



Mt. Washington
Pediatric Hospital

Handprints

SUMMER 2018

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

- Maintain a clean and safe environment for patients, families and co-workers
- Know and follow hospital departmental policies and procedures
- Report safety/security issues to a supervisor, Safety Officer, and Patient Safety Council
- Encourage a blame-free environment
- Share ideas and suggestions for improvement



ONE WILD NIGHT

MWPH'S 5TH ANNUAL STORYBOOK GALA ADVENTURE EXCEEDS EXPECTATIONS

On May 12, at the gorgeous Baltimore Marriott Waterfront Hotel, more than 650 guests gathered for MWPH's 5th Annual Storybook Gala. Over the last five years, this event has raised \$1.25 million to support MWPH's family-focused care for children with serious, chronic, or complex medical needs.

Each year, the gala committee chooses a children's book to serve as the event's theme. This year, guests were invited to come along on Max's incredible voyage as the gala recreated Maurice Sendak's classic, *Where the Wild Things Are*. The story of Max becoming king of the wild things and traveling back to the warm, loving safety of his home beautifully parallels the journey children take while at MWPH.

Better and Better Each Year

The idea for the annual gala started with a MWPH parent, Lauren Perlin, whose daughter Millie has Down syndrome. A development professional, Perlin recognized the opportunity to use a fundraising event to increase awareness across the region for MWPH and the wonderful services it provides.

"When Lauren suggested the idea for a gala, MWPH was the best-kept secret in Baltimore," said Heather Hoffman, this year's gala committee chair. "By focusing on raising awareness through a marquee event, she and the gala committee got the community connected to MWPH's mission."

The amazing response to the first Storybook Gala generated excitement across the region. This year, tickets to the gala sold out within four hours. The event featured dramatic, woodsy decorations that transformed the ballroom into a wild forest, just as Max's room transforms in the

book. Memorable elements of surprise and fun abounded, from a themed cocktail and a book drive, sponsored by Priority 1 Automotive Group, to costumed characters and Max's giant boat as the DJ booth on the dance floor.

Some elements are kept secret until the event, adding an element of surprise to the gala. This year, the students of Cristo Rey Jesuit High School in Baltimore surprised guests with a flash mob-style step routine, getting the night's "wild rumpus" off to an energetic start.

In addition to raising money through ticket sales, guests participated in a silent auction and a live auction for two special items: tickets to *The Tonight*

continued on next page >>



Kendall Brockenbrough and Zachary Zooker, patients featured in the video of the evening, pose with the Wild Thing.

ONE WILD NIGHT *cont'd*



Show *Starring Jimmy Fallon* and a cooking extravaganza event with chefs Sergio Vitale and Jerry Pellegrino.

The evening wrapped up with a special Fund-A-Wish appeal, where participants were inspired to give by seeing amazing stories of kids treated at MWPH, including a girl undergoing rehabilitation after being hit by a stray bullet at the age of 3 and a boy adapting to his type 1 diabetes diagnosis.

For the Good of MWPH's Kids

Every dollar raised goes to support MWPH's unique services for the area's children. Since more than half of MWPH's patients receive insurance coverage through Medicaid, the community's philanthropic support is critical to help bridge the gap and allow MWPH to provide excellence in patient care.



The gala's proceeds support inpatient programs such as MWPH's Center for Neonatal Transitional Care (CNTC), the Pediatric Complex Care Program (PCCP), and the hospital's rehabilitation programs. MWPH also provides hospital day programs, offering intensive support for children with rehabilitation or feeding needs. Specialized outpatient services also benefit from the gala's fundraising, including diabetes management, psychology, sleep testing and evaluation, and many others.

The gala committee, which this year numbered over 40 volunteers, begins planning for the next gala shortly after the event takes place. "We're so grateful to the committee for their dedication to seeing this through. The connections, the commitments, and the awareness they're raising is remarkable," said Christie Moag, special events coordinator at MWPH. "It's a whole community of people coming together to raise money for kids and their families." ♥

To find out how you can support next year's Storybook Gala, contact Christie Moag at (410) 578-5032.

UPCOMING EVENTS

JUN
21

JUL
19

AUG
16

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. RSVP to Melissa Beasley @ 410-578-5065 or melissa.beasley@mwph.org

JUN
26

JUL
24

AUG
28

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.



