



Hand in Hand News

A Quarterly Newsletter from Aurora Pediatric Associates

Aurora Pediatrics Gets a New Name in 2005!

Introducing Advanced Pediatric Associates!

Aurora Pediatrics has been providing quality health care to thousands of Aurora families for more than 30 years. With the opening of our offices in Centennial and Parker, however, our name no longer seems to describe us. After much thought, we have come up with a new name that better describes our practice and overall philosophy of care – **Advanced Pediatric Associates!**

Why Advanced Pediatric Associates?

Advanced (adj): innovative, progressive, highly developed, superior

As the word advanced implies, our providers are dedicated to ensuring that patients receive the very best pediatric care. As a practice we are committed to utilizing the latest in technological, clinical and business systems. The following are just a few examples of what makes our practice advanced:

- ◆ Continuing medical education for all clinical staff

- ◆ Monthly review of latest developments in pediatric care by our Clinical Committee
- ◆ Leadership in pediatric telephone triage advice
- ◆ Computerized central appointment system
- ◆ State of the art web site with comprehensive medical data base
- ◆ Association with the University of Colorado Health Sciences Center as a teaching facility for new residents, nurse practitioners and physician assistants
- ◆ Close working relationship with specialists at The Children’s Hospital
- ◆ Provider involvement as volunteers for numerous medical organizations in the community and nation

Advanced Pediatric Associates is looking toward the future and is committed to its mission of being an innovative and caring pediatric home for its patients and their families.



**Advanced
Pediatric
Associates^{LLP}**

Working to Build a Better Community!



Paula R. Levin, MD
Project Angel Heart
Volunteer

For the past two years Dr. Paula Levin has volunteered her time to serve Project Angel Heart, a Denver based volunteer program designed to address the nutritional needs of patients with terminal illnesses. Every week on her day off from Aurora Pediatrics, Dr. Levin works with Project Angel Heart to prepare meals to be delivered to the homes of people battling life-threatening illnesses.

Through Project Angel Heart, patients with terminal illnesses can receive up to the equivalent of three meals per day, depending on need as measured by the stage of disease and other

related factors. Each of these meals is specifically designed to meet the individual’s heightened nutritional requirements.

To provide these services, Project Angel Heart relies on more than 250 scheduled volunteers each week, out of a pool of over 2000 volunteers, to provide this valuable service to the Denver community.

If you are interested in learning more about Project Angel Heart, please call 303-830-0202, or visit www.projectangellheart.org.

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Hand in Hand for Healthier Children



We Are Now Seeing Patients at Our New Parker Office !!!!

Our new Parker office has been seeing patients since April! Appointments at our new office can be made through our Central Appointment Line at 303-699-6200. If you have been a patient at our Centennial office and would like to have your records transferred to the new Parker office, please request this when making your next appointment.

Patients will love the warm, friendly décor of our new Parker office. Consistent with the "Imagine A World" theme in our other offices, our waiting room is decorated with beautiful murals of Australia.

Children love investigating scenes from the "Great Barrier Reef", southern beaches inhabited by playful penguins, nocturnal koalas in a eucalyptus forest, and friendly kangaroos in the Australian Outback.



Patients at our new office will enjoy the benefits of close proximity to x-ray, lab and pharmacy services at Parker Adventist Hospital. Current patients will recognize many friendly faces, as the providers include Dr. Mark Pearlman, Dr. Paula Levin, and Dr. Stephanie Stevens.

Our new office is located in the Professional Building at the new Parker Adventist Hospital near the intersection of Parker Rd. and E-470.

If you have friends in the Parker area interested in learning more about our new office, please invite them to stop by and visit us!

Aurora Pediatrics Recommends Flu Shots for all Children Over 6 Months

Influenza is a serious virus which causes fever, sore throat, chills, cough, headache and muscle aches. While most people are ill with influenza for only a few days, some get much sicker and may need to be hospitalized.

The providers at Aurora Pediatrics strongly recommend that all children over 6 months of age receive the flu vaccine in

order to be protected from the flu virus this season.

