Grateful Patient Gives Back

Car Seat Safety

Love Your Baby Longer
As you read through the pages of this edition of ChildLife, we hope you will be informed and inspired! Children’s Hospital of Nevada at UMC provides the highest level of care in the state, with the only Designated Pediatric Trauma, Burn and Transplant Center. Plus, we are the only hospital in Nevada with board-certified and fellowship-trained pediatric emergency and critical care physicians on duty around the clock. Simply put, no one does it better than we do!

Just as important as the care we provide are our injury prevention efforts. In this issue, we are focusing on buckling up your children safely to help prevent them from ever needing to be transported to the Trauma Center.

Should your child need us, we are here, providing the type of care patients such as Elise Salsbury are grateful for. Elise was so grateful, in fact, that she chose to “pay it forward” and came up with a great way to help other patients like her recover. We hope her story will inspire you to see the opportunities that are possible when a community comes together.

As your community hospital, we are proud of the exemplary care we provide and hope it helps you, as a parent, rest easier knowing we are here if you need us.

Be well,
Lawrence Barnard
CEO

Get Your Little One In, Out, Better.

Quick.

So you can get on to piano practice
math homework
ballet lessons
soccer tryouts
Cub Scouts

To find a location in your neighborhood log on to umcsn.com/quickcare

childrenshospitalofnevada.org
Check in to Car Seat Safety

Car seat installation can be challenging and even frustrating for parents. There are too many makes and models of seats and cars to make easy sense of it—call in the experts!

If you’ve ever tried to properly install a car seat, with the buckles just right and the seat not moving side to side, you have probably broken a sweat wondering how to do it and worried that it’s not done right. Children’s Hospital of Nevada at UMC offers car seat checks throughout the year and recommends parents have their child’s seat checked if they have any questions about safety.

“Out of the thousands of car seats we have checked over the years, only one—just one—was installed correctly! We wanted to hand that mother an award,” says Lisa Pacheco, RN, BSN, Director of Maternal Child Services at Children’s Hospital of Nevada at UMC. “I had a mechanical engineer who was a race car driver bring his child’s seat in, and it was installed wrong. He was floored at how complex it was. Seats are not standardized, so installation is extremely complicated for the parent.”

Safe at Every Age

After your children graduate from a car seat, they still need to be buckled up in a booster seat and then always with a seat belt.

“It is imperative that the entire family be buckled up safely, not just the baby,” Pacheco says. “Parents set the example for their children, and when they buckle up correctly, it makes a good impression. It makes no sense to have a baby strapped in properly and their sibling sitting right next to them, not buckled up at all.”

To learn more about upcoming car seat checks, call the Family Resource Center at (702) 383-BABY (2229) or visit childrenshospitalofnevada.org.

“No matter how many times parents may have read the directions that came with the car seat, they should always have it checked by a professional.”

—Lisa Pacheco, RN, BSN, Director of Maternal Child Services at Children’s Hospital of Nevada at UMC

99% of unchecked car seats are installed wrong

Be sure your child is in the safe 1%!

Please use this coupon for a free car seat check and installation at Children’s Hospital of Nevada at UMC’s Family Resource Center.

Call (702) 383-BABY (2229) to set up an appointment and mention this edition of ChildLife.
On July 14, 2013, Elise was driving back home to Tonopah, Nevada, from a week in Las Vegas visiting family with friends when she was in a car accident.

“I was in a head-on collision after trying to pass a semitruck,” says Elise. “I had a broken left femur, broken right ankle, and a lacerated liver.”

For mom Lisa Westerlund, Elise’s wreck was terrifying.

“It’s the scariest thing any parent goes through,” says Lisa. “We drove past her car, and it looked like a tuna can. The accident was terrifying, but it could have been much worse.”

Road to Recovery

Elise’s treatment began immediately after she was airlifted to Children’s Hospital of Nevada at UMC.

“She was pretty banged up,” says Meena Vohra, MD, Medical Director of Children’s Hospital of Nevada at UMC. “She was also very lucky. If Elise hadn’t been wearing her seat belt, her injuries could have been fatal.”

During her weeklong stay in the hospital, Elise and her family worked with Jacquelyn MacLeod, CCLS, Certified Child Life Specialist at Children’s Hospital of Nevada at UMC. As an important member of Elise’s medical team, MacLeod was there to make recovery fun.