JUL
11

AUG
08

SEP
12

LACTATION SUPPORT GROUP

11:30 a.m. – 12:30 p.m.
Medical Conference Room

This support group for nursing mothers is led by Jamie Dow, our lactation consultant.

JUL
11

SEP
12

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.



AUG
15

SPECIAL FAMILIES UNITE

6:00 – 8:30 p.m.
3rd Floor Boardroom

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

Message from the President



Dear Friends,

Thank you to all of the volunteers and MWPH staff who made last month's 5th Annual Storybook Gala a tremendous success. As you'll read in this issue's cover story, MWPH raised \$318,000 with more than 650 attendees, all of whom had an unforgettable night in the land of the wild things. All of the gala's proceeds go right back into taking care of the children we serve, as well as acquiring services and

pieces of equipment that we need to provide the best care and rehabilitation services possible.

Now that we have completed our master campus upgrades, we turn our attention to expanding the Rosenberg Building to increase our outpatient services. We are currently working with an architecture firm to design and implement the expansion. The additional space will mean more MWPH providers offering

more appointments, making it easier for families to schedule outpatient care for their children.

Another significant upgrade in the works is our hospital's transition to a new electronic health record (EHR) system. We're currently evaluating options. Among many other benefits, EHR technology will mean that patient families will be able to view patient information online. MWPH will also be able to share some patient information among providers electronically, within the boundaries of HIPAA regulations. Stay tuned for more information in the coming months.

This summer, I hope your family takes time to enjoy the season and take part in whatever relaxing activities are most fun for you. School will be back in session before we know it.

Sincerely,

Sheldon J. Stein,
President & CEO

Where Are They Now?—Luis Miranda-Ramirez

Luis Miranda-Ramirez has been beating the odds since before he came into the world. Luis was born with an omphalocele, a hole in his belly wall that resulted in part of his intestines forming outside his body. He spent 16 months as an inpatient at MWPH, beginning when he was only a few weeks old.



Luis then...

Along with the worries that come with having a child in the hospital, Luis's family also has many special memories from their time at MWPH. Luis met multiple first-year milestones—standing and taking his first steps, for example—in the rehab playroom. By the time Luis was 15 months old, he had grown enough to have surgery to put his intestines back in place and cover the opening with his own skin, paving the way for him to go home with his family.



Luis now...

In addition to his inpatient experience, Luis participated in MWPH's feeding clinic day program twice. During his first time through the six-week program, Luis's goal was to become comfortable drinking milk. He came back to the program recently to focus on biting and chewing hard, crunchy foods. Luis met the feeding goals both times.

Today, Luis is a joyful, energetic five-year-old boy who loves to play and dance to music. He looks forward to starting kindergarten in September. He also enjoys meals with his family.

"His favorite food is pupusas, but he eats a wide variety of foods," said his mother, Natalie Ramirez-Marroquin. "He doesn't like beans much, but everything else I give him, he eats." ♥

EMPLOYEE NEWS

GET TO KNOW OUR STAR EMPLOYEES

April



Name: Beverly Neway
Title: Senior Occupational Therapist
Department: Rehabilitation
How long have you worked at MWPH: 16 years
Favorite part of your job: The variety of patients I work with
One thing that most people don't know about you: I enjoy traveling and making quilts.

May



Name: Shelly Tisdale
Title: Unit Secretary, 2nd Floor
Department: CNTC/Nursing
How long have you worked at MWPH: 7 years
Favorite part of your job: I love working with my babies and being able to help them for their transition home.
One thing that most people don't know about you: I attended Gordon Phillips hair school right after high school. I love doing hair.

June



Name: Paula Woodlon
Title: Patient Account Specialist
Department: Finance
How long have you worked at MWPH: 2 years
Favorite part of your job: My coworkers and having the opportunity to work in the Admissions department. It gave me insight into the workings of a different department. The best part of all was being able to cuddle a baby.

HOSPITAL WEEK

Awards for Service, President's Club Breakfast and Nurses of the Year awards



Employees enjoying the President's Club Breakfast



Congratulations to Geoff Hebb (left) and Leon Arnold (right) on their 40 yr service awards!

