

Health POINT

SPRING 2012

TAKE A TOUR of the Expanded Pediatric Unit

KNOWING WHEN TO TAKE
Your Child to the ER
THE KEYS TO KIDS'
Nutrition & Fitness



SUMNER
Regional Medical Center

HIGHPOINT HEALTH SYSTEM
555 Hartsville Pike • Gallatin, TN • [615] 328-8888

Thank you for taking a moment to read our latest edition of *HealthPoint*. We have dedicated this edition to Pediatrics so you can learn more about our new Pediatric Care Unit at Sumner Regional Medical Center. Needless to say, we are excited to offer a dedicated unit for our children.



One afternoon last year, my 2-year-old grandson had to come to SRMC for a brief visit. I understand that you really have to trust the person who takes care of your child. It is also important to provide a setting where children are comfortable and not afraid. To address this, we have staffed our new Pediatric Care Unit with nurses who only provide care for children. Of course, the unit is also staffed by our board-certified pediatricians, who are all Vanderbilt-trained and treat children at the Vanderbilt Integrated Providers clinics in Gallatin, Lafayette, and White House.

The décor and accommodations are each indicative of our fresh approach toward the health and happiness of the children in our wonderful community and beyond. Our eight board-certified and Vanderbilt-trained pediatricians and our compassionate pediatric trained nurses look forward to making your child's visit to the hospital as comfortable as possible. In other words, parents can rest easy knowing that the highest quality care for infants and children up to age 18 is being provided right here in Sumner County.

Sincerely,

Mary Jo Lewis, FACHE,
Chief Executive Officer

IS IT A COLD OR THE FLU?

If you are struggling with a sore throat or runny nose, determining whether it's a cold or the flu can be tricky.

THE COMMON COLD and the flu are both caused by viruses that circulate primarily in winter, often triggering overlapping symptoms.

"Flu symptoms are generally more severe and last longer than the common cold," said Elizabeth Buskirk, M.D., pediatrician at Sumner Regional Medical Center. "These symptoms may include a fever lasting longer than a few days, chills, body aches, and fatigue."

TAKING ACTION

Although cold symptoms may linger for a couple of days, it's important to seek medical treatment for a fever longer than two to three days.

"If you have a prolonged fever,



difficulty breathing, chest pain, signs of dehydration, or changes in your mental status such as irritability, seek immediate medical attention," Dr. Buskirk said. "Waiting too long to seek treatment for worrisome symptoms could lead to life-threatening complications."



To schedule an appointment with a Sumner Regional Medical Center pediatrician, call Gallatin Children's Clinic at [615] 451-9246.



PREVENTION IS KEY

There are several ways to prevent spreading germs that could lead to a cold or the flu, such as:

- washing your hands regularly
- avoiding contact with sick people
- covering your mouth when sneezing or coughing

About *HealthPoint* *HealthPoint* is published quarterly by the public relations and marketing department of Sumner Regional Medical Center for the benefit of the communities we serve. Sumner Regional Medical Center is located on Hartsville Pike in Gallatin.

The material in *HealthPoint* should not be considered specific medical advice, as each individual circumstance is different. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

For permission to reprint any portion of this magazine, to create a new address, to let us know you are receiving more than one copy, or if you would prefer not to receive this publication, please email Rachel Lassiter, Director of Public Relations and Editor of *HealthPoint*, at rachel.lassiter@lpnt.net. For more information, please call Lassiter at (615) 328-5165.



SUMNER
Regional Medical Center

HIGHPOINT HEALTH SYSTEM
555 Hartsville Pike · Gallatin, TN · [615] 328-8888

Is Your Child's Sleep Less Than Serene?



Your child's teacher recently reported that your daughter seems fatigued at school. It seems like every time you look at your young scholar, you catch her yawning. She may not be sleeping soundly, but you can do a lot to help.

"SLEEP DISTURBANCES are common in preschool- and elementary school-age children, especially frequent nighttime awakenings," said Samuel Murray II, M.D., pediatrician with Gallatin Children's Clinic. "Bed-wetting is also very common, and we're seeing more and more children with sleep-disordered breathing patterns, such as obstructive sleep apnea [OSA]."

If you notice snoring, daytime fatigue, or other symptoms of poor sleep in your child, try some of the following actions to improve his or her slumber.

- Set a consistent bedtime.
- Prohibit the use of electronic

devices at least 20 minutes before bedtime, and remove them from your child's room at night.

- Restrict your child's caffeine intake.
- Ensure your child's bed is primarily a place for sleep by removing most toys, except one or two favorite stuffed toys.
- Keep your child's bedtime routine—which may include saying good night or reading a story—simple and consistent.

