, infants born premature or with complex medical needs will get the nurturing, specialized care they need to thrive—and ultimately, to return home with their families.

MWPH is very fortunate to have someone of his stature so intimately involved, supporting the care and well-being of children and their families on so many different levels.

Ron Peterson, president emeritus, Johns Hopkins Health System and former MWPH board member

There is no other children's hospital, according to Dr. Pakula, that prompts such a warm feeling among people associated with it. Families have shared hundreds of personal anecdotes over the years noting the warmth and welcoming atmosphere that they find at MWPH.

"The demand for MWPH services is great, and this expansion project is a worthwhile expenditure," Dr. Pakula said. "It's the sort of thing that you hope will happen when you make a contribution to an institution. I'm very happy to be able to help MWPH bring its special brand of care to more of the region's children." ♥



OUR ANNUAL REPORT IS LIVE!



Tickets on Sale in January



SATURDAY, APRIL 6, 2019

7:00 pm | Baltimore Marriott Waterfront Hotel
700 Aliceanna Street, Baltimore, Maryland

UPCOMING EVENTS

JAN 9

MAR 13

P.R.E.P. PROGRAM
(Providing Resources to Empower Parents)
4:00 – 5:00 p.m.
Heal and Grow Grill

The P.R.E.P. Program is for all caregivers to learn and receive resources on topics pertinent to the care of their child, as well as provide a forum for parents to meet each other and receive inpatient discharge training.

DEC 18

HOLIDAY TOY SHOP
5:00 – 7:30 p.m., Heal and Grow Grill

A fun event for our patient families to enjoy free holiday shopping. For volunteer opportunities, please contact Michelle Hanover at 410-578-2651 or mhanover@mwph.org



DEC 20

JAN 17

FEB 21

SAFETY BABY SHOWER
4:00 – 6:00 p.m.
3rd Floor Boardroom

This gathering is for parents with children who are patients up to 18 months of age. Dinner is served.

JAN 22

FEB 26

FAMILY HAPPY HOUR
4:00 – 5:00 p.m.
Heal and Grow Grill

Join us for this opportunity for families to meet, mingle, and enjoy some food.

FEB 19

MAR 19

SPECIAL FAMILIES UNITE
6:00 – 8:30 p.m.
3rd Floor Boardroom

An educational support group is provided for families of children with special needs. RSVP to Michelle Hanover at 410-578-2651 or mhanover@mwph.org



FEB 27

FAMILIAS UNIDAS PARA FAMILIAS QUE HABLAN ESPAÑOL
6:30 – 8:30 p.m., 3er Piso Boardroom

Un grupo de soporte educativo proveído para familias que hablan español con niños con necesidades especiales. Por favor notificar su participación a Sally De Arruda al 410-578-5071 or sdearruda@mwph.org

MAR 16

B'MORE HEALTHY EXPO
10:00 a.m. – 5:00 p.m.
The Baltimore Convention Center, 1 W. Pratt Street, Baltimore

The B'more Healthy Expo offers something for every age and interest. Families will be entertained with a variety of health and wellness exhibits and activities.

Message from the President



Dear Friends,

During this busy holiday season, I appreciate the opportunity to pause and reflect on the work we've done at MWPH this year. Our dedicated staff continues to inspire me each day with their commitment to the children we care for and the families we serve. They go above and beyond, and it's thanks to the sense of pride and purpose they bring to their work that our hospital is the special place it is.

It is a season of preparation for us here at MWPH, as we make progress toward two major initiatives that will transform our hospital's care. First is the new electronic health record system, which involves state-of-the-art hardware and software customized for MWPH's unique needs. The project is progressing smoothly, with software installation scheduled to take place in late December. Over the following 10 months, an implementation

team composed of MWPH staff and outside consultants will spearhead the testing and training process. Look for additional updates in future issues of *Handprints*.

Second, we are looking forward to breaking ground on the Rosenberg outpatient building, which will take place in March. The expansion project will take 10-12 months to complete, after which we will have 50 percent more space for outpatient services. We are delighted at the prospect of serving several thousand more children each year as a result.

Please accept my heartfelt wishes for a safe and happy holiday season.

Sincerely,

Sheldon J. Stein,
President & CEO

Where Are They Now?—Devan Curet



In November 2013, Devan Curet's life changed forever when he was involved in a serious car crash. Only 18 at the time, Devan sustained life-threatening injuries, including severe damage to both legs, compound fractures in both arms, a dislocated hip, traumatic brain injury, and various internal injuries. He was in a medically induced coma for weeks and woke to find that his left leg had been amputated above the knee.

He spent the holiday season that year at Shock Trauma and was transferred to MWPH in January 2014. He spent the next five months as an inpatient at MWPH, where he had daily physical, speech, and occupational therapy, plus neurorehabilitation.

