



## A Sentimental Send-off & A Happy Hello

We are sad to report that Gina Krakovsky, our nurse practitioner of 10 years will be moving out of state with her family this coming June. Please take the time to say good-bye to her at your next appointment. We wish her and her family the best!

Also we now have a new physician, Dr. David Hall, who joined the Center for Infants and Children with Special Needs and is professor of clinical pediatrics at the University of Cincinnati and Cincinnati Children's Hospital Medical Center. Prior to moving to Cincinnati, Dr. Hall was the medical director of a Children's Hospital in Atlanta and was involved in many quality improvement initiatives at the hospital. In addition, for the past 18 years he has specialized in taking care of hospitalized children. During this time, he cared for many children with medically complex chronic diseases and developed an interest in improving systems of care for these children. Dr. Hall is a graduate of the University of Chicago School of Medicine and completed his residency and fellowship in pediatrics at Johns Hopkins Hospital. Please take time to welcome him to our practice and to Cincinnati!



### Farewell Message from Gina

As some of you may know I am ending my 24 year career at CCHMC for my family to join my husband in Baltimore. I have had an amazing 10 years caring for your children. I want to thank all of you for allowing me to be a part of your healthcare team. I have truly enjoyed getting to know your family and watching your children grow and thrive. I will miss all of your familiar faces and the relationships we have developed. I look forward to hearing about the continued progress of all of your children. You are all incredible parents and excellent caregivers. Thanks for sharing your children with me.

Sincerely,

Gina

## Our Office's Commitment to You

As you may know our doctors and staff are constantly finding new ways to increase the knowledge of hospital staff, parents and patients. We train residents through lectures and home visits as well advocate for community awareness and the increase of services locally. Having feedback from our patients and their families on projects or giving us suggestions on ways we can better serve you means a lot to us. Please email us at [specialneeds@cchmc.org](mailto:specialneeds@cchmc.org)



## Important Information can be found this time of year on our online Special Needs Resource Directory:



There are many new resources to help parents and health care providers become knowledgeable and effective advocates on our [Special Needs Resource Directory](http://www.cincinnatichildrens.org/special-needs) at [www.cincinnatichildrens.org/special-needs](http://www.cincinnatichildrens.org/special-needs).

It is important to start planning early for summer programs, as many have limited availability. The Center for Infants and Children with Special Needs at Cincinnati Children's Hospital Medical Center offers resources to patients and families to help in the planning process. When searching for a summer program for your child, it is important to find a program that focuses on your child's interests and can meet your child's developmental and medical needs. Specialty programming that serves children with specific medical conditions or diagnoses and traditional programming with integration are both available. Visit our website at [www.cincinnatichildrens.org/special-needs](http://www.cincinnatichildrens.org/special-needs) and click on [Recreation](#). Here you will find several online camp directories and information about how to obtain printed directories. We also recommend consulting with your Department of Developmental Disabilities' worker about available opportunities.

Now is the time of year to think about whether or not your child will need Extended School Year (ESY) services. ESY services are defined in Section 300.309 of the IDEA legislation under "Subpart C Free Appropriate Public Education." ESY services are services beyond the regular school year that are necessary for a student with a disability to make educational progress during the school year. Services must be individualized to meet specific objectives in the Individualized Education Plan (IEP) and must be at no cost to the parents of the child. EYS services should be considered yearly by the IEP team. Our office can assist you in the process of securing ESY services by providing a letter for support and recommendation to the IEP team in advance of the IEP meeting. For more detailed information on ESY services check out the on-line at our website [www.cincinnatichildrens.org/special-needs](http://www.cincinnatichildrens.org/special-needs) under the [Education](#) tab.



## Strep Throat.... Why We Treat

Our office often encounter a lot of confusion from parents over why we treat "strep throat" with antibiotics, but for other "sore throats" we often let them run their course. What is so bad about strep throat – or the more medically descriptive "Group A Streptococcal (GAS) pharyngitis" – that we treat aggressively with antibiotics?

