



# Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

## Advancing Pediatric Care for Our Patients!

### Advanced Pediatrics Launches New Child Development Screening Program!

The providers at Advanced Pediatrics are pleased to announce the implementation of an exciting new child development screening program. In conjunction with Early Childhood Connections (a federally funded program which supports infants and toddlers with developmental delays or disabilities), Advanced Pediatrics will add a new developmental screening tool to its well care visits for infants and toddlers.

Early Childhood Connections has created a series of researched based developmental screening questionnaires designed to measure child development and identify potential developmental delays. Advanced Pediatrics will make these questionnaires available for parents to download from the well care page of our website at [www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com). When making appointments for 6, 12 and 18 month well care visits, parents will be asked to go to our website and download the appropriate developmental screening questionnaire to fill out at home and bring to their infant or toddler's well care visit. These questionnaires, which take only 5 - 10 minutes to complete, will then be scored by our provider and discussed with the parent. Should the results of the screening indicate a

potential developmental delay, the child will be referred to Early Childhood Connections for additional evaluation and assistance.

The purpose of Early Childhood Connections is to enhance the development of infants and toddlers who have developmental delays and to enhance the family's capacity to meet their child's special needs. Services provided by Early Childhood Connections are completely free of charge and include a multidisciplinary evaluation, services and support coordination, and the development of an "Individualized Family Service Plan" (IFSP).

If your child has a 6, 12 or 18 month well care visit scheduled at one of our offices, please be sure to complete the appropriate developmental screening questionnaire (downloaded from the well care page of our website) and bring it to your well care visit. Screening questionnaires are also available for other ages (up to 5 years) upon request if you have concerns about your child's development.



## Working to Build a Better Community!



**Nancy Barber Starr and Ann Petersen-Smith**, two of our pediatric nurse practitioners at Advanced Pediatric Associates, both volunteer as Child Care Health Consultants to local preschool and childcare programs. Child Health Care Consultants are recommended for every child care facility and preschool by the Healthy Child Care America Conference. A Child

Care Health Consultant assists preschool staff in recognizing and promoting health and safety concerns of

children, families and child care providers. As a Child Care Health Consultant both Nancy Barber Starr and Ann Petersen-Smith supervise medication administration and special health procedures, meet and review with administration the care plans for any children with specific health needs, and provide training, supervision, support and consultation on health and safety issues. Nancy Barber Starr is the Child Health Care Consultant for Cherry Creek Presbyterian Preschool in Centennial and Ann Petersen-Smith is the Child Health Care Consultant for Fisher Early Learning Center at the University of Denver. Along with the other providers at Advanced Pediatrics, Nancy Barber Starr and Ann Petersen-Smith are dedicated to working with our community to provide improved health and safety services to children.

Volume 11, Spring 2006

### Inside This Issue

**Practice News** page 2

Time to Schedule Annual Well Care Exams, Sports & Camp Physicals!

Welcome Maggie Allen, CHA/PA!

Welcome Cris Ann Bowman-Harvey, MS, CPNP!

Special Projects at Advanced Pediatrics

Employment Opportunities

**Health & Safety** page 3

Dealing with Springtime Allergies

Protect Your Child's Hearing - Using iPods Safely

Preventing Sports Injuries in Children

**Focus on Wellness** page 4

Technology and the Teenager



*Hand in Hand for Healthier Children*



## Time to Schedule Annual Well Care Exams, Sports & Camp Physicals!

With summer approaching, it is time to schedule well care exams, sports and camp physicals. Consistent with guidelines from the American Academy of Pediatrics, we recommend well care exams on an annual basis beginning at age two. For children under two years of age, exams are scheduled at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months and 18 months.

Routine well child care exams play an important role in keeping your child healthy. We look forward to getting to know you and your

child better at these important visits. These exams provide an opportunity for our providers to examine your child's growth and development and discuss age specific health, behavior and safety issues. These visits often include a vision screening, important lab work and routine immunizations.

In order to best meet patient needs, our summer schedule includes additional well care appointments beginning in May. If it has been over a year since your child's last well care exam or you are in need of a sports or camp physical,

please call our Central Appointment Line as soon as possible, as our summer well care schedule fills up quickly. As always, please check with your insurance company to learn about your well care coverage. Some plans may not cover annual well care exams.



