

# EARLY Edition

NEWS AND INFORMATION ABOUT CHILDREN'S HOSPITAL OF RICHMOND (CHoR)

## New Pediatric Emergency Room Scheduled to Open in December

In December 2010, Children's Hospital of Richmond (CHoR) will open a new pediatric emergency room in the Critical Care Hospital on the MCV Campus. The 10,000 square-foot, rainforest-themed emergency room will have its own entrance, waiting room, treatment rooms and dedicated pediatric radiology suite. The facility is designed to meet the needs of children and their families and includes 12 large exam rooms with recliners to accommodate family members staying with patients and a literacy center with books for children to take home.

CHoR's pediatric emergency room is the only one in Central Virginia to offer 24-hour access to all pediatric specialists, including trauma, surgery, orthopaedics and cardiology, and 24-hour access to an on-call dentist. This emergency room is part of VCU Medical Center, which is the only designated Level One Trauma Center in Central Virginia in recognition of the high level of specialty care provided 24 hours a day.

### Emergency Medicine Team

CHoR's multidisciplinary team approach to emergency medicine includes surgeons, physicians, nurses, social workers, and physical and occupational therapists. Emergency medicine physicians include:

*Robin Foster, MD, Medical Director*

*Samuel Bartle, MD*

*Steven Liner, MD*

*Christopher Woleben, MD*

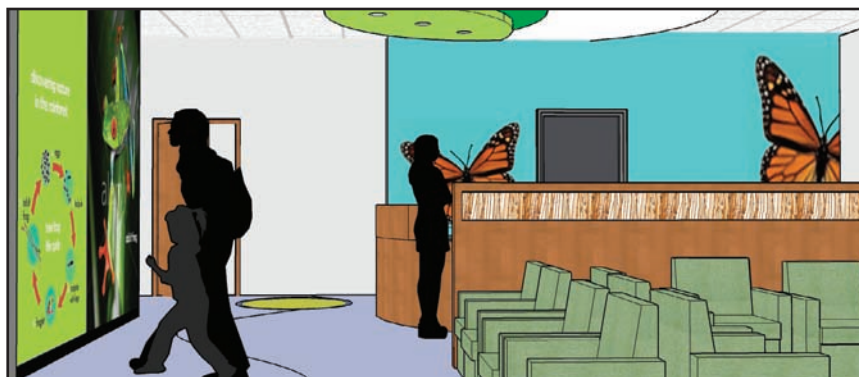
### Child Protection Team

CHoR's emergency department also has a Child Protection Team comprised of physicians, nurses, nurse practitioners and social workers experienced in the field of child abuse and neglect. The team's purpose is to evaluate, diagnose and treat children who have been sexually or physically abused or neglected. They work in cooperation with Child Protective Services and law enforcement and are available 24/7 for the immediate evaluation of abuse and neglect victims. The specialized team will run an outpatient clinic in the new facility offering appointments for forensic interviews and examination for suspected cases of abuse and neglect. Child Protection Team nurse practitioners include:

*Shannon Flaherty, CPNP, FNP*

*Beverly Hoehing, MSN, CPNP*

*Shamika Murrell, MSN, CPNP*



CHoR's new 10,000 square-foot pediatric emergency room will be located on the ground floor of the Critical Care Hospital on the MCV Campus, 1213 E. Clay Street in Richmond. A rendering of the facility's waiting room reception area is pictured above.

### Pediatric Critical Care Transport

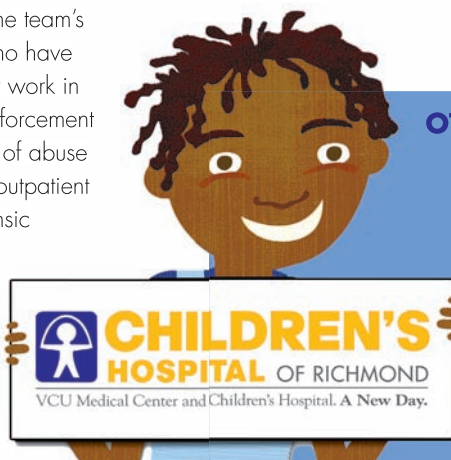
CHoR's Pediatric Critical Care Transport Team, in combination with the VCU LifeEvac helicopter, is available 24/7 for the timely transfer of critically ill children from referring hospitals. Medical command is offered by pediatric emergency medicine specialist attending physicians who are available 24/7 to referring physicians for transfer or advice regarding management of critically ill children.

