

The Center for Infants and Children with Special Needs Family Newsletter As the 2010 Decade Begins...



"Here's to the bright New Year, and a fond farewell to the old;
here's to the things that are yet to come
& to the memories that we hold."

You're Invited

The Community Resources Information Fair

Hosted by The Center for Infants and Children with Special Needs & Special Needs Resource Directory.

What: Community Resource Information Fair

When: Thursday March 25th, 2010 10:00 AM to 3:00 PM

Where: Cincinnati Children's Hospital 3333 Burnet Ave. Cincinnati, Ohio 45229-3039
Cincinnati Children's main hospital outside cafeteria.



Meet representatives and learn about valuable resources from local agencies supporting children with special health care needs. Agencies participating: **R.S.V.P. Home Care, Conductive Learning Center, Comprehensive Health Care Services, Paragon Financial Group, Langsford Learning Acceleration Centers, Hamilton Co. Department of Developmental Disabilities ... AND MANY MORE!**

In addition to lots of great information, we also look forward to fun activities like spinning our prize wheel and **FREE** face painting by Devann's Way!

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



Being There to Care...
for hospitalized children who are alone

Josh Cares provides companionship and comfort to special needs children hospitalized in critical care units at Cincinnati Children's Hospital who are alone during their inpatient stay. Josh Cares' staff serves as surrogates for the families who would be by their children's sides if they could. A familiar face to help fill their lonely hours, to read them stories until they fall asleep, to play games with them, to hold their hands and be with them during painful procedures, to talk to them about anything, to let them know they are cared for and special.

If you feel your chronically ill child may be alone while visiting us here at Cincinnati Children's Hospital please contact one of our social workers (636-3000) to set up arrangements to have Josh Cares visit their room. www.joshcares.org



H1N1 Impact on our Special Needs Kids

We are finally beginning to notice a decrease in the number of hospital admissions for H1N1 influenza from the Center for Infants and Children with Special Needs. This corresponds to data published by the Center for Disease Control (CDC) which reports the 2nd H1N1 peak occurred in October, and laboratory data from CCHMC which also reports that peak at about the 3rd week in October. You might ask, does this mean we can stop immunizing kids with H1N1 vaccine? Well for starters, the 1st peak actually occurred in the United States in April of 2009, thus it is difficult to say we are “out of the woods” yet. We do not know if another peak may occur. Next, the CDC believes high vaccination rates are contributing to the decline in H1N1 cases we are seeing now. So, if your child still has not been immunized, we at the Special Needs Clinic still think it’s a good idea.

Although we do not have statistics from our Special Needs patients from last year to compare, I know we had NO Pediatric Intensive Care Unit (PICU) admissions for Seasonal Flu last season, and this year we have had at least 3 PICU admissions. All of our patients admitted to the hospital with H1N1 had underlying chronic conditions, and all 3 PICU admits specifically had underlying chronic lung disease. Thus, as expected, our special patient population has been hit particularly hard by H1N1.

You may have heard that some vaccines had to be recalled – not because they were unsafe, but because they were too “weak” and believed to not provide a strong enough immune response from the body. Luckily, Cincinnati Children’s Hospital Medical Center (CCHMC) did not receive any of those vaccines, so if your child was immunized at CCHMC you should not have to worry. You should remember, however, that all children age 9 years or younger should receive 2 doses of the H1N1 immunization at least 1 month apart.

Not all kids with H1N1 became seriously ill. Interestingly, we had a number of our patients with only mild “cold-like” symptoms test positive for H1N1. Although, those particular kids were fortunate, such mild symptoms mean you might not suspect influenza, and thus could contribute to spreading the virus in the community. In other words, it’s easier to isolate kids with obvious flu-like symptoms, but not as easy if they just have a “cold”. Thus, we still recommend that ANY person with a respiratory illness (i.e. cough, wheeze, runny nose) AND fever should be treated “as if” they have the Flu, and kept home from work or school until at least 24 hours after the fever has gone away (without the use of fever reducers like Tylenol or Ibuprofen).