## Welcome Maggie Allen, CHA/PA!



**Maggie Allen** graduated from the University of Colorado Health Sciences Center Physician Assistant program in 2005, following a bachelor of science degree in kinesiology from Wheaton College. Prior to

joining Advanced Pediatrics in February of 2005, she completed internships at The Children's Hospital, Salud Family Health Centers, Mile High Primary Care, Mayo Clinic and other local and national health centers. She is a member of the American Academy of Physician Assistants and the Colorado Academy of Physician Assistants and speaks Spanish. Her inter-

ests in pediatrics focus on nutrition, preventative medicine and endocrine disorders. Her personal interests include playing soccer and other outdoor activities. She enjoys spending time with her chocolate lab, "Connor", and is engaged to be married this summer.

## Welcome Cris Ann Bowman-Harvey, MS, CPNP!



**Cris Ann Bowman-Harvey** graduated from the University of Colorado Health Science Center with a masters in nursing in 2005, following an undergraduate degree in nursing at Regis University. Prior

to joining Advanced Pediatrics in February of 2006, she practiced as an emergency nurse at the Children's Hospital and Swedish Medical Center. She is a member of the National Association of Pediatric Nurse Practitioners and speaks fluent Spanish. Her interests in medicine focus on the care and health education of the pediatric population and their families. Her

personal interests include snowboarding, hiking, kayaking and enjoying outdoor activities with her family and two dogs. She and her husband have recently celebrated the birth of their first child.



## Special Projects at Advanced Pediatrics

Here's a sneak peek at some of the exciting and important projects being worked on by various APA teams:

**Clinical Committee:** The clinical committee's current projects include a new asthma clinical guideline and program, a continuing emphasis on childhood obesity, the early childhood development screening project, and will soon start work on some behavioral health issues. This committee is on the cutting edge of what is new and important in pediatric health care.

**Medical Assistant Training Program:** Over the last year a team composed of office managers, clinical managers, and medical assistants have spent many hours developing a comprehensive training program for our medical assistants to ensure that patients receive standardized professional care from our clinical support team members.

**EMRAT:** The Electronic Medical Records Assessment Team will be hard at work this spring and summer doing the necessary due diligence and evaluation of an electronic medi-

cal records system for the practice.

**GYN Services:** Starting this summer, APA will begin offering some gynecologic services to our adolescent female patients. Look for more information about these new services in our Summer newsletter and on our web-site in the near future!

**Financial Policy:** The APA financial policy will be revised effective June 1, 2006. These changes will be posted in all of our offices by May 1, 2006.

## Employment Opportunities at Advanced Pediatrics

Come join the APA team! We often have positions open at our offices and invite qualified applicants to apply. Applicants must possess appropriate experience, have great customer service skills, and enjoy working with children and their families. Advanced Pediatrics offers competitive salaries and benefits and is an equal opportunity employer. For information on current job openings at Advanced Pediatrics, visit the employment page of our website at [www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com). If you do not have access to a computer, you may call our Human Resources department at 720-886-9408 for more information.



# Health and Safety Tips



## Dealing with Springtime Allergies

After months of snow and cold, most of us welcome the signs of budding trees and flowers that springtime brings. Unfortunately, this season also brings bothersome allergy symptoms for some children.

Nasal allergies, also called allergic rhinitis or hay fever, occur when the body's immune system overreacts to normally harmless substances such as pollen, mold spores, dander or dust mites. Typical symptoms include watery,

itchy, red eyes, a clear runny nose, sneezing, and an itchy throat. In the spring, the most common trigger of allergies are budding trees, while grasses cause allergic symptoms in the summer, and weeds in the fall.

Generally, nasal allergies are not serious, however, complications may occur including ear and sinus infections and breathing problems (wheezing and shortness of breath) in children with asthma. If you suspect that your child is experiencing any

of these allergy complications, or you would like to have your child evaluated for allergies, please call our Central Appointment Line to schedule an appointment with one of our providers.