### A Milestone Year

CHoR's Pediatric Critical Care Transport Team began serving patients in 1990, and 2010 marks the team's 20th year of service. With the \$4.2 million pediatric emergency room project also slated for completion this year, 2010 now also signifies a milestone year for all pediatric emergency services at CHoR.

*Pediatric Transport & Charge Nurse: 804-828-9111*

*Child Abuse Clinic: 804-628-4020*



### OTHER NEWS IN THIS ISSUE...

- **Five Physicians Join CHoR's Team**
- **Three New Programs:**
  - Preventative Pediatric Cardiology Clinic
  - Severe Asthma Clinic
  - Pediatric Surgery Congenital Heart Collaborative in Conjunction with UVA
- **Hematology/Oncology Clinic Now Offered in Fredericksburg**
- **Specialty Spotlight:**
  - TEENS Weight Management Program

# New Physician Profiles

**CHoR is dedicated to retaining and recruiting nationally recognized clinicians, outstanding educators and innovative researchers. CHoR plans to recruit 30 new physician faculty – half of those over the next four years. Since the June 30, 2010 joining of Children’s Hospital and Virginia Commonwealth University Children’s Medical Center, CHoR has added the following five new physicians:**

## Stephanie N. Crewe, MD, MHS

### Assistant Professor of Pediatrics Division of Adolescent Medicine

**Medical Degree:** Howard University College of Medicine, Washington, DC  
**Residency:** University of Medicine and Dentistry of New Jersey, Newark, NJ  
**Fellowship:** Johns Hopkins School of Medicine, Baltimore, MD  
**Office email:** screwe@mcvh-vcu.edu  
**Office phone:** 804-628-1309  
**Appointments:** 804-828-9449  
**Practice locations:** MCV Campus - Children’s Pavilion, 3rd floor

**Memberships:** Society for Adolescent Health and Medicine  
**Professional interests:** Sexually transmitted infections; adolescent obesity; adolescent reproductive health; substance abuse  
**Research interests:** Sexually transmitted infections; health disparities

*Board Certified in Pediatrics*



## Madhu S. Gowda, MD

### Assistant Professor of Pediatrics Division of Hematology and Oncology

**Medical Degree:** Bangalore Medical College, Bangalore, India  
**Residency:** Long Island College Hospital, Brooklyn, NY  
**Fellowship:** VCU Medical Center, Richmond, VA  
**Office email:** msgowda@mcvh-vcu.edu  
**Office phone:** 804-828-9605  
**Appointments:** 804-828-CHOR (2467)  
**Practice locations:** MCV Campus - Nelson Clinic, 2nd floor

**Memberships:** American Society of Pediatric Hematology/Oncology; American Society of Hematology  
**Professional interests:** Long-term cancer survivorship; tumor immunology; neuroblastoma; clotting disorders  
**Research interests:** Tumor immunology; neuroblastoma and vitamin D

*Board Certified in Pediatrics*



## Santhosh Kumar, MD

### Assistant Professor of Pediatrics Division of Allergy and Immunology

**Medical Degree:** Sri Siddhartha Medical College, Karnataka, India  
**Residency:** SUNY Downstate Medical Center, Brooklyn, NY  
**Fellowship:** SUNY Downstate Medical Center, Brooklyn, NY  
**Office email:** skumar@mcvh-vcu.edu  
**Office phone:** 804-628-1605  
**Appointments:** 804-828-CHOR (2467)  
**Practice locations:** MCV Campus - Children’s Pavilion, 4th floor  
MCV Campus - Nelson Clinic, 1st floor

