



Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Advanced Pediatrics -- Providing a "Medical Home" to Our Patients and Their Families!

An important goal at Advanced Pediatrics is to provide our patients with a "medical home", supplying families with the most advanced pediatric care available through advancements in clinical care, technology and customer service.

What is a "medical home"? A medical home is defined as primary care that is **accessible, continuous, comprehensive, family centered, coordinated, compassionate and culturally effective.**

Being an effective "medical home" means going above and beyond just providing clinical care. It includes providing connections to support and services to meet some of the less clinical needs of the family. Within the "medical home" concept, the primary health care professional can help the family access and coordinate specialty care, educational services, family support, and other public and private community services that are important to the overall health of the child.

The staff at Advanced Pediatrics is currently researching areas in which we can provide additional support

services as part of the "medical home" concept. We have recently hired a new Clinical Manager, Nicole Luetjen, RN, who will be investigating potential new services. Initial ideas include offering lactation consulting and fussy baby clinics for new parents.

If you have an idea of an additional service that you would like to see us to offer, please tell us about it by filling out a customer comment card at any of our reception desks.

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Working to Build a Better Community!

Providing Medical Training for Students from the University of Colorado Health Sciences Center!

Since Advanced Pediatric Associates was founded in 1972, our physicians have provided training for nearly 100 medical students and residents from the University of Colorado Health Sciences Center. Additionally, Advanced Pediatrics is a much sought after training rotation for PA and PNP students. In recent years our physician assistants and nurse practitioners have provided training for dozens of students pursuing careers as PAs and PNPs.



In addition to their work at

Advanced Pediatrics, our physicians are Clinical Professors/Instructors of Pediatrics at the University of Colorado Health Sciences Center and participate in two teaching programs through this university. Our physicians help train medical students through a 3-4 year "Foundation of Doctoring" program, where training takes place in our offices with students observing and assisting our physicians during patient appointments. In addition, our physicians supervise pediatric residents who see patients in our offices during their three year "Continuity Clinic."

Currently Advanced Pediatrics has three medical students and two pediatric residents in training under the supervision of Dr. Lee Thompson, Dr. Freeman Ginsburg, Dr. Brandon Davison-Tracy and Dr. Stephanie Stevens. Recently Dr.

Davison-Tracy was named "Outstanding Young Teacher" for 2005 by the University of Colorado Health Sciences Center.

The providers at Advanced Pediatric Associates are very dedicated to providing training opportunities for students pursuing a medical career. Dr. Davison-Tracy and Dr. Stephanie Stevens are two perfect examples of the success of these programs, as both trained at Advanced Pediatrics prior to completing their residency. Dr. Davison-Tracy completed his "Foundation of Doctoring" program as a medical student training under Dr. Michael Kurtz, and Dr. Stephanie Stevens completed her "Continuity Clinic" as a pediatric resident under the supervision of Dr. Freeman Ginsburg.



Hand in Hand for Healthier Children



Our Parker Office is Celebrating its 1st Birthday!



Our Parker office is celebrating its 1st birthday during the month of April! To share in this celebration, patients will receive a special treat at visits to the Parker office during the first few weeks of April!

Over the past year many new families in the Parker area have chosen Advanced Pediatric Associates as their pediatric health care pro-

vider. Patients love the warm, friendly décor and bright colorful murals at our Parker office, as well as convenient access to lab, x-ray and pharmacy services at Parker Adventist Hospital.

Patient visits at the Parker office continue to grow, and we have added additional staffing to accommodate this growth. Providers at the Parker office include Dr. Mark Pearlman, Dr. Paula Levin, Dr. Stephanie Stevens and two of our physician assistants, Jeff Silverman and Kim Thomas.

As residents of Parker, Advanced Pediatric Associates is an active member of the Parker community, supporting the Parker Chamber of Commerce and community events such as the Parker Country Festival and the Fall Frenzy Kids' Triathlon.

If you have a friend or neighbor looking for a pediatrician in the Parker area, we welcome your referral to our Parker office!

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 devel-

opment 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.

Are your children up to date on all of their immunizations?

Recently the Centers for Disease Control has made some important changes to the recommended vaccine schedule for Colorado children, including the addition of one or more new vaccines. Please be sure to check with one of our providers at your next appointment to see if your child is up to date with the new vaccine recommendations.



Spotlight on Michael L. Kurtz, MD!



Michael L. Kurtz, MD

Dr. Kurtz graduated from the University of Colorado Medical School in 1966, did his pediatric residency training at the University of California, and returned to Colorado as Chief Resident in Pediatrics in 1969. He served as a pediatrician

in the U.S. Army until 1971, and returned to Colorado as a pediatrician for the Neighborhood Health Centers in Denver. He and Dr. Lee Thompson founded Advanced Pediatric Associates in 1972. Over the past thirty years he has been a Fellow of the American Academy of Pediatrics and involved at The Children's Hospital on its Medical Board, the Board of Directors, and numerous committees of the board, receiving the "Outstanding Service Award" in 1991. He is an outreach physi-

cian for the Handicapped Children with Special Needs program of the State Health Department, as well as a Clinical Professor at the University of Colorado Health Sciences Center. His interests in medicine focus on the whole child, including developmental and behavioral issues, and caring for children with multiple and complex pediatric conditions. His personal interests include gardening, mountain biking, hiking, travel and golf. He and his wife have a family of five children and five grandchildren.

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.

Current employment opportunities include:

RN Triage Nurse - PT, Centennial office

Medical Assistant - PT/FT, Centennial and Aurora offices

Medical Receptionist - FT, Centennial Office

Care Coordinator - FT/PT, Centennial office

For more information, visit the employment page of our website at:



www.AdvancedPediatricAssociates.com



Dealing with Springtime Allergies

We all welcome the warmer temperatures, budding flowers and green grass of springtime. 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.



