

EARLY Edition

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

Children's Hospital of Richmond Offers Region's Only Multidisciplinary Traumatic Brain Injury/Concussion Program for Children

Addressing the multiple needs associated with a brain injury and mitigating potential long-term effects are goals of the Traumatic Brain Injury (TBI)/Concussion Clinic at Children's Hospital of Richmond (CHoR).

This unique, comprehensive program brings together specialists from a variety of disciplines and helps children and families through every step of the recovery process – from the management of neurological symptoms to addressing school and social issues.

"With the involvement of multiple specialists, we not only address the medical issues associated with brain injury/concussion, but provide assistance with the many other aspects of a patient's life and functioning that can be affected as well," Charles Dillard, MD, Pediatric Physical Medicine and Rehabilitation (PM&R) specialist for the clinic, remarks. "Our team can assist with balance, coordination and speech as well as the psychological, educational and cognitive issues that may become evident over time."

The TBI/Concussion Clinic serves children with traumatic brain injuries ranging from severe insults to minor concussions and injuries acquired through conditions such as stroke, anoxia and brain tumors.

Concussions in student-athletes is a trend of growing concern among medical and educational professionals, as well as parents, and also a focus of new Virginia legislation (effective July 2011) regarding risks of re-injury and medical clearance to return to play. The TBI/Concussion Clinic provides specialized services for student-athletes with concussions. While the starting point for care may differ, the same clinic team members who coordinate outpatient rehabilitation for coma recovery are available for concussions. "Even a minor concussion can lead to educational setbacks

for a student-athlete," Dr. Dillard comments. "We not only provide clearance to return to play from a medical standpoint, but have a team available to help with the child's return to school and daily life. The benefit of this type of multidisciplinary clinic is that educational and neuropsychological needs are met as well."

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– Charles Dillard, MD, Pediatric PM&R Specialist

The clinic serves children referred from community hospitals, emergency rooms and physician offices. In all cases, care is customized to a child's individual needs and focused on providing support from the beginning to help problems related to the injury from worsening. The clinic's team members have extensive experience working with children and adolescents with brain injury. Patients are initially evaluated by a physician who leads care planning and connects the child and family with appropriate members of the team for evaluations and services based on individual care needs. All clinic team members are available to see the child as needed during clinic appointments.

"Children with brain injuries/concussions are an underserved population. These injuries and their potential lasting effects can be particularly devastating in this age group," Dr. Dillard says. "Through this program we make comprehensive, multidisciplinary care accessible to children and families for improved outcomes."

Clinic Location: Brook Road Campus
Appointments: 804-828-CHOR (2467)

See page 2 for common symptoms of TBI/concussion.
See page 3 for an update on CHoR's new pediatric ER.



SPOTLIGHT:

CONCUSSIONS

In July, new legislation goes into effect in Virginia regarding concussions in student-athletes. CHoR's TBI/Concussion Clinic provides comprehensive services for brain injury/concussion including medical clearance to return to play for student-athletes.

CLINIC TEAM

The pediatric TBI/Concussion Clinic team includes:

- Physical medicine and rehabilitation physicians
- Pediatricians with sports medicine training
- Neuro-psychologists
- Physical, occupational and speech/language therapists
- Social workers
- Educational consultants

With the joining of Children's Hospital and VCU Children's Medical Center in 2010 to create CHoR – the region's first comprehensive pediatric health care provider – additional medical specialists that provide consultation and services for brain injury are now available under one health care system:

- Pediatric Neurology
- Pediatric Neurosurgery
- Pediatric Plastic Surgery

Special Focus: Traumatic Brain Injury

A traumatic brain injury (TBI) is a form of acquired brain injury typically caused by a blow or jolt to the head or body severe enough to cause bruising, bleeding or swelling of the brain or tearing of brain tissue. The word “concussion” is a term for a TBI. Regardless of whether the initial injury is considered mild or severe, a TBI may result in a disturbance or impairment of cognitive abilities, physical functioning, and/or behavioral or emotional functioning.