Given the shortage of the flu vaccine last year, we encourage families to make their appointments early. Each of our offices has set aside appointments to administer the flu vaccine. In addition, Saturday appointments will be available at our Centennial office.

Please call our Central Appointment Line to schedule a visit for a flu shot at your earliest convenience. Children under 9 years of age receiving the flu vaccine for the first time will require 2 doses, administered one month apart.

At press time we have learned that a national vaccine shortage may reduce the amount of flu vaccine available. Please refer to our web-site or call our office to find out the current status of flu vaccine and appointment availability.

Spotlight on Joy Diamond, PNP!



Joy Diamond graduated from the University of Colorado School of Nursing with a Masters in Nursing in 1993, where she was awarded the Outstanding Graduate Award.

She practiced as a Pediatric Nurse Practitioner for the Children's Hospital Cancer Center in Texas for five years, followed by a year at the University of Minnesota Bone Marrow Transplant Center. She joined Aurora Pediatrics in 1998. She is very involved in the National Association of Pediatric Nurse Practitioners, serving as Colorado president for the year 2001 – 2002. She serves as a tutor for Whiz Kids,

an inner city mentoring program, and sings in the choir at Trinity United Methodist Church. Her interests in medicine focus on working with children with special needs and chronic illnesses. Her personal interests include music, volleyball, skiing, outdoor activities and watching University of Kansas basketball games. She is married and has two dogs.

Employment Opportunities at Aurora 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. Aurora Pediatrics offers competitive salaries and benefits and is an equal opportunity employer.

Current employment opportunities include:

RN Triage Nurse - PT (15 hours/week), Centennial office

Medical Assistant - PT/FT, Office location to be determined

Medical Receptionist - PT/FT, Office location to be determined

Care Coordinator - FT, Centennial office

For more information, visit the employment page of our website at: www.AuroraPediatrics.com





Using Antibiotics Wisely

With winter approaching, respiratory and other viruses are just around the corner. When congestion, sore throat, cough and fever arrive, parents, understandably, want to help their children recover as quickly as possible. Looking for a quick solution, parents often ask for antibiotics. If the child's symptoms are due to a virus, however, antibiotics are ineffective. More importantly, frequent and inappropriate antibiotic use leads to the development of antibiotic-resistant bacteria.

When are antibiotics appropriate?

Antibiotics are appropriate to treat bacterial infections, which are responsible for:

- ◆ Most ear infections
- ◆ Some sinus infections
- ◆ Strep throat
- ◆ Urinary tract infections



When are antibiotics NOT appropriate?

Antibiotics are NOT appropriate to treat viral infections, which are responsible for:

- ◆ Colds
- ◆ Influenza
- ◆ Most sore throats
- ◆ Most coughs

How can antibiotics be used wisely to prevent antibiotic resistant bacteria from developing?

- ◆ Understand that antibiotics only work against bacterial illnesses.
- ◆ Be sure your child takes antibiotics **exactly** as prescribed.
- ◆ Be sure your child completes the full course of prescribed antibiotics.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

Holiday Safety Tips

Halloween



- ◆ Never allow children to trick or treat without adult supervision.
- ◆ Be sure to carry a flashlight if streets are not well lit.
- ◆ Make sure that costume is fire proof, reflective and easy to walk in without tripping.
- ◆ Masks should have eye holes large enough for good peripheral vision.
- ◆ If using face paint, make sure it is nontoxic and hypoallergenic.
- ◆ Use artificial lights in pumpkins. If jack-o-lantern is candle lit, be sure to place out of children's reach.
- ◆ Make sure any props carried along with costume are flexible and do not have sharp edges.
- ◆ Have an adult carve pumpkins for young children. Older children may be able to carve themselves under adult supervision using specially designed kits that come with tiny saws.
- ◆ Check through your children's candy before allowing them to eat it. Discard anything that looks tampered with or not commercially packaged.