SERVICE AWARDS

20 YEARS
 Kimberly Adkins
 Katharine Alter
 Carrie Bishop
 Sarah Burke
 Chrissie Heimer
 Linda Hutter
 Mary Miller
 Kim Nelson

Carolyn Robinson
 Carolyn Servance
 Debra Summerfelt

25 YEARS
 Betty Belt
 Jody Harden
 Kathleen Lochary
 Laurie Portera

Sharon Selko
 Clarissa Whitacre

30 YEARS
 Lois Bower
 Lloyd Honeyghan
 Christean Nichols

35 YEARS
 Deborah Harvey
 Denise Pudinski

40 YEARS
 Geoff Hebb
 Leon Arnold

NURSES OF THE YEAR

Five MWPH nurses were recognized during Nurses Week:

- RN of the Year** – Heather DiNunzio
- LPN of the Year** – Patti Marucci
- PCA of the Year** – Sarah Flannery
- MA of the Year** – Sherrise Myers
- RA of the Year** – Tiana Hopkins



MYTHBUSTERS

Sleep Disorders

Myth busted by *Laura Sterni, MD, Director of The Johns Hopkins Pediatric Sleep Center at MWPH*



Did you know that MWPH has one of the largest dedicated pediatric sleep labs in the state? It's time to turn our myth-busting lens to the subject of kids and sleep.

MYTH: Snoring is normal.

FACT: Although many people think snoring is normal, in reality only 10 percent of kids snore. Regular snoring can be a sign of a more serious condition called obstructive sleep apnea, which can lead to daytime sleepiness, behavior problems, high blood pressure, growth problems, and trouble focusing in school.

If your child snores on a nightly or near nightly basis, talk with your pediatrician. A child who snores can be evaluated with a sleep study—an outpatient study that monitors the child's breathing overnight—to see if they have obstructive sleep apnea. Parents stay with the child during the study. For most kids, the recommended treatment for obstructive sleep apnea is removal of the tonsils and adenoids, but other treatments are available.

For more information on sleep studies at MWPH, check out mwph.org/programs/sleep-center

A Day In The Life of Sally De Arruda

Sally De Arruda is MWPH's language services manager. She coordinates language support across the hospital for both inpatient and outpatient services, so that patient families who speak a language other than English can communicate with MWPH providers and staff. She is also a Spanish-English language interpreter—in fact, she facilitated the interview with Natalie Ramirez-Marroquin for the feature on page 3. We followed along with her on a recent Thursday.

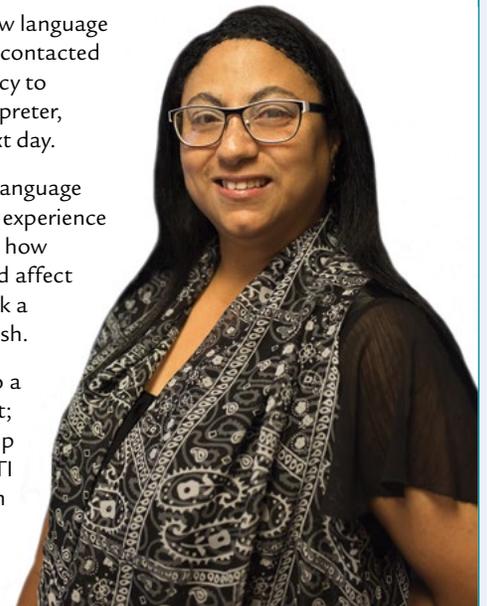
9:00 a.m. – Met with a therapist, patient, and parent for a parent training appointment in the feeding clinic and interpreted between Spanish and English.

10:45 a.m. – Shared in a family's emotional response while interpreting during a two-hour appointment in the Autism Spectrum Center.

12:30 p.m. – Reviewed new language support work orders and contacted the language service agency to schedule a Nepalese interpreter, among others, for the next day.

2:05 p.m. – Represented language services at the outpatient experience committee and discussed how proposed initiatives would affect patient families who speak a language other than English.

4:48 p.m. – Responded to a call from an inpatient unit; helped nursing team set up and troubleshoot MARTTI (computerized translation equipment).



THE DAISY AWARD

The national award from The Daisy Foundation recognizes extraordinary nurses.