Common causes of traumatic brain injury

Falls, motor vehicle accidents and physical violence/abuse are all common causes of TBI. For the child and adolescent population, *mild to moderate* traumatic brain injuries most often occur in:

- **Sports activities** such as gymnastics or high-impact team sports (football, hockey, soccer, etc.)
- **High-speed recreational activities** such as biking, in-line skating and skateboarding
- **“Stunts”** including car surfing (riding or jumping on top of a moving vehicle) and skitching (riding a skateboard while being pulled behind a motor vehicle)

Common symptoms of traumatic brain injury

Symptoms may be present immediately following a brain injury but may also be observed over time. Below is a list of common TBI symptoms.

PHYSICAL SYMPTOMS

- Loss of consciousness
- Balance and coordination trouble
- Nausea
- Sensitivity to light and/or noise
- Visual problems (seeing spots, vision changes, loss of vision, etc.)
- Dizziness
- Headache
- Numbness/tingling anywhere on body
- Vomiting

COGNITIVE SYMPTOMS

- Changes in school performance
- Difficulty concentrating
- Forgetfulness
- Slow physical reactions; slow to respond to questions, instructions, etc.
- Memory problems
- Confusion about recent events
- Repeating questions
- Child seems or mentions feeling foggy, dazed or stunned

EMOTIONAL SYMPTOMS

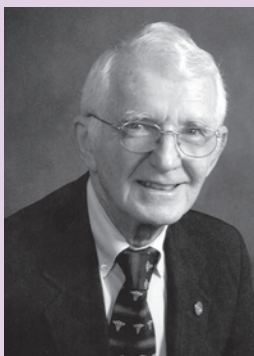
- Irritability
- Lack of impulse control
- Sadness
- Nervousness
- Loss of interest in favorite activities
- Child is easily angered/upset by things that may not have bothered them prior to injury

SLEEP/ENERGY SYMPTOMS

- Drowsiness
- Sleeping more than usual
- Fatigue/extreme tiredness
- Trouble falling or staying asleep

Recognizing symptoms in infants and toddlers

- Loss of interest in play, toys and favorite activities
- Excessive crying (more than usual and child cannot be consoled)
- Loss of newly learned skills such as walking, talking or toilet training
- Refusal to eat or nurse
- Swelling of scalp
- Listlessness (child feels floppy in parent or caregiver’s arms)



David A. Draper, MD

IN MEMORY: Dr. David A. Draper

David Adrian Draper, MD, Founder and former Director of MCV Hospitals’ Cystic Fibrosis Center and longtime Professor of Pediatrics, died January 14.

Dr. Draper joined the Medical College of Virginia (MCV) faculty as an Instructor in Pediatrics in 1964 and was promoted to Professor of Pediatrics in 1978. During his career, Dr. Draper served as Director of Newborn Services and Chairman of the Medical Care Evaluation Committee at MCV Hospitals. He founded the Cystic Fibrosis Center and served as its director for many years. He was also an active participant in the founding of the Pediatric Nurse Practitioner Program and following his retirement volunteered for many years with the Department of Pediatrics.

A graduate of the School of Medicine at Queen’s University in Kingston, Ontario, Dr. Draper completed an internship and pediatric residency at Baltimore City Hospital, completed fellowship training at The Johns Hopkins Hospital, and served for two years as a Captain in the U.S. Air Force Medical Corps. Throughout his career, Dr. Draper maintained a busy clinical practice of general pediatrics and provided care to thousands of patients. In 1995, he was honored by his peers with the MCV Clinician of the Year Award. Involvement in his patients’ lives – many of whom he treated since they were diagnosed with cystic fibrosis at a young age – characterized his care.

On a memorial website, former patient Mandy Simmons Robertson shared sentiments echoed by many who had words of thanks for Dr. Draper’s compassionate care. She thanked Dr. DAD, as he was affectionately known, for “every dream you made come true” and expressed sincere appreciation for his long hours, late-night calls and attendance at all 18 of her childhood birthdays while he oversaw her care for cystic fibrosis (CF). “I have made it 24+ years and I will continue to fight in his name,” Mandy wrote. “It is because of Dr. Draper that I am here today. Dr. Draper’s love, dedication and passion for the fight against cystic fibrosis were just as strong as anyone who was diagnosed or any family who had a child with CF.”