Trampolines Should Only be Used in Supervised Training Programs

Advanced Pediatrics joins the American Academy of Pediatrics in recommending that trampolines should NEVER be used in a home setting (either indoors or outdoors)!



- ◆ Almost 100,000 trampoline related injuries occur annually in the United States.
- ◆ Two thirds of trampoline related injuries occur in children ages 5 - 14 years of age.
- ◆ 30% of trampoline-related injuries treated in an emergency room are fractures which often require hospitalization and surgery.
- ◆ Almost 20 percent of trampoline related injuries involve the head and/or neck.
- ◆ Serious injury and even death can result from trampoline injuries to the head, neck and spinal column.
- ◆ A large percentage of injuries are sustained by landing incorrectly when jumping or performing stunts. While safety nets may prevent injuries due to falls off of the trampoline, they cannot prevent injuries due to an incorrect landing.
- ◆ The American Academy of Pediatrics recommends trampolines *only* be used in well supervised training programs.

Remember Health & Safety Awareness Weeks!

April 24-30

National Infant Immunization Week

- ◆ Nearly one million children are still not fully immunized, putting them at risk for serious illness or even death.
- ◆ Immunizations protect the entire community by preventing the spread of disease and providing protection for those who cannot be vaccinated.
- ◆ See the "Well Care" page of our website at www.AdvancedPediatricAssociates.com for information on recommended childhood immunizations.

April 25-29

National Playground Safety Week

- ◆ Check playground equipment for faulty equipment, need of repair, and improper surfaces.
- ◆ Provide adult supervision of young children at all times to prevent injury from falls.

- ◆ Teach children to be careful not to walk in front of others swinging.



May 15-21

National Emergency Medical Services Week

- ◆ Familiarize yourself with your local 911 service.
- ◆ Keep a well stocked first aid kit on hand.
- ◆ Make a list of emergency phone numbers.
- ◆ Teach your children who to call and what to say in an emergency.
- ◆ Make sure your house number is visible from the street.
- ◆ Keep up-to-date immunization records.

- ◆ Write down medical conditions, medications and dosages.
- ◆ Make a list of allergies and reactions.
- ◆ Be familiar with the emergency coverage your insurance company provides.
- ◆ Take a first aid / CPR class.

June 21

ASK (Asking Saves Kids) Day

- ◆ Ask your neighbors if they have a gun in their home before sending your children over to play.
- ◆ Over 40% of American homes with children have guns, many of them kept loaded and unlocked.
- ◆ Every year thousands of children are killed or injured by unlocked guns.
- ◆ For more information, please visit: <http://www.pax.com/ASK.html>



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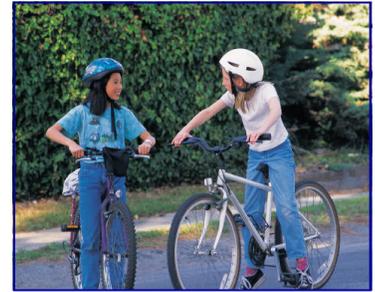
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Practice "Safety on Wheels"

Keep your children safe ... Make sure they ALWAYS wear a helmet whenever riding a bike, scooter, skates or a skateboard!



- ◆ More than 450,000 children are treated in emergency rooms each year due to falls on bikes, skates, scooters and skateboards.
- ◆ Older children are more likely to receive severe head injuries, as helmet usage decreases between 11 - 14 years of age.
- ◆ Bicycle helmets can prevent 85% of head injuries to cyclists.
- ◆ 75% of fatal cycling accidents are due to head injuries.
- ◆ Thousand of cyclists suffer debilitating head injuries each year due to lack of helmet use.
- ◆ A traumatic brain injury can result from a fall of less than 2 feet.
- ◆ Most bike injuries occur within 1 mile of home.
- ◆ Helmets should fit snugly and be certified by the American National Standards Institute (ANSI), the American Society for Testing and Materials (ASTM) or the Consumer Product Safety Commission.

Wearing proper gear is essential for safe skating! In addition to a helmet, be sure your children also wear wrist guards, knee pads and elbow pads.

- ◆ Almost 100,000 children are treated in emergency rooms each year due to skating injuries.
- ◆ The wrist is the most common site of injury while skating.
- ◆ Wearing wrist guards, knee and elbow pads can reduce injuries by almost 90%.

Review important "safety on wheels" rules with your children!

- ◆ Always wear a helmet and other protective gear, no matter how short a ride is or how close to home.
- ◆ Watch the road for debris and defects, which may precipitate a loss of balance.
- ◆ Oversized bicycles are dangerous. Children should be able to sit on the seat, with hands on the handlebars, and the balls of the feet touching the ground. A child's first bike should be equipped with footbrakes, since young children's hands are not mature enough to control hand brakes.
- ◆ When skating, the design of the skates should match the ability of the skater. Three or four wheeled skates are suitable for novice or intermediate level skaters. Five wheeled, low friction skates should only be used by experienced, competitive skaters.
- ◆ Novice skaters should only ride in indoor or outdoor skating rinks. More experienced skaters should be encourage to skate either in a rink or on streets that are closed off to through traffic.
- ◆ Skating behind or alongside a vehicle while the skater holds on to the vehicle should **NEVER** be permitted.
- ◆ Always ride on the right side of the street, along with traffic, and avoid heavy traffic areas.
- ◆ Teach your child to use appropriate hand signals and respect traffic signals.
- ◆ Never allow your child to ride or skate at dusk or after dark.