For starters, GAS pharyngitis is a self limiting (goes away on its own) infection that typically lasts 2 – 5 days. It is associated with fever, swollen lymph nodes, headache and upset stomach. Although the sore throat can be quite painful, sore throats caused by viral infections can be just as painful or worse, and pain is not the principle reason we treat with antibiotics. The two main reasons for antibiotic treatment are 1) prevention of immediate complications such as abscesses in the throat and mastoiditis, and 2) prevention of Acute Rheumatic Fever (ARF) and subsequent Rheumatic Heart Disease.

ARF is an autoimmune disease, meaning the antibodies used to kill the GAS can then turn around and injure your own body. ARF is also a self limiting illness with symptoms of fever, rash, arthritis AND the dreaded carditis and valvulitis that occur after GAS infection. These last two are inflammation and injury to your heart and heart valves. The long term complication of ARF is that 10 -20 years after the original illness, people can develop Rheumatic Heart Disease which is among the most common causes of heart valve disease in the world. This disease often requires heart valve replacement surgery.

In the United States, the incidence of ARF dramatically declined due to the aggressive treatment of GAS pharyngitis with antibiotics, however, in developing countries, acute rheumatic fever and rheumatic heart disease are estimated to affect nearly 20 million people. They are the leading causes of cardiovascular death during the first 5 decades of life.

Thus, the long term complications of "strep throat" are serious enough to warrant aggressive treatment with antibiotics, and this is the reason we are so quick to check throat cultures and start treatment if we suspect it. The pain caused by strep throat, although causing significant distress, is usually only shortened by 1-2 days with antibiotics – and ZERO days if the cause of sore throat is viral. Thus, strep throat is not treated with antibiotics because it is a particularly painful sore throat. What we really hope to avoid is Acute Rheumatic Fever and subsequent Rheumatic Heart Disease later in life.

Written by Dr. Derek Fletcher



## Meet our Dieticians in Clinic

If you have not met our dieticians in clinic yet, now is your chance. We have a dietician with us everyday during clinic.

The nutritional needs of the special needs population are as varied as the children themselves and many can benefit from the skills of the dietitian. Common areas of concern are an excessive rate of weight gain, the inability to gain weight or weight loss as well as difficulty meeting fluid or nutrient needs. Children that are tube fed should be evaluated at least annually to ensure their nutritional needs are being met. Children that are immobile are at greater risk for bone disease and may benefit from mineral supplementation. Our dieticians also educated patients on how to make healthier food choices to promote a healthy weight.

Susan Smith is our dietician in our Liberty clinic. Susan received her BS in Dietetics from Miami University and completed her internship at UC. Susan has worked with adults and furthered her education with a pediatric nutrition fellowship at Riley Hospital in Indianapolis. Susan is registered and licensed dietician in the state of Ohio, as well as a certified pediatric specialist (CSP) from the American Dietetic Association. She has been at our hospital 11 years this month.

Abigail "Abi" Lepolt is our dietician during clinic at main campus. Abi graduated from the University of Cincinnati with a degree in Dietetics, she did her internship at Good Samaritan Hospital, and has been a Registered Dietitian at CCHMC for almost 2 years. Abi is currently working on her master's degree from Central Michigan University in Nutrition and Dietetics.



Susan



Abi

## Support our Department's Golf Outing

Come support our team at this year's Golf Outing on August 30, at Wetherington Golf and Country Club for the 2010 Golf Outing.

Over the last five years, the Golf Outing has raised over \$275,000, enabling the center to care for more than 250 additional patients and expand participation at state and community levels.

We are looking for sponsorships for golf and silent auction items. Please let us know if you or anyone you know would like informational packets mailed with more details.

If you would like to be a volunteer or know someone who wants to be a part of the fun please contact

Della or Katy at 513-636-3000.



### If You Missed Our Special Needs Community Resource Information Fair.....You're in Luck Your Next Chance to Attend is September 15th!!

This year's event was BIGGER and BETTER. Families met with and learned about valuable resources for children with special needs in our community from agencies like: R.S.V.P. Home Care, Comprehensive Health Care, Paragon Financial, Conductive Learning Center of Greater Cincinnati, Hamilton County DD, Special Needs Resource Directory, Langsford Learning Acceleration Center... AND MANY MORE!

Our Next fair is scheduled for **September 15, 2010 from 10am-3pm** in the auditorium across from the cafeteria at our main campus. Mark Your Calendars!