Even with all of the physical rehabilitation Devan underwent, the most challenging part of his recovery was psychological. "I didn't know what the future held, or what I'd be able to do with my life," he said. "That was more difficult than all of the physical pain."

After discharge, Devan continued to work with MWPH's physical therapy team as an outpatient. It took four years for him to recover fully.

It's now five years since his accident, and 23-year-old Devan's future is bright. "I'm full of gratitude to be here," he said.

He is enrolled in college and studying to be an occupational therapy assistant. He credits his career ambitions to his experience at MWPH.

Outside of school, Devan stays active with adaptive sports, including competitive wheelchair basketball and wheelchair tennis. He seeks out sponsors to help him enter more wheelchair tennis tournaments. He also volunteers with the Trauma Survivors Network and the Amputee Coalition.

"I think things would have ended up differently for me if I hadn't done my rehab at MWPH," he said. "It's a special hospital, and there is a lot of love there." ♥



EMPLOYEE NEWS

GET TO KNOW OUR STAR EMPLOYEES

October



Name: Damien Green
Title: Environmental Services Tech
Department: Environmental Services
How long have you worked at MWPH: 2 years
Favorite part of your job: Watching patients “heal and grow” each and every day I work; preparing rooms for new admissions; having it properly detailed for our parents
One thing that most people don’t know about you: I have a newborn son at home; I’m a neat freak.

November



Name: Timeless Team
Answers below provided by: Ilde Fischbach, Nutrition Analyst, and member of the Timeless Team (pictured second from right)
How long have you worked at MWPH: 13 years
Favorite part of your job: Delivering quality formula to babies and supporting their families
One thing that most people don’t know about you: I love dancing, especially “lajota” the traditional dance from the Phillipines.

December



Name: Mike Allen
Title: Maintenance Mechanic
Department: Maintenance
How long have you worked at MWPH: 1.5 years
Favorite part of your job: I enjoy all of it!
One thing that most people don’t know about you: I don’t mind giving and will help if I can.

CONGRATULATIONS TOP DOCTORS!

Congrats to all MWPH and affiliate hospital doctors who were chosen by their peers in *Baltimore* magazine’s annual Top Doctors survey.

CONGRATULATIONS TO DR. TERI KAHN—OUR TOP DOCTOR!



And THANK YOU to our caring staff who help ensure that children get the integrated care they need to heal and grow.



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CONGRATS ANDREA



Andrea Ashton received the Relias Lifelong Learning Award for her hard work and dedication to improving the education

experience for our nurses. Her efforts have helped to decrease nursing turnover and spark greater interest among our nurses to participate in our clinical ladder. Congratulations, Andrea, on this well-deserved honor!

PROMOTIONS

- **Anita Smith** from *Billing Specialist to Patient Account Coordinator*
- **Sara Levy RN** to *Nurse Team Leader*
- **Tykell David** from *Food Service Supervisor to Catering Manager*

PSYCH RETREAT



The 2018 Psychology Department Faculty Retreat featured participation in an 80s themed murder mystery in which the entire faculty participated.

Try to identify some of the featured characters including Madonna, Cyndi Lauper, Paul Abdul, the Karate Kid, Crocodile Dundee, Pee-Wee Herman and Mork from Ork.

MYTHBUSTERS

Diabetes

Myth busted by Ryan S. Miller, MD,
MWPH pediatric endocrinologist



MYTH: Only overweight people can develop diabetes.

FACT: Each year, nearly 24,000 Americans under 20 years of age are diagnosed with diabetes mellitus. Of those, most are in the normal range for weight. Most children and adolescents

diagnosed with diabetes have type 1 diabetes, which is an autoimmune disease that results in the pancreas not being able to produce enough insulin. The cause of type 1 diabetes is not related to poor diet or inactivity.

Anyone can develop type 1 diabetes, regardless of family history, and the symptoms can sometimes make it hard to identify. If your child develops extreme thirst, or a sudden increase in thirst and urination, particularly with weight loss, fatigue, and nausea, see your doctor right away.

While there is nothing anyone can do to prevent type 1 diabetes, it can successfully be treated with insulin. New technologies such as continuous glucose monitors and insulin pumps are giving us great options to enable kids to keep their blood glucose levels in a safe range and enjoy all of their usual activities.

To learn more about our multidisciplinary diabetes services, visit mwph.org/programs/diabetes-clinic.

A Day In The Life of Natalie Page

Natalie Page, MS, CCLS, CIMI is a certified child life specialist at MWPH. She helps to bring play—“the work of the child”—into the hospital setting. We followed her on a Wednesday as she divided her time between MWPH’s Rogers Avenue main campus and the hospital’s Prince George’s County satellite location.