Thanksgiving

- ◆ Never thaw a turkey at room temperature.
- ◆ Frozen turkeys should be thawed in the refrigerator or in cold water.
- ◆ Rinse turkey in cold water before cooking.
- ◆ The safest stuffing is that cooked in a casserole dish. If you choose to stuff your turkey, stuffing should be moist (heat destroys bacteria in moist stuffing better than in dry stuffing) and loosely stuffed.



Christmas, Hanukkah and Kwanza

Trees

- ◆ When purchasing an artificial tree, look for the label "Fire Resistant."
- ◆ When purchasing a live tree, check for freshness to prevent risk of fires. A fresh tree is green, moist and has needles that bend instead of break. Be sure to keep a live tree well watered and away from any source of heat.

Decorations



- ◆ Use only non flammable materials to trim a tree. Tinsel should be made of plastic or non leaded metals.
- ◆ Choose electric candles, rather than flame lit.
- ◆ Avoid decorations that are sharp, breakable or with small removable parts which might pose a choking hazard to young children.

Toys

- ◆ Follow recommended age ranges on toy packages. Toys designed for older children can be a safety hazard to younger children.
- ◆ Young children can choke on small parts found in toys and games. Children under the age of three should not be given pieces less than 1 1/4 inches in diameter and 2 1/4 inches long.

Plants

- ◆ Holly and mistletoe berries are very poisonous and should be kept out of the reach of children.
- ◆ While poinsettias are not poisonous, they can cause skin irritation and gastrointestinal distress if eaten.



Focus on Wellness



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Success and Safety for the School Year!



Prepare Your Child for a Successful Day

Make Sure Your Child Gets a Good Night's Rest

Not getting enough sleep is an important cause of school performance problems and anxiety. To ensure plenty of rest, try to maintain regular bedtime and waking hours. The average number of hours needed for a good night's rest by age is shown below:

- ◆ Kindergarteners - 11 hours
- ◆ Elementary School Children - 10 hours
- ◆ Adolescents - 8 - 9 hours

Make Sure Your Child Eats a Healthy Breakfast

Studies show that children who eat breakfast before school have higher test scores, better attention and improved behavior. In addition, eating a healthy breakfast helps children to maintain a healthy weight and have lower blood cholesterol levels. Unfortunately, reports show that 40% of children do not eat breakfast before school. To encourage eating healthy breakfasts before school, be sure to wake your child up early enough to allow sufficient time and offer a variety of choices. Some healthy recommendations include:

- ◆ Cereal with fruit and milk
- ◆ Fruit smoothie
- ◆ Toasted bagel with cheese
- ◆ Peanut butter on whole-wheat toast
- ◆ Toasted waffle topped with fruit and yogurt

Preventing Injury and Stress

Backpack Safety

- ◆ Choose a backpack with padded shoulder straps and back.
- ◆ Don't over pack. Weight should not exceed 20% of student's body weight.
- ◆ Use both shoulder straps.
- ◆ Consider a rolling backpack if student must tote a heavy load.

School Bus Safety

Be sure to review the following safety rules with your child:

- ◆ Wait for the bus to stop completely before approaching it from the curb.
- ◆ Stay seated at all times when riding.
- ◆ Check to see that no traffic is coming before crossing the street.
- ◆ Always remain in clear view of the bus driver.
- ◆ Be sure to walk to and from the bus with a group.

Preventing Stress

Today's children are often faced with more stress than the children of previous generations and have fewer social supports available. Some ways you can reduce stress for your child include:

- ◆ Ensure your child eats healthy meals/snacks and gets plenty of rest.
- ◆ Set realistic academic and extra curricular expectations for your child.
- ◆ Spend time each day talking to and interacting with your child.
- ◆ Share family meals together where children can talk about their day.
- ◆ Set aside adequate time and a quiet place for your child to do homework.
- ◆ Don't overschedule your child's "free time". Children need adequate down time.
- ◆ Protect your child from violence and adult themes on television and video games.
- ◆ Develop relaxing morning and bedtime routines, so that your child begins and ends each day on a positive note.

Hand in Hand for Healthier Children