"Many sleep disturbances in children can be successfully treated at home using basic interventions," Dr. Murray said. "If these interventions



aren't effective or parents suspect their little one might have OSA, they should consult the child's pediatrician."

📌 To find a pediatrician at Sumner Regional Medical Center who can speak with you about your child's sleep problems, visit www.MySumnerMedical.com/physicians.

Relieving Your Child's Cough

When your child begins to cough, his or her body is trying to protect itself from invaders, such as mucus and infections. Treating cough can easily be done at home. However, sometimes a cough requires treatment from a physician.



COUGHS CAN DISRUPT your child's daily routine, including his or her sleep cycle and eating habits, with irritation and

discomfort. When remedying your child's cough at home, there are a few techniques you can try.

- Avoid exposing your child to secondhand smoke.
- Remove irritants, such as air fresheners and cigarette smoke, from the home and car.
- Serve cool beverages, excluding soda and orange juice because the acidity can cause irritation.
- Use humidifiers throughout your home.

"We also encourage patients and their parents to get a flu shot, to cover their mouths and noses when they cough to prevent spreading germs, and always practice good hand washing," said Victoria Rundus, M.D., pediatrician at Sumner Regional Medical Center. "If prevention fails and your child has a cough, keep in mind that coughing is a helpful reflex to clear secretions from building up in the lungs."

WATCH THE SIGNS

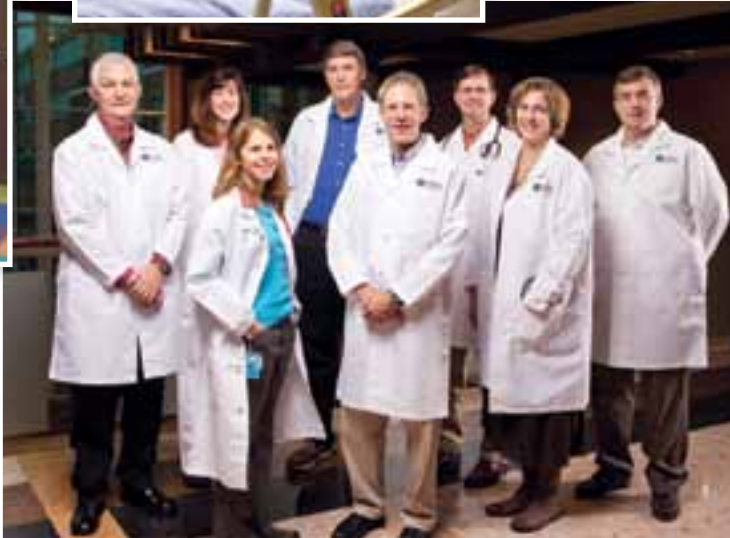
When monitoring your child's cough, there are symptoms that may indicate he or she needs to visit the doctor, such as dehydration, difficulty breathing, high fever, noisy inhalations, or wheezing. Use of medications, including the over-

the-counter variety, needs to be recommended by your child's physician.

"Since most coughs are caused by self-limited viral illnesses, most children do not need to see their doctors and can let their immune system do the work," said Dr. Rundus. "However, if parents have any questions or concerns, I encourage them to call their child's physician."

📌 For more information about the pediatric services provided by SRMC, visit www.MySumnerMedical.com/pediatrics.





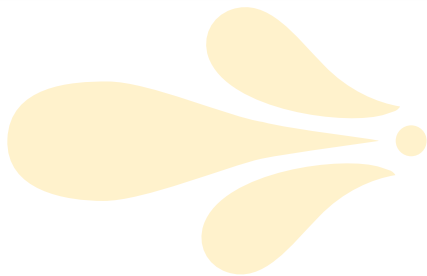
Bringing Pediatric

Sumner Regional Medical Center is proud to provide the guidance of our well-known, board-certified, Vander

THIS PAST DECEMBER, SRMC opened the doors to a new 10-bed Pediatric Care Unit dedicated to treating infants and children up to age 18. Visitors and patients will immediately notice the animal-themed decorations, vibrant

colors splashed onto hospital walls, an activity room filled with games and toys, and private patient rooms equipped with comfortable parent accommodations, flat-screen televisions, and PlayStation® gaming consoles with family-friendly titles.

“We wanted to provide an area for



Catching Up With Dr. Spencer

HealthPoint sat with Norman Spencer, M.D., pediatrician at Sumner Regional Medical Center, to discuss the thinking behind the expansion and why we’re your home for pediatric services.

[HEALTHPOINT] What are some of the goals of pediatrics at Sumner Regional?