“The pediatric medical community expresses its sincere sympathy to the Draper family. Dr. Draper will be greatly missed. He was a strong advocate for the excellent health care of children and for the education of pediatric health professionals.”

– Dr. Barry V. Kirkpatrick,
Vice Chairman of Pediatrics



The waiting area of CHoR's pediatric emergency room features the rainforest theme used throughout the new 10,000 square-foot facility.



CHoR's new pediatric emergency room has its own separate entrance for pediatric patients and their families.

Facility photos courtesy of HKS Inc., Chris Cunningham Photography

New Pediatric Emergency Room on MCV Campus

On December 8, 2010, hundreds of attendees including community partners, elected officials, VCU leadership, and Children's Hospital of Richmond (CHoR) staff and former patients celebrated the dedication of CHoR's new pediatric emergency room. This state-of-the-art facility is designed to meet the needs of children and families by providing the highest level of pediatric emergency care.

CHoR's pediatric emergency room is the only facility of its kind in Central Virginia to offer 24-hour access to every type of pediatric subspecialty – from neurosurgeons and cardiologists to dentists and oncologists – for the care of critically ill and injured children. The \$4.2 million pediatric ER is located in the Critical Care Hospital on the MCV Campus and is part of VCU Medical Center, the only designated Level I Trauma Center in Central Virginia in recognition of the high level of specialty care provided 24 hours a day, 365 days a year.

CHoR Pediatric Emergency Room

MCV Campus, Critical Care Hospital, Ground Floor
1213 E. Clay Street, Richmond, VA 23219
Pediatric Transport & Charge Nurse: 804-828-9111
Child Abuse Clinic: 804-828-7400

The 10,000 square-foot facility has its own separate pediatric entrance, 12 private rooms, a dedicated pediatric radiology suite, and a child and family-friendly waiting room with a literacy center. All exam rooms are monitored from a central nursing station and have overhead exam lights, computers for accessing medical records, recliners to accommodate family members staying with patients, and other special features. Each room is equipped for procedures if needed and two negative pressure rooms are available for infectious disease cases.

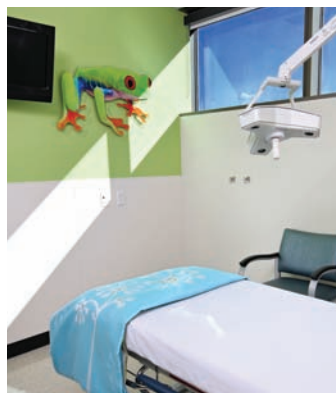
"The new pediatric emergency room, through its design and features, provides our team access to the latest and most advanced technologies available to treat children who need critical care," John Duval, CEO of MCV Hospitals, remarked at the dedication.

The pediatric ER became fully operational and began serving patients December 13. According to Robin Foster, MD, Associate Professor of Emergency Medicine and Director of Pediatric Emergency Services, close to 90 percent of patients are placed in a private room immediately upon arrival. "It is a privilege to serve the children in our area," Dr. Foster said during the dedication ceremony, "and these children and their families deserve to receive care in a facility of this caliber."



Robin Foster, MD, Director of Pediatric Emergency Services, prepares to cut the ceremonial ribbon at the dedication of CHoR's pediatric emergency room. On hand to offer help are former ER patients Lucy James Howlett, 2 (held by her father, Andy), and Jonathan Colson, 12.

Ribbon cutting photo courtesy of Allen Jones, VCU Creative Services



Overhead exam lights and television/DVD access are a few special features of the private exam rooms in CHoR's new pediatric emergency room facility.

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

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CHoR's community liaisons can provide answers to pediatric subspecialty service questions, assistance with referrals, expedited appointment scheduling, educational (CME) and instructional luncheons, facility tours, and copies of resources and publications.