“We helped Elise reach her daily goals set by physicians and therapists,” says MacLeod. “We also had some activities that were just for fun, like crafts and movies.”

For Elise, this meant a more relaxed atmosphere for recuperation and more motivation to get moving again.

“Every piece of what the Child Life Program provided, every activity changed Elise’s day and her outcome,” Lisa says. “Her recovery was tough, but the entire team took good care of us.”

Giving Back

After leaving Children’s Hospital of Nevada at UMC, Elise spent a week in physical therapy and was exercising again two months after her accident. But her story at the hospital wasn’t over yet.

“About a week after she left the hospital, she emailed me to ask what the Child Life Program needed,” MacLeod says. “I told her to think of the things she enjoyed while she was here, because those are the things we need.”

Using money that had been set aside for a canceled trip to Australia to play volleyball, Elise began collecting movies, craft supplies, games, and other items needed for activities she had used during her stay with Children’s Hospital of Nevada at UMC. She also turned to her community, starting a Facebook page to collect even more supplies.

The end result of two months’ worth of collecting donations? More than 750 movies and an untold number of boxes filled with art supplies, puzzles, and games.
Playing and Motivating

Whether your child is staying in the hospital, visiting Day Surgery, or stopping by the Emergency Room, our child life specialists are here to make the experience less stressful and more effective.

“We help kids feel more relaxed while they are receiving care,” says Jacquelyn MacLeod, CCLS, Certified Child Life Specialist at Children’s Hospital of Nevada at UMC. “We make sure children really understand what’s going on around them and why we’re doing what we’re doing.”

Child life specialists are trained to provide:

• Preparation and support for medical tests, procedures, and surgeries
• Therapeutic or medical play
• Relaxation techniques for children
• Crisis intervention for siblings and families
• Bereavement support for families

Forward to the Future

Fully recovered from her injuries, Elise was able to play volleyball and basketball during her senior year at Tonopah High School. Elise’s gift continues to make an impression on the Child Life Program.

“Our funding is focused on patient care, so we rely on community support for all of our art supplies, games, movies, and other similar resources,” MacLeod says. “To have the support of a past patient is really program-changing for us.”

“Elise’s gift was really gratifying,” Dr. Vohra adds. “Many patients think about giving back but don’t actually do it. For her to do that for other patients was very special.”

To learn more about the Child Life Program, including how to make a donation of your own, visit childrenshospitalofnevada.org or call (702) 383-1989.
A new support group at Children’s Hospital of Nevada at UMC helps children address the burn wounds others can’t see.

Children’s Hospital of Nevada at UMC’s LIL’ ROAR Pediatric Burn Survivor Group helps children with burns tackle one of the toughest parts of recovery: returning to everyday life after a traumatic experience.

Support in Numbers

LIL’ ROAR is open to pediatric burn survivors age 5 and older. The group meets the first Thursday of each month from 4:30 to 6 p.m. in the conference room at the UMC Lions Burn Care Center. Following a group meal with parents and participants in the Adult Burn Survivor Group, LIL’ ROAR members join two child life specialists in the physical therapy gym for an hour devoted to the children.

“We have a sharing circle, which allows children to talk about their stories if they wish,” says Kimberly Grettum, CCLS, Certified Child Life Specialist at Children’s Hospital of Nevada at UMC. “Participants learn about topics such as coping, body image, self-esteem, and bravery. The children support each other. Several months ago, one young man was getting ready to have reconstructive surgery. Two other children who’d had the procedure gave him insights I couldn’t.”

Every group session is different. Special guests, such as physical therapists and nurses, stop by to interact with the children, who also express their emotions through play and art.

“No recovery story has only one author,” Grettum says. “LIL’ ROAR helps children build a strong emotional support network as they transition from victims to survivors.”

For information about the LIL’ ROAR Pediatric Burn Survivor Group, contact Kimberly Grettum at (702) 510-9417 or kimberly.grettum@umcsn.com. No cost is associated with the group.
It's possible to choose a delivery date, but Children’s Hospital of Nevada at UMC and the March of Dimes wants mothers to take their time.

“There has been an upswing in preterm births and elective deliveries during the past 20 years, and we have seen a direct impact on newborns’ health, from low birth weights to increased infant mortality rates,” says Jeffrey A. Wrightson, MD, OB/GYN at Children’s Hospital of Nevada at UMC.