[DR. SPENCER] Our group has always felt it is best for children to receive their hospital care as close to home and with as much family support as possible. Our pediatric unit will facilitate this goal by providing excellent care for children who are not facing severe illnesses, but require only routine hospital care. Our association with Monroe Carrell, Jr. Children’s Hospital at Vanderbilt allows us to quickly access specialty care and intensive care facilities if the child’s course of illness warrants it.

[HEALTHPOINT] How will the expansion of the pediatrics

unit help meet these goals?

[DR. SPENCER] By having a dedicated unit, we will always have staff specially trained to take care of the unique illnesses children face. Our nursing staff will be better able to anticipate and treat any changes that occur while in the hospital, and the nursing staff is receiving continuous training by rotating through the pediatric units at Vanderbilt.

This increased level of commitment by the hospital will allow parents to be much more comfortable and know that their child is getting the excellent care that he or she deserves.

[HEALTHPOINT] Why is this expansion important to the community?

Dedicated Care *to You*

a specialized Pediatric Care Unit under the
Vanderbilt-trained physicians.



children and their families where they can escape from the reality that they're in a hospital," said Jan Moser, R.N., Pediatric Nursing Director at SRMC. "While the children are comforted by the colorful environment and toys, parents are at ease knowing their child is being cared for by specially trained physicians and nurses."

A DEDICATED TEAM

Before the opening of the Pediatric Care Unit, children admitted to the hospital were housed in the same halls as adult patients, and their care team was responsible for treating patients of all ages. Now nurses and staff can focus solely on the unique healthcare needs of children.

The Pediatric Care Unit is staffed by eight Vanderbilt-trained physicians, whose expertise and specialized training bring a high level of care to SRMC, and a nursing team that has received extensive training in pediatric care.

"For me personally, it's not only important that we're bringing this level of care to the community, but that care is being delivered by trained professionals who live in your community and are your friends and neighbors," said Ronald Miller, M.D., pediatrician and Chief of Medical Staff at SRMC. "We all want to be treated like family, and Sumner Regional has always done that very well."

For more information about the Pediatric Care Unit, visit www.MySumnerMedical.com/pediatrics.

[DR. SPENCER] All of our physicians live in this community. SRMC is our hospital, and we're here to care for our patients. By increasing the commitment to pediatrics, SRMC will truly become a more complete care facility for the residents in our area.

[HEALTHPOINT] From a pediatrician's perspective, what are you most looking forward to about working in the expanded unit?

[DR. SPENCER] Our staff has been dedicated to providing pediatric care at SRMC for more than 30 years, and now that the hospital itself has decided to expand upon this service line, we can know that we always have staff caring for our children and their families who have the specialized training to ensure the patient receives the care he or she deserves. It will also be fun to see the children interacting in the specially designed facilities rather than in normal hospital wards.

[HEALTHPOINT] Are there any services that weren't offered before that are available now?

[DR. SPENCER] With an increased number of dedicated pediatric beds, we will not have to refer children as often to other hospitals when epidemic illnesses such as flu tend to fill the rest of the hospital.

Meet OUR TEAM

Children admitted to the Pediatric Care Unit at Sumner Regional Medical Center will receive specialized care from the eight Gallatin Children's Clinic pediatricians, also on staff at SRMC, who are all part of the Vanderbilt Integrated Providers MidSouth network. Pediatricians include:

- Elizabeth Buskirk, M.D.
- Jo Ann Cook Collins, M.D.
- Jason Kastner, M.D.
- Ronald Miller, M.D.
- Samuel Murray, II, M.D.
- Steven Riley, M.D.
- Victoria Rundus, M.D.
- Norman Spencer, M.D.





Knowing When to Take Your Child to the ER

“The Emergency Department is skilled at treating severe acute illnesses and injuries, but a primary care physician should be the one to treat most acute illnesses and all chronic illnesses.”

—JO ANN COOK COLLINS, M.D., PEDIATRICIAN ON STAFF AT SUMNER REGIONAL MEDICAL CENTER

WHEN ILLNESS OR injury occurs after normal office hours, it may seem sensible to take your child to a hospital emergency department, even if he or she does not have a life-threatening condition. However, it may be better to make a simple phone call.

“As a parent, I recognize that we often have trouble thinking reasonably when it comes to our children’s health,” said Jason Kastner, M.D., pediatrician at Sumner Regional Medical Center. “But for most non-life-threatening conditions, I suggest parents first contact their child’s primary care provider.”