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



**CHILDREN'S
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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.

Specialty Spotlight

Dr. John M. Pellock Named American Epilepsy Society President

John M. "Jack" Pellock, MD, Chairman, Division of Child Neurology, Children's Hospital of Richmond (CHoR), and Professor of Neurology, Pediatrics, and Pharmacy and Pharmaceuticals, Virginia Commonwealth University, was named president of the American Epilepsy Society (AES) during the organization's 64th annual meeting held in San Antonio, Texas, this past December.



John M. "Jack" Pellock, MD

AES is the world's largest organization of professionals dedicated to the prevention, treatment and cure of epilepsy. The organization was founded in 1936 and currently has 3,000 members, including a core group of medical experts who specialize in the study and treatment of epilepsy.

The World Health Organization estimates that 50 million people around the globe have epilepsy. "Despite progress made in diagnosis and treatment in the last 20 years, about one-third of people with epilepsy continue to experience seizures even with available therapies," Dr. Pellock says.

Continued progress to ensure that all individuals with epilepsy can benefit from new therapies and treatment advances is a priority for AES, according to Jaideep Kapur MD, PhD, Eugen Meyer III Professor of Neuroscience and Professor of Neurology, University of Virginia, the organization's Immediate Past President.

"Research remains critical," Dr. Pellock says of the future of epilepsy treatment. "In an astonishing new report published in a January 2011 issue of the journal *Neurology*, epidemiologists analyzing the best available data suggest that one in every 26 people in the United States – 11.5 million people alive in this country today – will develop epilepsy at

some point in their life. A major focus of today's epilepsy research is on finding therapeutic strategies to cure or prevent the disorder and reduce the suffering of those who develop epilepsy."

To develop a further understanding of the impact of epilepsy and how to help those affected, AES is among sponsors of an Institute of Medicine study slated for completion in the coming year to document the public health burden of epilepsy. "The gap in what we know about the burden of epilepsy is huge," Dr. Pellock says. "When completed, this study will provide a plan to more precisely assess how many people have epilepsy, how many have each form of the disorder, the nature and extent of associated patient and family issues, and much more."

Actively involved in antiepileptic drug development for over 30 years, Dr. Pellock has been principal investigator for over 150 trials evaluating epilepsy treatments in children and adults, has served as a co-investigator on many others, and is funded by the NIH for various pediatric and adult epilepsy studies. "Dr. Pellock is an authority on newly emerging therapies for epilepsy because of his vast experience," Dr. Kapur remarks. "He has led efforts to test new drugs and therapies and bring them to day-to-day practice and also studied genetic predisposition to seizures and prolonged seizures that can injure the brain."

Dr. Pellock is widely published in books and articles and is a frequent presenter at professional symposia around the world. At CHoR, he is involved in the training of residents and fellows and serves as Chairman of the Division of Child Neurology. This division provides comprehensive care for neurological problems and serves children with developmental delay; epilepsy; kernicterus; migraine/headaches; movement, nervous system, neurocutaneous, neuromuscular and sleep disorders; seizures; and strokes. A comprehensive Epilepsy Center offers the latest treatment for patients including new and investigative medical approaches and epilepsy surgery.

For more on the Institute of Medicine epilepsy study, visit www.iom.edu/Activities/Disease/Epilepsy.aspx.

Dr. Pellock received his medical degree from St. Louis University in St. Louis, Missouri. He completed a fellowship in Pediatric Neurology at Columbia Presbyterian Medical Center, New York, New York, and a residency in Pediatrics at the Medical College of Virginia, Richmond. He is a diplomate of the American Board of Pediatrics and of the American Board of Psychiatry and Neurology with special qualification in Child Neurology and a fellow of the American Academy of Neurology and the American Academy of Pediatrics. Dr. Pellock received the 2004 J. Kiffen Penry Award for Excellence in Neurology from AES and has been included in Best Doctors in America and Who's Who International and America.