-Article by Dr. Fletcher

Ring in the New Year often brings a new commitment to improve our lives. When you have a child with special needs, it is important to not only take care of your child but also yourself.

Stay Healthy in 2010 by following these simple suggestions by our nutritionist.



5 Healthy Tips that are Easy to Stick With:

- 1. Eat More Fruits and Vegetables:** The goal is 9 servings total each day. To meet this, try having a fruit or vegetable for a snack instead of chips or other high fat foods. Remember: 1 serving of fruit is about the size of a tennis ball and 1 serving of vegetables is 1 cup raw or ½ cup cooked.
- 2. Eat More Whole Grains:** According to the food pyramid, grains should make up 6-11 servings per day. For optimum health, choose whole grains at least half of the time. Try switching from white bread to 100% whole grain bread. Also try brown rice and whole grain pasta in place of the more refined grains.
- 3. Eat Regularly:** Skipping meals, especially breakfast, can lead to out-of-control hunger, often resulting in helpless overeating. Snacking between meals can help curb hunger, but don't eat so much as to substitute for proper meals. Don't forget to count your snacks as part of your total calorie intake.
- 4. Moderation is Key:** There are no 'good' or 'bad' foods, only good or bad diets. Don't feel guilty about the foods you love, rather eat them in moderation. If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any. For example, some reasonable serving sizes are: 3oz of meat, one medium piece of fruit, half a cup of cooked pasta and ice-cream. When eating out, share a portion with a friend or take ½ home for a later meal.
- 5. Drink Plenty of Fluids:** Adults need to drink about 8-10 cups of fluid a day (more on hot days or when physically active). Water can help to reduce hunger and enhance fat loss. Try to limit juice and regular soda as they are primarily sugar without many nutritional benefits.



See mypyramid.gov for more ideas on how to make 2010 a healthy year.





**Cincinnati
Children's
Hospital
Expanded again!**

**3430 Burnet Ave.
(Across the street
from Main
Campus)**

Cincinnati Children's celebrated the opening of 3430 Burnet Avenue at the end of December 2009.

- The building will house the Division of Developmental and Behavioral Pediatrics
- The Kelly O'Leary Center for Autism Spectrum Disorders
- The Thomas Center for Down Syndrome
- Speech Pathology
- Occupational Therapy and Physical Therapy
- Audiology Services (select clinics)
- Rubinstein Library

New updates and information can be found on our 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

When searching for resources on our directory please take the time to complete a [brief survey](#) (front page "What's New" Section) to help us improve the Special Needs Resource Directory. You can also Sign up to receive [Get Connected](#), our new quarterly e-newsletter for families and professionals.

Also be aware that The Ohio Department of Developmental Disabilities is no longer referred to as MRDD and varies in each county. The Ohio Department of Developmental Disabilities, provides a variety of comprehensive services to eligible children and adults who have mental retardation and / or developmental disabilities.

Reminder: Our Tuesday Clinic has Moved at our Main Campus of CCHMC

Your Tuesday afternoon appointments have moved temporarily to our A building on the 1st floor marked "Urology". We are in the clinic space closest to Burnet Ave, next to the Teen Center and across from Admitting/Test Referral. Our welcome desks can direct you if you get lost. See you in clinic!

Major Health Care Reform Strides in 2009



After "town hall meetings" and battling proposals from both sides of the aisle, the House and Senate bills on health care reform were each passed in time for Christmas. The Senate version costs \$871 billion but would expand coverage to more than 94 percent of Americans under the age of 65, including 31 million who are currently uninsured. Voting on the bills was split along party lines, however, and more work needs to be done to iron out differences between the House and Senate versions before President Obama could sign any bill into law. If a final bill does go into effect, experts agree it would mark the most sweeping change to U.S. health care since the introduction of Medicare back in the 1960s.

We again encourage you to vote or become advocates- you too can work on behalf of promoting global issues such as state and federal health care programs. They can also play a critical role in individual patient / family focused issues including insurance, school and access to resources. There are many resources to help parents and health care providers if interested on our Special Needs Resource Directory at www.cincinnatichildrens.org/special-needs