## Protect Your Children's Hearing - Using iPods Safely



With the increasing popularity of iPods and other MP3 players among children and teenagers, hearing experts are concerned that hearing loss may become more common than ever before. This is due to the fact that the earbuds commonly used by iPod listeners are placed directly into the ear and can boost the audio signal by as many as nine decibels. Because the sound clarity is so high with these devices, users are tempted to turn up the volume higher than they would on older audio devices. This combined with the portability and convenience iPods and other MP3 players offer translates into more time spent listening to music at a greater volume. Unfortunately, although hearing loss may not be apparent for years, it is permanent and irreversible. Hearing experts recommend that iPod users follow the "60 percent/30 minute rule" - setting the volume at no more than 60 percent of the maximum volume and use their earbuds for no more than 30 minutes a day. Those listening at volumes significantly lower than

60 percent can use their music players for a longer time period. If your child can't hear you speaking to him or you can hear the music yourself while he is listening, check to see what volume he is listening at - chances are it is too high and may be damaging his hearing!

## Preventing Sports Injuries in Children

With the end of winter comes the arrival of spring and summer sports seasons for many children. Whether it is playing organized sports or getting together with family and friends, Advanced Pediatrics offers the following safety recommendations:

### Make sure you are healthy to start with.

- ◆ Receive annual well care and sports physicals.
- ◆ Don't play when you are sick - reduced concentration puts you at risk for injury.

### Prevent injuries with proper equipment.

- ◆ Wear properly fitting helmets specially designed for the sport you are playing.
- ◆ Wear eye protection - especially for racquet sports, basketball, baseball and hockey.
- ◆ Wear mouth guards or face masks for collision sports or those that carry a risk of head injury.
- ◆ Make sure equipment fits properly and that you are wearing recommended protective pads.
- ◆ Wear quality shoes designed for your sport and foot type.

### Prevent injuries by playing smart.

- ◆ Avoid overuse injuries by beginning slowly and gradually increasing the time

and intensity of training.

- ◆ Acclimate yourself to the environment and dress appropriately.
- ◆ Limit training to 2 hours and allow adequate time to recover.
- ◆ Maintain hydration by drinking plenty of water before, during and after play.
- ◆ Follow rules and regulations of sport designed to promote safety of players.

### Prevent injuries by training correctly.

- ◆ Begin pre-season conditioning six weeks prior to the start of sports season.
- ◆ Participate in proper warm-up and stretching for at least 15 minutes prior to practice or game.

### First aid treatment for injuries (RICE).

- ◆ R-est - Rest to reduce the stress to the injured area.
- ◆ I-cc - Apply ice to the injured area for 20 minutes at a time 4 times per day.
- ◆ C-ompression - Apply an elastic bandage to the injured area. (Remove for sleep.)
- ◆ E-levation - Raise the injured body part above the level of the heart to decrease blood flow.

### When to seek medical attention.

- ◆ **IMMEDIATELY** for any head injury resulting in nausea, confused thinking,

**slurred speech, blurred vision, unsteady walking, loss of consciousness, swelling greater than 1 inch or dent in skull.**

- ◆ For headache lasting more than 3 days after a head injury.
- ◆ For any gaping wound or bleeding that won't stop after 10 minutes of direct pressure.
- ◆ If you are experiencing moderate to severe pain.
- ◆ If you have pain that interferes with daily activity or sleep.
- ◆ If you have swelling of the injured area.
- ◆ If you are unable to perform normal activities.

### Prevention of re-injury.

- ◆ Rehabilitate your injury completely before returning to play. **This is especially important if you've had a concussion. Returning to play too soon puts you at greater risk for another concussion which can lead to serious brain injury.**
- ◆ Protect the injured area with special equipment or brace.
- ◆ Gradually return to practice or competition.





