



*Celebrating 35 Years Providing
the Very Best in Pediatric Care!*

Hand in Hand News

A Quarterly Newsletter from Advanced Pediatric Associates

Advancing Pediatric Care for Our Patients!

Volume 16, Fall 2007

Advanced Pediatrics Rolls Out New Electronic Medical Records System to All Office Locations!

If you have recently been to a visit at one of our offices you may have noticed something new and exciting! We are rolling out our new electronic medical records system (EMR)! We began using our new EMR the end of September and early October at our Parker and Aurora offices, and will roll it out to our Centennial office in early November. The implementation of the new EMR supports our dedication to providing the most advanced pediatric care available to our patients. With a growing patient base and three office locations, our new EMR will allow instant access to patient records at each of our office locations, resulting in better patient care, improved clinical and administrative efficiencies, and enhanced patient education.



our Centennial office.” Kim Thomas, a physician assistant at our Parker office, is also impressed with our new EMR, stating that “the ability to instantly transfer electronic prescriptions to local pharmacies saves time and improves prescribing and filling medications for our patients”. Other benefits of the new electronic medical records system include:

- ◆ More efficient, complete and legible documentation.
- ◆ Improved patient care due to integrated medical resources and the ability to quickly search medical history/records based on specific criteria.
- ◆ Automated alert of medicine allergies and drug interactions.
- ◆ Electronic transfer of vaccine records to Colorado Immunization Registry.
- ◆ On-call physician access to patient records after hours.
- ◆ Electronic access to patient educational materials, which can quickly be printed at our nurses stations.
- ◆ Electronic transfer of medical information between specialists, hospitals, and labs, allowing providers to electronically order and view lab tests, and make specialist referrals.
- ◆ Positions Advanced Pediatrics for exciting future electronic options.

Dr. Mark Pearlman has played a leading role in the implementation of the new EMR and has been responsible for much of the clinical portion of the EMR. As one of the first providers to use our new EMR at our Parker office, Dr. Pearlman is very excited about the benefits the new EMR will provide for patients and staff. “The EMR will enable the providers in any office to know what is in the “chart”, providing improved quality of care for patients who move between offices and attend Saturday visits at

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The Children’s Hospital Moves to Aurora!



Did you know that The Children’s Hospital recently moved from its downtown Denver location to a new state of the art facility in Aurora near the intersection of I-225 and East Colfax Avenue? The new facility is 73 percent larger than the downtown facility and features nearly all private patient rooms and bathrooms, with sleeping accommodations for family members and a wide range of increased family friendly amenities. This is good news for Advanced Pediatrics’ patients, bringing access to the most modern technologies and advanced medical care even closer to home. Advanced Pediatrics has

a long standing, close relationship with The Children’s Hospital and regularly refers patients to specialists there. In September 2007, The Children’s Hospital in Denver was ranked fourth in the nation for “America’s Best Children’s Hospitals” by U.S. News & World Report based on reputation and statistics about hospital performance and quality of care (being surpassed only by the children’s hospitals of Philadelphia, Boston and Baltimore).



Hand in Hand for Healthier Children



Time to Schedule Flu Shots for Your Family!



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 Advanced 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. In addition, we recommend that parents of babies under 6 months of age and expectant mothers also receive the vaccine.

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 (and those who have previously only received 1 dose) will require 2 doses, administered one month apart. The influenza vaccine is covered by most insurance companies, but not all. Please consult with your insurance provider if you have questions concerning your coverage. Parents of babies under 6 months of age and expectant mothers may also be vaccinated in our office for a \$45 fee paid at time of service.

Managing the Busy Season

Calling Us on the Telephone

Are you aware that our telephone lines are open at 7:30 a.m.? We recommend calling early if your child is ill and needs a same day appointment. Our phone lines are busiest from 8 - 10 a.m., especially on Monday mornings. If you are calling to make a well-care or consultation appointment, please think about calling us in the afternoon.