8:36 a.m. – Conduct one-to-one parent education to help family members learn how to interact with their baby while the child is on a ventilator.

10:12 a.m. – Play group for MWPH inpatients, helping children to continue normal development even while hospitalized, and helping families make precious childhood memories.

11:42 a.m. – Visit a patient on isolation for a bedside developmental play session.

12:29 p.m. – Travel to satellite location within UM Prince George’s Hospital Center.

2:15 p.m. – Provide distraction and procedural support for kids receiving injections at the Botox and baclofen clinic.

3:01 p.m. – Teach infant massage to parents at the bedside, to promote bonding with their baby.

4:26 p.m. – Plan first birthday party for an inpatient.



THE DAISY AWARD

The national award from The Daisy Foundation recognizes extraordinary nurses.

November



Kathy Clark, RN
MWPH at Prince George’s
County Inpatient Unit

Kathy was nominated by Dr. Lorena Hawkins for her outstanding skills, attention to detail, cheerful can-do attitude, and patient care.

“Kathy shows compassion for

the patients. She discusses ways to help make their hospital stay comfortable with all the disciplines including rehabilitation therapy. She has purchased clothes for patients whose families do not have the opportunity or the means.”

WELCOME Rachana Patani!

We are thrilled to welcome Rachana Patani as the new manager of our Community Benefit program.

Rachana was previously the Baltimore County health coordinator for the Y of Central MD, Head Start program. There, she was responsible for implementing, monitoring, and coordinating health and nutrition services for the Y Head Start/Early



Head Start centers throughout Baltimore County. Prior to the Y, she worked for Medstar, NIH Heart Center, and Prince George’s Hospital Center in a series of marketing, communications, and community health positions. **Welcome, Rachana!**

Concussion

MWPH BRINGS A MULTIDISCIPLINARY TEAM—AND STATE-OF-THE-ART TECHNOLOGY—TO CONCUSSION TREATMENT.



L to R: Christina Parr, Joe Cleary and Cathy McCormick

Concussions are still grossly underreported—and far too common. “The more we learn about the long-term effects of concussions on physiology, cognition, and emotions, the more we understand how critical early diagnosis is,” said Joseph Cleary, PsyD, neuropsychologist at MWPH. “The earlier you’re seen, the more quickly and safely you can recover.”

Many patients and families have misconceptions about concussions, according to Dr. Cleary. Most people don’t know that a person is most at risk for a second concussion while recovering

“
The goal is to get you back to regular life...as quickly and safely as possible...not to keep you on the sidelines.
”
Joseph Cleary, PsyD

from their first concussion. Sports helmets often provide a false sense of safety and may not protect the brain from intracranial injury. It is important to understand that getting treatment for a concussion doesn’t

mean an athlete is out of the game for the season. “The goal of MWPH’s concussion clinic is to get you back to regular life, and back to sports, as quickly and safely as possible—not to keep you on the sidelines,” Dr. Cleary said.

MWPH’s concussion program, part of the hospital’s larger brain injury system of care, has been operating since 2010. Pediatric neuropsychology and rehabilitation experts come together to give patients a one-stop shop for concussion evaluation, diagnosis, treatment, and follow up.

The concussion clinic brings all of the providers together so that the patient can do all of the necessary assessments on the same day. Assessments include paper and computer-based testing to assess for concussion symptoms such as memory problems, difficulty concentrating, and impaired judgment. Computerized testing includes the pediatric IMPACT assessment, the Vestibular Ocular-Motor Screening (VOMS) assessment, and the Neurocom Balance Master, a more comprehensive assessment originally developed to measure the equilibrium of space shuttle astronauts on return from orbit.

After the assessments, all of the providers meet to make a customized plan for the patient’s recovery, including returning to school with any necessary accommodations as well as getting back to sports. The concussion team monitors the patient for several weeks after the initial appointment to track symptom resolution and make treatment adjustments as needed. As symptoms resolve, the child can gradually take on more physical activity, until the child is fully recovered and back on the field. ♥

To learn more about MWPH’s concussion clinic, visit mwph.org/programs/concussion or call 410-367-2222.

Getting Into the Spirit

SPIRIT HALLOWEEN PARTNERS WITH MWPH TO CREATE UNFORGETTABLE MEMORIES—IN OCTOBER, AND THROUGHOUT THE YEAR.

As summer turned to fall, you may have noticed Spirit Halloween stores popping up in your neighborhood. The seasonal retailer is dedicated to all things Halloween—and to charitable giving as well. Since 2007, Spirit Halloween has collected donations for local children’s hospitals through coupons and in-store donations. Three or four store locations each year collect funds for MWPH, totaling over \$30,000 each year and more than \$300,000 since 2007. The funds are earmarked for MWPH’s child life department, enabling the child life team to purchase extra-special equipment and supplies.