# Focus on Wellness



## Newsletter Editor

Elaine Hehemann

## Physicians

Michael L. Kurtz, MD  
Lee S. Thompson, MD  
Mark H. Pearlman, MD  
Freeman Ginsburg, MD  
Paula R. Levin, MD  
Brandon Davison-Tracy, MD  
Stephanie Stevens, MD  
Bradley D. Kurtz, DO  
Jeanne Oh, MD  
Erika B. Rabalais, MD

## PAs and PNPs

Maggie C. Allen, PA  
Nancy Barber Starr, PNP  
Cris Ann Bowman-Harvey, PNP  
Brigette Denning, PA  
Joy Diamond, PNP  
Lynda Melton, PA  
Ann Petersen-Smith, PNP  
Jeff Silverman, PA  
Kimberly A. Thomas, PA

## Administrator

Denise Hall

**Central Appointment Line**  
**303-699-6200**

[www.AdvancedPediatricAssociates.com](http://www.AdvancedPediatricAssociates.com)

**Village Plaza at Smoky Hill**  
**5657 S. Himalaya, #100**  
**Centennial, CO 80015**

**Aurora Health Plaza**  
**13650 E. Mississippi Ave. #110**  
**Aurora, CO 80012**

**Parker Adventist**  
**Professional Building**  
**9397 Crown Crest Blvd., #330**  
**Parker, CO 80138**



## Technology and the Teenager



Cell phones, instant messaging, personal web sites ... the list keeps growing of new hi-tech ways for teenagers to communicate with each other. Teens today are often far ahead of their parents on understanding how to use these new innovations, leaving them unsupervised and relying on their own (sometimes naïve) discretion as to how to make the most of these new “toys”. Without parental guidelines, these can become an unhealthy “addiction” for some teens, taking them away from more healthy forms of communication with peers. Even worse, they can lend themselves to the possibility of communicating with complete strangers. Suggestions for safe use of technology for teens include:

### Cell Phones

- ◆ Some teens are using cell phones exclusively for all communication, rather than ever using their family’s home phone. While this may help keep phone lines clear, parents should be aware that this provides anonymity for the caller. If parents are concerned about whom their teenager is receiving calls from, they might want to limit cell phone use to outside the home.
- ◆ Parents may want to consider limiting text messaging minutes. With unlimited text messaging plans some teens become “addicted”, sending and receiving hundreds of text messages in a given day (interrupting normal activities such as class work, homework and sleep).
- ◆ With photo sending capability, many teens are posting photos on personal web sites. For privacy and safety issues, it is important for parents to set limits to the types of photos their teens post on personal web sites.

### Instant Messaging

- ◆ Instant messaging on the computer can also become addictive for some teens. As with TV/video games, parents should set limits for the amount of time spent instant messaging.
- ◆ Text messaging can lend itself to online bullying and sarcasm. Teens should be reminded to use the same values when communicating online as when communicating in person.
- ◆ Under no circumstances should teens ever communicate with someone they do not know online. As with text messaging, there is no guarantee that the person your teen is communicating with is who they say they are.

### Personal Web Sites

Personal web sites, such as “My Space”, have become very popular among teens. Teens use these personal web sites to create their own web pages and communicate with others. Recently these sites have received much media attention due to their attraction of sexual predators. Many parents have no idea their teen (or younger child) even has a personal web site, but anyone who has online access can create one free of charge. Though “My Space” requires teens to be 14 years old, there is no accurate way for them to enforce this requirement. Parents should monitor what web sites their teen visits, periodically review their teen’s personal web site if he/she has one, and discuss with him/her the following safety guidelines for using personal websites:

- ◆ Never post last name, phone number, address, IM screen name or any other identifying information that would make it easy for a stranger to locate you (i.e. name of school, location of extra curricular activities etc.). Many teens use pseudo names for safety reasons.
- ◆ Be sure to make your website “private”, so that only invited friends may view your webpage. Only invite true friends to your web page – not others that you are vaguely acquainted with. A good rule of thumb – if he/she is not someone your parents allow you to get together with outside of school, he/she should not be invited to your webpage. Remember that people are not always who they say they are! Online predators often pose as another teen.
- ◆ Don’t post embarrassing, inappropriate or sensational information or photos on your webpage. Many teens try to make their web sites sensational to attract more people to visit them. Teens should be reminded not to post anything that they would not want their parents, friends’ parents or strangers to see. They should be reminded that even an “invited” friend may share their web page with someone else.
- ◆ Do not post harassment, hate speech or inappropriate content onto your website or that of others and report inappropriate content to “My Space” or the authorities.

*Hand in Hand for Healthier Children*