Finding Additional Parking

Centennial Office - Additional parking on the top level of our building can be located by driving around to the back side of our building and entering the upper level parking lot.

Parker Office - Valet parking can be found at the main hospital entrance for a nominal fee.

Saturday Appointments

Our Centennial office is open Saturday mornings from 8 am - 11 am for sick visits and newborn appointments. If your child is sick and needs to be seen on a Saturday, please call to make an appointment first thing in the morning. Our phone lines open at 7:30 am.

When Your Child is Sick After Hours



When our office is closed, please call our central appointment line at **303-699-6200** and our answering service will have one of the registered nurses from The Children's Hospital After Hours Service return your call to evaluate the situation

and make recommendations for medical care. Depending on the situation, these nurses may advise home care, forward a message to our on call physician, or advise you to take your child to be seen at an emergency room or urgent care center. We recommend the following facilities for urgent care:

The Children's Hospital ER at Parker Adventist Hospital
720-777-1350
9395 Crown Crest Boulevard
Parker, CO 80138



The New Children's Hospital ER in Aurora
720-777-1234
13123 East 16th Avenue
Aurora, CO 80045

Michael Kurtz, MD, Receives Career Teaching Scholar Award!

Dr. Michael Kurtz, one of the founding Partners of Advanced Pediatric Associates, has been honored by the University of Colorado Health Sciences Center by receiving the "Career Teaching Scholar Award". The Career Teaching Scholar Award was created in 1996 to recognize exceptional accomplishment and commitment to education by full-time and

clinical faculty. Recipients are recognized as gifted teachers who have made outstanding contributions to pediatric education throughout their careers. In addition to his work at Advanced Pediatrics, Dr. Michael Kurtz has a long history of involvement at The Children's Hospital, is a Clinical Professor of Pediatrics for the University of Colorado Health Sciences Center,

and has provided training for numerous medical students and residents over the past 35 years. Dr. Michael Kurtz will be honored at an award reception at The Children's Hospital in December.



Welcome Rose Linger, New Centennial Office Manager!



Advanced Pediatrics is pleased to welcome Rose Linger as the new Centennial Office Manager. Prior to joining Advanced Pediatrics, Rose worked as an Assistant Manager at Pinnacle

Women's Health Care in Parker. The office managers at Advanced Pediatrics play a very important role in helping our offices to run smoothly and provide optimal patient care. They are responsible for hiring and managing office staff and responding to patient concerns. Rose looks forward to getting to know the patients at our Centennial office. Please join our staff in giving Rose a big welcome!

Toni Weil Moves to Parker Office!

For the past few years Toni Weil has been the office manager for both our Centennial and Parker offices. Due to the growth at our Parker office, we are pleased to announce that Toni will be moving full time to the Parker location. Toni looks forward to spending more time with our Parker staff and patients!

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 job opportunities at Advanced Pediatrics, visit the employment page of our website at www.AdvancedPediatricAssociates.com or call our Human Resources department at 720-886-9408 for more information.



Health and Safety Tips



Nutrition Tip for Fall - Choose Healthy School Lunches !



Do you know what your child is eating at school for lunch? Buying lunch at school gives children power over what they eat, without parents making the choices for them.

Fortunately, school lunches have improved over the years, but many still exceed the recommendations for fat. While the typical school lunch usually meets standards for protein, vitamins, calcium and iron, many schools offer high fat a la carte items such as french fries and chips, as well as high sugar items

such as flavored drinks, cupcakes, ice cream etc. We recommend parents talk with their children about making healthy choices at lunch. Here are some tips to help your child to choose healthy school lunches:

- ◆ Look over the school lunch menu with your child, encouraging them to choose meals that include fruit, vegetables, lean meats, whole grains and milk or water to drink.
- ◆ Find out whether your school cafeteria offers a la carte items such as french fries, chips, soda and ice cream. Make an agreement with your child that he or she may buy these "special treats" only once or twice a week. Many

schools allow parents to place restrictions on their student's lunch account to limit a la carte purchases.

