



# Hand in Hand News

A Quarterly Newsletter from Aurora Pediatric Associates

## Advancing Pediatric Care for Our Patients!

### Personalized service from our Nurse Advice Line!

One of the services families appreciate most at Aurora Pediatrics is our Nurse Advice Line. Our registered nurses are available throughout the day to talk to parents about their child's health. From helping parents determine whether an appointment is needed, to providing advice about home care, development or behavior concerns, our nurses are an integral part of our health care team.

Our Nurse Advice Line is a recognized leader in providing

quality pediatric triage advice. Dr. Steven Poole, Medical Director of The Children's Hospital and publisher of The Complete Guide: Developing a Telephone Triage and Advice System for a Pediatric Office Practice, has complemented our triage department stating that it has "implemented more of the important elements of telephone care, and provides a higher level of these elements, than any other practice I have seen."

Under the direction of Alane Hall, RN, Triage Manager, our nurses use nationally-

recognized pediatric protocols developed by Dr. Bart Schmitt to give medical advice and answer questions.

We welcome you to speak to one of our triage nurses the next time you are uncertain if an appointment is necessary or if you have a health care concern.



Alane Hall, RN, Triage Manager

## Working to Build a Better Community!



Dr. Davison-Tracy  
Director, Camp Wapiyapi

Dr. Brandon Davison-Tracy has served as a volunteer on the Board of Directors for Camp Wapiyapi for the past five years. Camp Wapiyapi is an annual summer camp in the Rocky Mountains which provides (at no cost) a fun filled respite for children with cancer and their families. Developed by the University of Colorado Medical students, the annual week long camp offers a safe and nurturing environment to allow children with cancer and their siblings

the natural freedoms of childhood. At camp, the children engage in traditional camp activities such as hiking, fishing, games, crafts, camp fires, and talent shows. In addition to his responsibilities for planning and management of the camp, Dr. Davison-Tracy volunteers as Camp Doctor each year to provide medical care and treatment for the children. To learn more about Camp Wapiyapi, visit [www.wapiyapi.com](http://www.wapiyapi.com) (will change to [www.campwapiyapi.com](http://www.campwapiyapi.com) in spring 2004) or call 303-315-8255.

Volume 2, Winter 2004

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*Hand in Hand for Healthier Children*



## New Parker Office Opens April 2004!

We are pleased to announce that we will begin seeing patients at our new Parker office in April 2004! If you would like to be seen for a well care appointment at our new Parker office in either April or May, you may schedule these appointments through our Central Appointment Line beginning in February.

Our new office will be located in the Professional Building at the

new Parker Adventist Hospital near the intersection of Parker Road and E-470. Our street address will be 9397 Crown Crest Boulevard, Suite # 330.

We look forward to the opportunity to more conveniently serve our patients in the Parker area and welcome new patients to our practice!



**New Parker Office Professional Building**

## Spotlight on Nancy Barber Starr, MS, CPNP



**Nancy Barber Starr, MS, CPNP**

Nancy Barber Starr has been caring for patients as a Nurse Practitioner at Aurora Pediatrics for 14 years. She graduated from the University of Colorado School of Nursing with a Masters in Nursing and certification as a Pediatric Nurse Practitioner in 1980. She was a Clinical Nurse Specialist for Children's Hospital Perinatal Program until 1984, when she moved to Houston, Texas, to work as a Pediatric

Nurse Practitioner in a private practice. She moved back to Denver and joined Aurora Pediatric Associates in 1989. For the past seven years she has been nominated annually to Who's Who in America. She is the author of three editions of Pediatric Primary Care, a pediatric textbook, and has been on the Editorial Board for the Journal of Pediatric Health Care. She speaks Spanish and has been involved on a national level with the National Board of

Pediatric Nurse Practitioners, serving on the Executive Board as Program Chair and on multiple committees. Her interests in pediatrics focus on behavior and development issues (especially adoption and ADHD), as well as allergies, asthma and lactation. Her personal interests include crafts, travel and activities with her children. She and her husband have two young children, the younger of which they adopted from China.

## Additional Parking at Our Centennial Office

During these busy winter months we would like to remind our Centennial patients that there is additional parking available on the top level of our building. This parking can be located by driving around to the back side of our building and entering the upper level parking lot. Easy access to our office is available by walking through the building and down the stairs or elevator to the first floor.



## Employment Opportunities at Aurora Pediatrics

With the opening of our new Parker office, we are expanding our staff and are looking for qualified individuals to join our team. 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/FT flexible hours, Centennial office

**Medical Assistant** - PT/FT, Centennial and Parker offices

**Medical Receptionist** - FT, Centennial and Parker offices

**Medical Records Clerk** - PT/FT, Centennial and Parker offices

**Human Resources Coordinator** - FT/32 hours, Centennial office

**Administrative Assistant** - PT, Centennial office

For more information, visit the employment page of our website at: [www.AuroraPediatrics.com](http://www.AuroraPediatrics.com)





## Preventing Winter Viruses

Winter viruses abound this year. The Centers for Disease Control is predicting that this winter will be one of the worst influenza seasons in several years. Aurora Pediatrics recommends the following common sense approach to preventing winter viruses:

- ◆ 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.
- ◆ 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.