“We use Spirit Halloween funds all year to enrich our patients’ experience at MWPH, from new mats and sensory items for our baby playroom to music therapy, and from community reintegration outings to wheelchair-accessible basketball hoops,” said Kim Adkins, senior child life specialist at MWPH.

Spirit Halloween also puts together a fabulous Halloween party at MWPH each year. Kids get to pick out a costume (to keep!) from the large selection, and Spirit brings decorations and accessories galore. Everyone from babies to teenagers gets into the spirit, and the party includes inpatients and outpatients as well as rehabilitation, neuropsychology, and the feeding day program participants. Spirit staff members bring activities for the kids and include non-Halloween themed items for children who don’t celebrate the holiday. Everything is free to MWPH families.

“The Spirit employees always say how much they love to come here, because MWPH is so small and unique,” Adkins said. “They tell me how good it feels that everyone in the hospital is so excited about their visit.”

MWPH is grateful to Spirit Halloween for all they do each year to bring a little spooky magic to our hospital—and create special memories our patients will treasure all year long. ♥



To learn more about MWPH’s child life services, visit mwph.org/programs/pm-rehabilitation/services/child-life

MWPH: IN THE COMMUNITY



MWPH is proud of the services we offer and the care we provide, so we are always looking for opportunities to let our community know we are here for their health. One way we do this is through sponsorships. **Vibrancy21** is a full-service sports marketing and event agency in Baltimore, and the hospital has partnered with them for several years.

The premiere Vibrancy21 event that supports the hospital is the Holiday Party, hosted by Joe Flacco and teammates, which was held on December 6. This event collected toys and other gifts for patients at MWPH. Vibrancy21 opportunities include player visits to our patients, promoting the hospital on radio shows, and other events, such as this Celebrity Bowling Night, hosted by Ravens Co-captain Anthony Levine, Sr. (center). We’re fortunate to be able to partner with organizations such as Vibrancy21, as they help us help children.



Patient Parent Perspective

Jill Pelovitz

Jill Pelovitz is mom to two girls, 15-year-old Anastasiya and 14-year-old Nadiya. Nadiya was born with a rare genetic disorder that causes seizures and severe disability. She is unable to care for herself, speak, or walk on her own. Her condition also results in feeding issues and motor planning challenges.

How did your family first connect with MWPH?

We began our journey with MWPH through the outpatient feeding clinic when Nadiya was five. Working with the clinic, and aided by her school's support, we were able to avoid a feeding tube for Nadiya. Whereas she once was choking on water, she can now chew solid foods and drink with a straw.

We also consulted with physiatrist Stephen Nichols, MD at MWPH, who saw that Nadiya had hip problems. She had hip surgery at age six and spent three months rehabilitating at MWPH. During that time, she also received physical, speech, and occupational therapy. We have continued outpatient therapy ever since, to help Nadiya to continue to improve her skills.

What stands out about MWPH?

MWPH is so warm and welcoming. If I am having a difficult day, I know that there will be multiple people there who will reach out and help me.

MWPH works to coordinate the approach to Nadiya's care. MWPH therapists are willing to partner with Nadiya's school, so that home, school, and hospital all come together to develop a plan that will help Nadiya gain the most skills.

What advice would you give parents coming to MWPH for the first time?

Don't set limitations on your children, because who they are today is not who they'll be tomorrow. And although progress takes time, amazing things can happen when people are working together.



KUDOS for our Caring Staff

Moving Forward

"We want to thank the entire staff of MWPH for their warm welcome of Robert and their outstanding care. We only stayed for a week, but during that time period Robert went from barely being able to get out of bed to walking short distances and learning how to transfer himself from the wheelchair to the car. Each member of the nursing staff was skilled, compassionate, and patient. A huge thank you to PT and OT for helping Robert move forward with his life. Your work really makes a difference. Thank you for such a positive experience."

— Kimberly Wachen, patient parent

A Deep Breath

"My daughter was here for an evaluation, and I was upset, nervous, in tears – and was lost in the building. Charisse Gordon talked very kindly with me and had me take a deep breath. Ms. Gordon's much needed and appreciated assistance helped me with my coping skills, and she was able to bring me back to a calm mood. I do not have the words to express my sincere gratitude toward her. We need more people like her in the world."

— Jennifer Pyles, patient parent

For information or questions about *Handprints*, contact **Andy Wayne**, Director of Marketing and Communications at andy.wayne@mwph.org



Mt. Washington
Pediatric Hospital

Where Children Go to Heal and Grow

An affiliate of University of Maryland Medical System and Johns Hopkins Medicine

Handprints is a publication of the Development department for the patient families, friends, and employees of MWPH.



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