- ◆ Encourage your child to pack a lunch when practical, especially on days when the main lunch choice is less healthy. For packed lunches choose low fat meats, whole grain breads, lettuce and light mayonnaise or mustard on sandwiches. Be sure to include fresh fruit and raw veggies for a snack. Other healthy snacks include lowfat yogurt or pudding, trail mix, pretzels, graham or whole grain crackers and lowfat/reduced sugar granola bars.

Tips for Preventing Viruses

Cold weather is approaching and along with it come viruses such as influenza and the common cold. Advanced Pediatrics recommends the following common sense approach to preventing viruses:

- ◆ Don't forget to schedule a flu shot!
- ◆ Eat well balanced meals and get plenty of rest.
- ◆ Wash hands frequently after being in public or after contact with anyone with a cold or the flu.
- ◆ Use alcohol based hand sanitizers in the kitchen, bathrooms and public places, especially when family members are ill.

- ◆ Teach your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable. Do not sneeze or cough into your hands.
- ◆ Limit exposure to large crowds such as shopping malls, grocery stores, etc.
- ◆ Avoid close contact with family members who may have a cold, flu or other respiratory infection, and do not share anything that goes into the mouth.

A Reminder about Using Antibiotics

Antibiotics are only effective against bacterial infections, **NOT VIRUSES**, and frequent and inappropriate antibiotic use leads to the develop-

ment of antibiotic-resistant bacteria. For proper antibiotic use:

- ◆ Be sure your child takes antibiotics exactly as prescribed, completing the full dose.
- ◆ Never give your child antibiotics without a prescription.
- ◆ Don't pressure your provider for antibiotics if your child has a virus.

The common cold and influenza are both **VIRUSES** and cannot be treated with antibiotics (although sometimes antibiotics are necessary to treat secondary infections of the ear, sinuses or lungs).

News from the American Academy of Pediatrics

CDC Urges Parents to Protect Preteens with Three Recommended Vaccines

The Centers for Disease Control recently launched a new "Preteen Vaccine" campaign urging families to protect preteens from sometimes life-threatening diseases such as meningitis, tetanus, diphtheria, whooping cough, and cervical cancer. The CDC is recommending well care exams for all 11 - 12 year olds to include vaccination with the following vaccines:

Meningococcal - Protection against meningitis and its complications.

Tdap - Booster for additional protection against Pertussis (whooping cough), Tetanus, and Diphtheria.

Gardasil - Protection for girls against HPV (Human Papillomavirus), the leading cause of cervical cancer.



Early TV Viewing Habits Could Have Lasting Effect on Kids' Attention

A new study from the University of Otago in New Zealand shows that young children who watch more television may be more likely to have attention problems as teens. The study showed that children who watched more than two hours of television per day experienced above average symptoms of attention difficulties in adolescence.

Pediatric Screening Questionnaire Helps Identify Developmental Delays

A recent study showed that referral rates for evaluating developmental delays in children more than doubled since implementing the ASQ developmental screening questionnaire. Since early evaluation and treatment is critical to improving development for these children, this provides a significant advantage for children with developmental delays who may qualify for special education services.

Timely Evaluation for Depression Important in Preventing Teen Suicide

According to the AAP report "Suicide and Suicide Attempts in Adolescents," more than 90 percent of adolescent suicide victims met criteria for a psychiatric disorder before their death. Warning signs for family members to seek professional help include:

- ◆ New/frequent thoughts of wanting to die
- ◆ Self-destructive behavior
- ◆ Increased anxiety/panic/agitation, irritability, aggressiveness, impulsivity or insomnia
- ◆ New or more involuntary restlessness, such as pacing or fidgeting
- ◆ Extreme degree of elation or energy
- ◆ Fast, driven speech
- ◆ New onset of unrealistic plans or goals
- ◆ Intoxication or drug abuse
- ◆ Recent stressful life events



Focus on Wellness



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Healthy Holiday Gift Giving!