KNOW WHEN TO GO

Life-threatening conditions require swift medical attention. You should immediately call 911 if your child experiences any of the following symptoms:

- halted breathing
- heart failure
- unconsciousness

Other problems may require urgent care but do not necessitate a 911 call, such as:

- fever over 100.4 degrees Fahrenheit in infants


- repeated vomiting
- difficulty breathing
- trauma, severe lacerations, or broken bones

If your child ingests a poisonous substance, be sure to call the Tennessee Poison Control Center (1-800-222-1222) right away to find out if there are immediate steps you need to take, even before making the trip to the ER.

JUST A PHONE CALL AWAY

Emergency care is usually unnecessary for cold symptoms, earaches, headaches, diarrhea, fever, sore throat, rash, or low-grade fevers. In these cases, parents should call their child’s primary care provider.

“Most physicians’ offices have after-hours answering services designed to help you and your child avoid an unnecessary trip to the hospital,” said Dr. Kastner. “Just remember, in an emergency situation, a visit to the ER is always the right choice.”

 To find a primary care provider for your child, visit www.MySumnerMedical.com/physicians.

TALKING OUT HOSPITAL JITTERS

Hospitals can be confusing and frightening places for children, but a few comforting words from Mom or Dad can make all the difference.

“All preparation must take the child’s developmental stage into account,” said Jo Ann Cook Collins, M.D., pediatrician on staff at Sumner Regional Medical Center. “Discuss with your child that the medical staff will help him or her feel better. Be honest about painful or uncomfortable procedures. This is important for maintaining trust.”

The following suggestions may also help console an anxious child.

- Bring a comforting object, such as a stuffed toy or a blanket.
- Explain the actions of the healthcare team in advance, such as the need to squeeze an arm with a blood pressure cuff.
- Hospitals allow parents to remain alongside their child for many procedures. Let your child know you will be there the entire time.
- Remain calm as you speak to your child.



healthy treats kids will love to eat

IT'S OFTEN HARD to convince kids to take time out of their busy schedules and give healthy snacks a try. Between running around the yard, building forts in the dining room, playing dress-up, and all of that dreaded schoolwork, children usually require a snack to help them stay fueled and full of joy. Serve fun and healthy snacks when your busy bee needs a nibble, such as:

- **Edible veggie bowls**—Hollow out a bell pepper and fill it with celery, baby carrots, cherry tomatoes, and other assorted vegetables. Drizzle with fat-free salad dressing for a colorful, irresistible treat.
- **Fruit kabobs**—Use fresh fruits such as pineapple chunks, grapes, and sliced bananas and apples to make deliciously fun fruit kabobs. (Just don't let the little ones run off with the skewers.)
- **Peach from the oven**—Slice a peach in half, drizzle with honey, sprinkle with cinnamon, ginger and pecans, and bake.
- **Sweet potato fries**—Cut sweet potatoes into slices and bake to make fries, and season with olive oil, cayenne pepper, and a dash of salt.

ENSURING HEALTHY MEALS

THE UNITED STATES

Department of Agriculture has simplified recommendations for healthy eating with the introduction of MyPlate. Parents can easily plan nutritious meals for the whole family by dividing the plate into:



- one-fourth lean protein, such as chicken, eggs, fish, or legumes
- one-fourth grain serving, and make half your daily choices whole grains
- half fruits and vegetables

Add one serving of dairy, such as low- or non-fat milk, yogurt, or cheese. Size-wise, limit portions to a deck of cards for protein, a baseball for raw fruit and vegetables, a handful for dried fruit, and a computer mouse for a baked potato. Choose water instead of drinks loaded with sugar and other sweeteners. For more information, visit www.ChooseMyPlate.gov.



Shake IT ALL AROUND

"IT IS IMPORTANT for parents to provide opportunities for children's activities," said Steven Riley, M.D., pediatrician on the medical staff at Sumner Regional Medical Center. "These can include structured activities like soccer or gymnastics, but should also include unstructured time for free play. Parents can also lead by example. Get involved and create family activities for all to enjoy."



The National Association for Sport and Physical Education recommends the following guidelines for physical activity:

Age Group	Minimum Activity	Suggestions
Infants	No specific requirement	Short periods of active play throughout the day as well as activities that explore environment and movement
Toddlers	90 minutes	30 minutes structured and 60 minutes unstructured play time
Pre-schoolers	120 minutes	60 minutes structured and 60 minutes unstructured play time
Children and teens	60 minutes or more	Age-appropriate activity in blocks of 15 minutes or more



SUMNER REGIONAL MEDICAL CENTER

Baby Shower

Saturday, March 24
9am–2pm

MINI SEMINARS • VENDOR BOOTHS/TOURS
HEALTH INFORMATION • FACE PAINTING
REFRESHMENTS AND GIVEAWAYS!



555 Hartsville Pike, Gallatin
[615] 328-8888
www.MySumnerMedical.com