## Winter Safety Tips



Aurora Pediatrics offers the following tips for winter safety:

- ◆ Remember to dress children warmly in layers when playing outside, paying special attention to keep hands, feet and ears warm.
- ◆ If you suspect frostbite, place affected parts in warm (not hot) water or apply warm washcloths to frostbitten nose, ears and lips. Do not rub frozen areas.
- ◆ If numbness continues for more than a few minutes, call our office.

### Frostbite

### Sledding

- ◆ Make sure terrain is free of obstacles and far from traffic.
- ◆ Check to be sure handholds are secure.
- ◆ Review steering devices with child.

### Skiing/Snowboarding

- ◆ Enroll in a lesson to learn safe control of speed, turning and stopping.
- ◆ Use caution when entering and exiting ski lifts.
- ◆ Be aware of other people on the slope.
- ◆ Wear a ski helmet, eye protection and sunscreen.
- ◆ Never ski alone. Children should always be supervised by an adult.

## Remember Health & Safety Awareness Weeks!

### February 8-14

#### National Child Passenger Safety Week

- ◆ Infants must ride in a rear-facing car seat until they are at least 1 year old and weigh at least 20 lbs.
- ◆ Children aged 1 to 4 years who weigh 20 to 40 lbs. must be restrained in a forward-facing car seat.
- ◆ Children over 40 lbs who are less than 6 years old must continue to ride in a child restraint (unless they are 55" tall). Typically, this is a booster seat.
- ◆ Children between 6 and 16 years old must be restrained in a seat belt.
- ◆ All children are safest in the back seat.

### March 2004

#### National Nutrition Month

- ◆ Teach children to make informed food choices and develop sound eating habits.
- ◆ Offer fruits and vegetables for snacks rather than sweets and chips.
- ◆ Offer soda pop as a rare treat, substituting water, juice and milk as regular drinks.



### March 21-27

#### National Poison Prevention Week

- ◆ Keep Poison Control Center number posted in your home.  
**1-800-222-1222**
- ◆ Store harmful products out of children's reach at all times.
- ◆ Syrup of Ipecac is no longer recommended for routine use as a home treatment strategy. If you suspect your child may have ingested something poisonous call the Poison Control Center immediately.
- ◆ For more information on protecting your child from poisoning visit: [www.aap.org/family/poistipp.htm](http://www.aap.org/family/poistipp.htm)



# Focus on Wellness



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

[www.AuroraPediatrics.com](http://www.AuroraPediatrics.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 -**  
**Opening April 2004!**  
**9397 Crown Crest Blvd., #330**  
**Parker, CO 80138**



## 20 Healthy New Year's Resolutions for Kids!



### Preschoolers

- ◆ I will clean up my toys.
- ◆ I will brush my teeth twice a day, wash my hands after going to the bathroom and before eating, and clean up my messes right away.
- ◆ I won't tease the family dog or even a friendly dog, and I will avoid being bitten by keeping my fingers and face away from his mouth.

### School Age Kids

- ◆ I will drink milk and lots of it, and limit soda and fruit drinks.
- ◆ I will spend a couple of minutes every morning and afternoon applying sunscreen before I go outdoors, even in winter. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- ◆ I will try to find a sport (like basketball or soccer) or an activity (like jumping rope, dancing, or riding my bike) that I like and do it at least three times a week!
- ◆ I will always wear protective gear--especially a helmet--when cycling, scooting or blading.
- ◆ I will wear my seat belt every time I get in a car. I'll use a booster seat until I can correctly use a lap/shoulder seat belt.
- ◆ I'll be nice to other kids. It's easier and more fun than being mean, and I'll feel better about myself.
- ◆ I'll never give out personal information such as my name, home address, school name, or telephone number in an Internet chat room or on an Internet bulletin board. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.
- ◆ If I come across an unsupervised gun, or another child with a gun, I will not touch the gun and get help from a parent or trusted adult.

### Teens

- ◆ I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- ◆ I will take care of my body through sports, fitness and nutrition.
- ◆ I will choose non-violent television shows and video games, and I will only spend one to two hours each day-AT THE MOST-on these activities.
- ◆ I will check to see if I can give away any of my unwanted clothes and shoes to those in need.
- ◆ I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- ◆ Whenever I am feeling angry or stressed out, I will take a break and look for constructive ways to feel better, such as exercising, reading, writing in a journal, or talking out my problem with a parent or friend.
- ◆ When faced with a difficult decision I will talk to an adult about the options I may have.
- ◆ I will be smart about whom I choose to date.
- ◆ I will resist peer pressure to try drugs and alcohol.

Reprinted from the American Academy of Pediatrics

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