**Memberships:** American College of Allergy, Asthma and Immunology; American Academy of Allergy, Asthma and Immunology  
**Professional interests:** Food allergy; drug allergy; asthma; immunodeficiency  
**Research interests:** Drug allergy; food allergy

*Board Certified in Pediatrics*



## Angela Maxwell-Horn, MD

### Assistant Professor of Pediatrics Division of General Pediatrics

**Medical Degree:** Rush University Medical Center, Chicago, IL  
**Residency:** VCU Medical Center, Richmond, VA  
**Office email:** amaxwell-horn@mcvh-vcu.edu  
**Office phone:** 804-628-5043  
**Appointments:** 804-828-CHOR (2467)  
**Practice locations:** MCV Campus - Children’s Pavilion, 1st floor

**Memberships:** American Academy of Pediatrics; Richmond Pediatric Society; International Lactation Consultant Association  
**Professional interests:** Lactation consultation for new moms; early childhood development



## Melinda M.C. Penn, MD

### Assistant Professor of Pediatrics Division of Endocrinology

**Medical Degree:** Eastern Virginia Medical School, Norfolk, VA  
**Residency:** Medical University of South Carolina, Charleston, SC  
**Fellowship:** The Children’s Hospital of Philadelphia, Philadelphia, PA  
**Office email:** mpenn@mcvh-vcu.edu  
**Office phone:** 804-628-4901  
**Appointments:** 804-828-CHOR (2467)  
**Practice locations:** MCV Campus - Children’s Pavilion, 4th floor  
VCU Medical Center at Stony Point, 2nd floor

**Memberships:** Pediatric Endocrine Society; The Endocrine Society  
**Professional interests:** Diabetes; hypoglycemia  
**Research interests:** Diabetes

*Board Certified in Pediatrics*



## Physician Access Line (PAL)

For physician-to-physician consults and access, CHoR’s physician access line ensures that a highly trained representative will connect and stay with your call – making your experience fast, friendly and productive for both you and your patients. Obtain quick and easy access to information – faster, simpler and with the results you expect. Call the PAL line to:

- Connect and consult with a CHoR physician specialist
- Admit a patient
- Arrange for transport
- Receive updates and information on a referred patient

**804-628-1PAL (1725)**

## CHoR Services Continue to Grow

### Preventative Pediatric Cardiology Clinic



Atherosclerotic cardiovascular disease is the leading cause of death in the adult population. Although the clinical manifestations of atherosclerotic cardiovascular disease seem to be in the distant future for children, there is good evidence that the pathological process begins in childhood. In an effort to identify patients at risk for atherosclerotic disease and initiate multidisciplinary interventions to prevent its progression into adulthood, CHoR has developed a Preventative Pediatric Cardiology Clinic (PPCC). The target population for the PPCC are children with **dislipidemias, hypertension** and **obesity**. In order to meet the multiple subspecialty needs of these patients, the PPCC works in conjunction with endocrinology, nephrology and nutrition to:

- Provide medical management and follow-up for children and adolescents with hypertension
- Diagnose and screen for possible cardiac causes of hypertension with subsequent follow-up and treatment
- Coordinate comprehensive care of obesity-related hypertension

The PPCC offers:

- Exercise stress testing
- Echocardiograms
- Electrocardiograms
- Laboratory testing
- Ambulatory blood pressure monitoring

#### Clinic Locations and Hours

MCV Campus - Nelson Clinic, 1st Floor  
2nd and 4th Mondays of the month  
9 a.m. - 12 p.m.  
Appointments: 804-828-CHOR (2467)

VCU Medical Center at Stony Point  
3rd Monday of the month  
9 a.m. - 12 p.m.  
Appointments: 804-828-CHOR (2467)

### Severe Asthma Clinic Combines Specialties



Children with asthma are often referred to both a pulmonologist and an allergist for evaluation and management, and CHoR has developed a new Severe Asthma Clinic staffed by both types of specialists. The new clinic opened in November and is the only pediatric asthma clinic in Central Virginia to combine these specialties to provide a more comprehensive approach to asthma care.