January



Cory King, RN, CPAR Unit

Here's what one of Cory's patients had to say about her: "If you're having a bad day she makes time to sit and talk to you to keep you distracted. Or when you're in a lot of pain, she'll sit with you as long as she can even if it's 2 am. It's nurses like Cory who make me want to be a nurse!"

March



Kayla Jones, RN, CNTC Unit

Kayla was nominated by Dr. Satpute for her excellent rapport with patient families, her care and compassion and that she always goes above and beyond for her patients. Kayla is hardworking and always smiling!

Environmental Services



Shanna Jones, EVS team member carefully disinfects and cleans a patient room on the CPAR unit.

“EVS plays a central role in infection prevention, and it starts with education. We need to know about the bugs that are out there, where the biggest risks are, and how to combat them appropriately,” said Jwauren Johnson, manager of environmental services.

3. The team emphasizes customer service for patients and their families. During their daily visits to each room, the EVS team interacts with each family. EVS staff members report that families often strike up conversations.

“A simple smile, a hello, or a friendly conversation goes a long way to making the patients’ experiences 10 times better while they’re here,” said Johnson.

4. EVS collaborates with departments across the hospital, including dietary and maintenance. It’s important to make sure that the EVS team cleans appropriately during renovations to make sure that patients and staff are not put at risk.

You probably know that MWPH’s Environmental Services (EVS) department is responsible for keeping the hospital sparkling clean. While that is certainly true, it’s just the tip of the iceberg. Let’s shine a spotlight on the EVS team’s work.

Top 5 things you may not know about MWPH’s EVS department:

1. EVS is the hospital’s number one defense against health care associated infections, a major problem in hospitals nationwide. The team focuses on disinfecting—killing germs on surfaces—in addition to removing germs by cleaning.

2. EVS pros at MWPH undergo extensive training in order to learn how to do their jobs properly. They learn about blood-borne pathogens, isolation protocols, and hazardous communications. They familiarize themselves with symptoms of many health care-associated infections in order to help them mitigate risk.



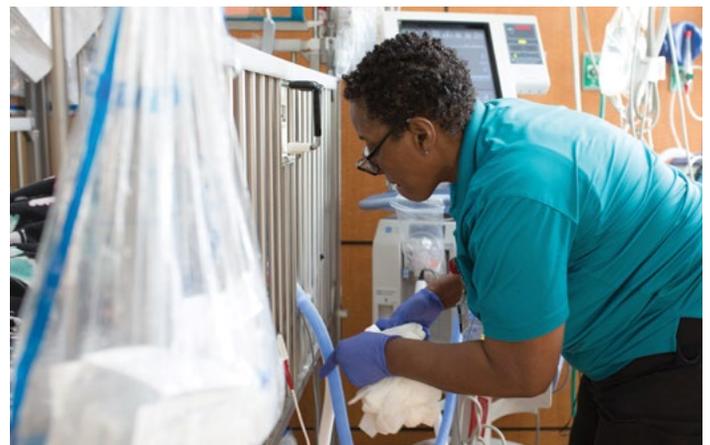
It’s a team effort to make sure that we’re doing the best to keep our patients and staff safe. We like to say that everyone is part of our team, even if you don’t work in EVS.

Jwauren Johnson



5. The EVS industry is changing. The department is pursuing certification for both front-line technicians and hospital leadership. MWPH now has a multidisciplinary “clean team” that brings together representatives from nursing, patient safety, rehabilitation, infection control, and EVS to discuss how everyone can share responsibility for preventing infection at MWPH.

“It’s a team effort to make sure that we’re doing the best to keep our patients and staff safe,” Johnson said. “We like to say that everyone is part of our team, even if you don’t work in EVS.” ♥



Annette McLaurin is focused on her work on the CNTC unit.

MWPH Learning Assessment Center Moves to Mt. Washington Village

MWPH's Pediatric Community Health Services Learning Assessment Center (LAC) is a key resource for our region's families. And now that the LAC has moved to Mt. Washington Village, these important services are available in the heart of the Mt. Washington community.

MWPH staff and patient families alike celebrated the new location's opening in May. Families can now access all of the LAC's services in a newly renovated space with ample parking, close to restaurants and shops.