According to the March of Dimes, research shows that infants born at 39 weeks gestation or later have a better start in life and much greater likelihood of avoiding health consequences in the future.

“Our Love Your Baby Longer campaign is devoted to teaching mothers and healthcare professionals about the vital importance of waiting until at least 39 weeks of pregnancy before giving birth,” Dr. Wrightson says. “A baby needs that much time for its organs—such as the brain, lungs, kidneys, and liver—to develop fully. Without that time, a baby has a greater chance of ending up in the Neonatal Intensive Care Unit.”

Teamwork for Healthy Babies

For Lisa Pacheco, RN, Director of Maternal Child Services at Children’s Hospital of Nevada at UMC, one of the best parts of her job is to help ensure expectant mothers give birth to the healthiest babies possible. She worked to secure a grant from the March of Dimes for Children’s Hospital of Nevada at UMC. This national grant, one of only four awarded in Nevada, helped sponsor and launch the Love Your Baby Longer campaign, which recently celebrated a year of promoting successful, full-term births.

“I made it part of my professional mission to follow research from the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, which supported the importance of mothers getting to at least 39 weeks of pregnancy rather than asking their doctors to schedule nonmedically indicated or elective deliveries,” says Pacheco. “Today, I am thrilled to report the word is getting out, mothers are waiting, and our entire medical staff is behind the campaign.”

To learn more about the high quality care for moms and babies at Children’s Hospital of Nevada at UMC, visit childrenshospitalofnevada.org.

“The March of Dimes is thrilled with the relationship we have established with Children’s Hospital of Nevada at UMC and is incredibly proud of their success and dedication to helping mothers deliver their babies at full-term. Through programs like Love Your Baby Longer and implementing strategies to prevent preterm births unless there is a medical indication, we are improving health outcomes, saving lives, and making babies’ futures brighter.”

— Michelle Gorelow, Director of Program Services at the Nevada Chapter for March of Dimes
Breastfeeding Class
Learn techniques to get breastfeeding off to a good start. Adults only, please.
• 6–8:30 p.m., April 22, May 13, June 10

Breastfeeding Consults
Call for a private appointment with certified lactation counselor.

Infant & Child CPR
This American Heart Association program teaches family members how to be lifesavers through CPR skills. Adults only, please.
• 9 a.m.—noon, April 5
• 2–5 p.m., May 15
• 9 a.m.—noon, June 7

Childbirth
This series teaches expectant parents about the birth process and what to expect on their special day.
One-day Condensed Childbirth Class
• 9 a.m.—3 p.m., May 10
Three-week Childbirth Class
• Wednesdays, 6–9 p.m., April 16, 23, and 30
• Thursdays, 6–9 p.m., June 12, 19, and 26

Boot Camp For New Dads
This is a class strictly for new or expectant dads, led by experienced dads and a male pediatrician to give expectant or new dads a chance to talk with other men about being a father. You will learn baby basics and gain confidence.
• 6–8 p.m., May 8

Baby Basics
Join us to learn the ABCs of newborns—including baby behavior, temperament and personality, crying and calming, growth, and development—in addition to tips on caring for yourself after delivery.
• 6–8 p.m., April 3

NEW CLASS! Baby Basics II
Would you like more information about preparation for your new baby? If so, this class is for you. This is the second part of our free Baby Basics education series for new parents or parents who need a refresher. We will continue to discuss basic baby care with a focus on sleeping and soothing techniques.
• 6–8 p.m., April 8

Siblings Class
Introduce brothers- and sisters-to-be to life with a new, tiny family member.
• 6:30–8 p.m., April 24

Explore and Learn
Join Nevada Early Intervention Services for development playtime. Call for dates and times.

Library Story Time
Join staff from West Charleston Library for stories, rhymes, finger plays, and poems. Call for dates and times.

Infant Massage
This course will teach you how to reduce stress in your baby’s life and yours through the use of massage techniques.
• 11 a.m.—12:30 p.m., May 13

9 Out of 10 Car Seats Are Installed Wrong! Is Yours?
Kohl’s Cares 4 U at Children’s Hospital of Nevada at UMC offers Free Car Seat Checks
Call (702) 383-BABY to schedule an appointment.

Call (702) 383-BABY (2229) to receive a FREE monthly calendar of events.
Register for classes online at childrenshospitalofnevada.org