With the holidays approaching, families are looking for the “perfect gift” for the special children in their lives. Recently there has been much in the news regarding toy safety, especially related to recent toy recalls by major manufacturers due to safety concerns. In August of 2007, Mattel voluntarily recalled nine million play sets and die cast cars (all made in China) due to concerns that they may have lead based paint or contain small powerful magnets that could be swallowed and cause intestinal injuries. How do these products get into American stores in the first place? Toys sold in the U.S. are supposed to meet federal and industry standards (for lead paint, choking hazards, sharp points etc.), but the responsibility to monitor production and design is left primarily to individual companies. Unfortunately, the Consumer Product Safety Commission actually tests very few toys before they reach the marketplace, with the bulk of their work consisting of recalling toys only after they have been discovered to be unsafe. As a result, parents need to take an active role in monitoring the safety of the toys their children play with, paying special attention to toys manufactured abroad where there are sometimes less stringent manufacturing standards. Parents can check to see if a toy has been recalled by checking the U.S. Consumer Product Safety Commission website at: www.cpsc.gov

The American Academy of Pediatrics recommends the following tips for choosing safe and appropriate toys for children:

- ◆ **Read the label before buying a toy.** Warning labels provide important information about how to use a toy, what ages the toy is safe for, and whether adult supervision is recommended.
- ◆ **Think LARGE when it comes to choosing toys.** Make sure all toys and parts are larger than your child’s mouth to prevent choking. **Do not give infants and toddlers toys intended for older children, as they may that have parts that pose a choking risk.** Be especially careful not to give young children toys containing small magnets which can cause intestinal injuries if swallowed.
- ◆ **Avoid toys that shoot small objects into the air.** They can cause serious eye injuries or choking.
- ◆ **Avoid toys that make loud or shrill noises to help protect your child’s hearing.** Ask to try the toy in the store and don’t buy if it is too loud for your child’s sensitive hearing.
- ◆ **Look for sturdy toy construction.** Avoid toys that have parts that are likely to break off and pose a choking risk or become dangerous. Avoid toys made from thin plastic or other materials that may break easily causing sharp points or edges.
- ◆ **Watch out for sharp points or edges.** Don’t buy toys with metal parts for a baby or toddler. If older children play with darts or arrows, make sure they have blunt tips made of soft rubber or flexible plastic. (Tips should be securely fastened.)
- ◆ **Carefully select soft toys or stuffed animals.** Make sure the eyes, nose and other small parts are secured tightly and that it is machine washable. Check to see that seams and edges are secure and remove loose ribbons or strings to avoid strangulation. Avoid toys containing small bean-like pellets or stuffing that can cause choking or suffocation if swallowed.
- ◆ **Avoid toxic items and materials that could cause poisoning.** Look for paint sets, crayons, and markers that are labeled nontoxic. Small batteries are not only toxic, they can also pose a choking or swallowing hazard.
- ◆ **Avoid hobby kits and chemistry sets for children younger than 12 years of age.** Always make sure you provide proper supervision and store them out of reach of young children since these kits can sometimes cause fires, explosions or poisoning if not used properly.
- ◆ **Electric toys should be “UL Approved”.** Check the label to make sure the toy is approved by the Underwriters Laboratories. Always provide adult supervision when using electric plug in toys, as burns and shocks can result from frayed cords, misuse, or prolonged use.
- ◆ **Be careful when buying crib toys.** Avoid strings or wires that may pose a serious strangulation hazard. Do not put stuffed animals or pillows in an infant’s crib, as they can pose a suffocation risk. Remove crib gyms and mobiles as soon as baby can push up on hands and knees.
- ◆ **Choose toy chests without a lid.** Lids may fall and injure children or trap them inside the chest.

Hand in Hand for Healthier Children