The LAC provides psychoeducational evaluations for elementary to college-aged students who are having trouble keeping up with expectations at school. Evaluations, all of which are conducted by licensed psychologists who specialize in learning disabilities, cover a broad range of areas that can affect a child's educational performance. In addition to academic skills like reading and math, assessments look at memory, test anxiety, processing speed, attention, and concentration.

Each evaluation's goal is to paint a full picture of a child's education-related strengths and challenges to help their families make decisions about school placement, get accommodations,



and generally help families meet their children's unique educational needs.

"This type of testing typically has a very long wait list. One of our perks at the LAC is that we can schedule the first appointment within a week or two, the evaluation a couple of weeks later, and the follow-up meeting a couple of weeks after that," said Jill Gatzke, PsyD, the LAC's clinical coordinator. "The whole process is streamlined for a quick turnaround."

During the initial meeting, the family shares their concerns and challenges,

which Dr. Gatzke uses to decide which tests will be most helpful. The second meeting is the testing session. During the third meeting, Dr. Gatzke reviews the evaluation results with the family, answers questions, and makes recommendations for next steps.

Recommendations can include ways to help a child make progress in areas of academic weakness, classroom accommodations, and learning approaches that cater to the child's best learning style. ♥

To schedule a consultation at the LAC, call 410-578-5037.

MWPH: IN THE COMMUNITY

Fitness Can Be Fun Games

The 5th Annual Fitness Can Be Fun Games were held on Saturday, May 19. The games are organized by the Baltimore City Community College's Physical Therapist Assistant Program, whose students learn and train with MWPH's Rehabilitation program. The event benefits MWPH's Weigh Smart® program.

This year's "High 5 to Fitness" presented five keys to better health while playing games, dancing, and other fun activities which were perfect for the entire family.





Patient Parent Perspective

Stacy Taylor

Stacy and David Taylor are the parents of four boys: 12-year-old twins Ben and Lucas, 11-year-old Marshall, and 9-year-old Sam. Marshall and Sam both have a mitochondrial disease diagnosis, which causes numerous challenges, including low muscle tone and a lack of energy.



Sam and Marshall Taylor at MWPH

How did your family first connect with MWPH?

Marshall and Sam began receiving outpatient physical therapy (PT) services at MWPH in 2009. Both boys have had the same two therapists—Sharon and Christy, respectively—for all these years. They have both made great progress with their physical ability, mobility, and stamina, with treatment supervised by Stephen Nichols, MD, the rehab program’s medical director.

What other services has your family received, in addition to outpatient PT?

About two years ago, Marshall spent five weeks as an inpatient at MWPH while he was recovering from muscle-lengthening surgery. While there, he had a busy schedule of school and rehab, with twice-daily PT as well as daily occupational and speech therapy sessions.

What stands out about MWPH?

Everyone at MWPH welcomed our whole family—we never felt like we were disrupting staff routines or being intrusive by visiting. This helped our other children feel comfortable visiting Marshall in the hospital. The staff always took the time to answer questions and keep us informed.

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

Whether your child is an inpatient or an outpatient, listen to the doctor’s and therapists’ recommendations—but balance them with what you’re capable of doing. Sometimes, life will get in the way, with work, school, complex diagnoses, and daily exercise assignments. Be kind to yourself.

KUDOS for our Caring Staff

10 Reasons to Love MWPH

“Since day one, the doctors, nurses, techs, and staff have been exceptional when caring for our Lillian. Everyone has had Lillian’s best interest at heart at all times and has gone above and beyond to make sure our needs were met. We truly are grateful for all you have done for our family. We have never seen anything like this in our lives. The staff here are **1. Terrific 2. Outstanding 3. Great at communication 4. Honest 5. Caring 6. Devoted to the whole family, not just the patient 7. Loving 8. Respectful 9. Genuine and 10.** It’s amazing how everyone at Mt. Washington has so much love for the children. I could go on page after page.”
— The Baker/Burris family, patient family

Top Marks

“Amazing bedside manner from ALL staff—efficient, kind, caring. A+”
— Patrick Muth, patient parent

Kindness Door to Door

“I would like to compliment the entire front desk and security team. They are always friendly and go above and beyond. They are the first people you see when you arrive, so their impact is not small. They made us feel cared about and safe.”
— Hannah Jones, patient parent

For information or questions about *Handprints*, contact **Katie Yeager**, Communications Coordinator at katharine.yeager@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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