The Severe Asthma Clinic offers expert allergy and pulmonary assessment and other asthma-related services to all patients. Combining two clinics into one setting facilitates improvements in care for children with chronic asthma, while decreasing the time commitment required from children and families.

#### Clinic Locations and Hours

MCV Campus - Nelson Clinic, 1st Floor  
Pediatric Pulmonary Center  
Mondays, 1 p.m. - 5 p.m.  
Appointments: 804-828-CHOR (2467)

### UVA and VCU to Expand Congenital Cardiac Surgical Care for Pediatric and Adult Patients



The University of Virginia Health System and VCU Medical Center have formed the Pediatric Surgery Congenital Heart Collaborative to provide coordinated pediatric cardiac surgical care and adult congenital cardiac surgical care for patients in Charlottesville and Richmond. The joint program also will provide treatment and educational and research services that enhance patient access to specialized surgical treatments with coordinated patient care. Check out the next issue of *Early Edition* for additional details as this program grows.

**For More Information**  
804-628-HRTS (4787)

### Hematology and Oncology Clinic Now Offered at Fredericksburg Location

The Division of Hematology and Oncology is pleased to offer clinic hours in the Fredericksburg area. The clinic will be held at CHoR's Fredericksburg Therapy Center and is open to referral walk-ins, consults and follow-up patients. The goal of the Fredericksburg clinic is to create convenient access to hematology and oncology services for patients and community pediatricians in the Fredericksburg area.

#### Clinic Locations and Hours

Fredericksburg Therapy Center  
1st Thursday of the month  
9 a.m. - 12 p.m.  
Appointments: 804-828-9605

## For More Information

To learn more about CHoR's services, contact CHoR's community liaisons:



**Cyndi R. Cline**  
804-228-5835  
ccline@chva.org

*Cyndi focuses on physician and referral source relations in the Richmond and Tri-Cities medical communities.*



**Sherry W. Black, MBA**  
804-228-5971  
sblack@chva.org

*Sherry focuses on physician and referral source relations in Fredericksburg and surrounding areas as well as other locations throughout Virginia.*

Community liaisons provide:

- Answers to pediatric subspecialty service questions
- Assistance with referrals and expedited appointment scheduling
- Educational (CME) and instructional luncheons
- Facility tours
- Copies of CHoR publications and resources (services guide, maps and directions, etc.)

**Call today to schedule a luncheon with a pediatric subspecialist or to set up a tour of a CHoR campus or location.**

CHoR has 10 convenient locations including two main campuses and several satellite outpatient and therapy centers.

#### TWO MAIN CAMPUSES

##### MCV Campus

1001 E. Marshall Street  
Richmond, VA 23219

##### Brook Road Campus

2924 Brook Road  
Richmond, VA 23220

##### Bruce K. Rubin, MD, MEngr, MBA, FRCPC

Physician-in-Chief, Children's Hospital of Richmond  
Jessie Ball duPont Professor and Chairman  
Department of Pediatrics  
804-828-9602

##### David A. Lanning, MD

Surgeon-in-Chief  
Children's Hospital of Richmond  
Associate Professor  
Division of Pediatric Surgery  
804-828-3500

##### Barry V. Kirkpatrick, MD

Professor and Vice Chairman of Academic Affairs  
Department of Pediatrics  
804-827-1692

##### Leslie G. Wyatt, RN, MS

Vice President of Children's Services  
Executive Director  
Children's Hospital of Richmond  
804-228-5928

##### William B. Moskowitz, MD, FAAP, FACC, FSCAI

Vice Chairman of Clinical Affairs  
Department of Pediatrics  
Professor and Chair, Division of Pediatric Cardiology  
804-628-4787

##### Shira E. Cantor

Public Relations Coordinator  
804-828-7035  
scantor@mcvh-vcu.edu

[www.chrichmond.org](http://www.chrichmond.org)

Early Edition is published quarterly by Children's Hospital of Richmond. Please direct comments, questions and requests for additional copies to Shira Cantor, Public Relations Coordinator.



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## Specialty Spotlight

### TEENS Weight Management Program Patient Profile

When Tiffany Taylor signed the contract agreeing to her VCU T.E.E.N.S. (Teaching, Encouragement, Exercise, Nutrition and Support) Program goals, the biggest concern for the then 13-year-old was committing to give up free time. As Tiffany's mom, Cheryl, added her signature, she admits being apprehensive of the many personal changes the commitment would require of her, though she knew lifestyle changes were important for her family.

Designed to be a family effort, the TEENS Program is a multidisciplinary weight management clinic involving CHoR and VCU's departments of Pediatrics, Health and Human Performance, and Psychology. Started in 2003, the two-year program is offered at no cost to children between 11 and 18 who have a body mass index (BMI) above the 85th percentile. At enrollment, participants undergo comprehensive medical, behavioral, nutritional and fitness assessments. During the program, participants exercise three times a week at the TEENS gym and begin biweekly visits with a dietitian and behavioral specialist. Assessments and testing are repeated to monitor progress and personal goals are adapted regularly with input from the participant and family.

"The program's primary goal is that adolescents and their families adopt healthier lifestyles through improved nutrition and regular physical activity," Edmond P. Wickham, III, MD, TEENS Medical Director, explains. "In most cases, making such changes results in improvements in BMI. However, apart from changes in body weight, these lifestyle changes can also improve other important health parameters like blood pressure and cholesterol."

Tiffany was 5' 4", weighed 225 pounds and showed signs of high blood pressure when she began the program in October 2008. TEENS



Tiffany Taylor, 15, and her mom Cheryl before a 5K walk in October 2010.

Dietitian Colleen Sylvester, MA, RD, reviewed Tiffany's eating patterns and those of her family to determine what was needed for permanent dietary changes. Tiffany's goals included eating breakfast every day, cutting out sugary drinks and middle-of-the-night snacks, and choosing healthier foods overall. At home, Cheryl replaced unhealthy foods with better choices. "I started buying lots of fruit and tried to make it accessible and arrange it in a way to make it appetizing," she says. "It reminded me of when I taught my daughters to read and put a book in every room."

Mandatory school PE had been Tiffany's only regular physical activity and exercise, like daily breakfast, was a lifestyle change she needed to adjust to. Though shy at first, Tiffany was motivated at the gym by a new interest in building strength, and TEENS Exercise Coordinator Katie Bowen, ACSM/HFS, established workout goals to guide improvements in fitness, endurance and body composition. At Tiffany's three-month fitness test, Katie describes her strength improvements as "immense."

With much-appreciated support from her behavioral specialist and two successful years meeting goals and "making choices to live a healthy life," Tiffany's growing confidence led to increased personal motivation. On non-gym days, Tiffany, now 15, has transformed her free time to active time – workouts at the YMCA, exercise "dates" with other TEENS participants and 5K walks with her mom. She's lost 50 pounds and improved her fitness and health parameters. Along the way "her self-esteem," Cheryl notes, "was rebuilt."

"I feel like I'm a new person," Tiffany says proudly, "in a healthy body."

**For more information on the TEENS Program, contact Janet Delorme, Program Coordinator, at 804-827-0661.**

Article contributors: Edmond P. Wickham III, MD, FAAP, TEENS Medical Director, Assistant Professor of Medicine and Pediatrics, Division of Endocrinology and Metabolism, and Janet Delorme, MS, TEENS Program Coordinator.

Adolescents and their families who participate in the TEENS Program are agreeing to participate in a research study that has been approved by the Institutional Review Board at VCU. Study staff work closely with the adolescent's primary care provider to ensure that any health concerns that are identified through TEENS are evaluated further. Faculty within the division of Pediatric Endocrinology with expertise in the assessment and treatment of children and adolescents with obesity are available for further consultation.