

Advanced surgical technique reduces scarring

CHKD surgeon Robert Obermeyer, MD, and his partners have started performing some laparoscopic surgeries, like gallbladder and appendix removals, with a TriPort device that allows them to make a small incision tucked away in the belly button.

The newly developed device enables surgeons to insert a fiber-optic camera, a dissector and a retractor through one 12-millimeter incision. A tiny alligator micrograsper is inserted into one side through what is essentially a 2-millimeter pinprick.

The procedure is part of an ongoing effort by CHKD's surgical team to reduce the impact and scarring of surgery. Such techniques are best performed on children by surgeons with significant experience in laparoscopic



surgery, such as Obermeyer and his partners.

Research on this advanced technique has documented reduced pain and infections, but parents often like it for another reason.

"The reduction of pain is obviously important," Obermeyer said, "But parents are also very grateful that their sons and daughters have scars that are barely visible."

Dr. Obermeyer practices with CHKD's Pediatric Surgery.

CHKD surgeon helps formulate U.S. tonsillectomy guidelines

CHKD surgeon David H. Darrow, MD, DDS, recently served on a multidisciplinary panel that issued the first official recommendations on tonsillectomy ever published in the U.S.

The new guidelines, issued by the American Academy of Otolaryngology–Head and Neck Surgery, advise tonsillectomies for children who have more than seven throat infections in a year, more than five a year in the past two years, or more than three a year over the past three years. "And those infections should be documented by a doctor rather than just reported by parents," Dr. Darrow says.

Children with less frequent or severe throat infections may still benefit from the surgery if there are modifying factors, including sleep-disordered breathing. Snoring, mouth breathing and obstructive sleep apnea can be caused by large tonsils and may improve with a tonsillectomy.

The guidelines also advise clinicians against routinely prescribing antibiotics to improve recovery after surgery; medical studies show no consistent benefits over placebo.

Tonsillectomy is the third most common surgery for children, after circumcision and ear tubes.

Child abuse fellowship program accredited – A post-residency fellowship training program at CHKD's Child Abuse Program has become one of the nation's first fellowship programs in child abuse pediatrics to receive accreditation from the Accreditation Council of Graduate Medical Education (ACGME).

Physician resources on the web – Physician order forms for ENT referral, radiology imaging, speech therapy prescriptions and other services are now available at chkd.org/healthpros for your convenience.

256-slice CT scanner – CHKD is acquiring a Siemens Flash, dual-source, 256-slice scanner. The dual-source feature significantly reduces radiation exposure, and the flash speed minimizes the need for sedation because the scanner can take useable images even if a patient moves. The scanner will be installed and ready for use in June.

Bryan Fine, MD

Director, Division of Pediatric Hospital Medicine, CHKD

Dr. Fine attended medical school at the University of South Florida and completed a pediatric residency at Children's Hospital National Medical Center. He pioneered the hospitalist program at CHKD, which specializes in inpatient, non-intensive medical care of children. Hospitalists provide comprehensive coverage of patients from admission through discharge, and they communicate routinely with primary care pediatricians to discuss diagnostic and treatment regimens and to ensure proper follow-up. For urgent or same-day admissions to CHKD, call (757) 668-9999 and ask for the hospitalist on-call.

Hometown: North Miami Beach, Florida

Years with CHKD: 2

First job: Ben and Jerry's

Worst job: Friday's. Not a good waiter.

Favorite junk food: La Choy Noodles

Favorite TV show: "Modern Family"

Favorite book: *Lonesome Dove*

Favorite way to relax: A six-string in my hand

Favorite sports team: Miami Dolphins

In high school: I had a lot of hair.

I'm proudest of: Being a good son, a good sibling, a good uncle

My biggest influence: My siblings, Seth and Lara

Hobbies: Playing guitar, writing

Most memorable vacation: Club Med, 2002, invited to stay an extra week to play music

Pet peeve: Bully pulpits

Few people know that: I walk to work almost every day.

Craziest thing I've ever done: SCUBA diving in the Blue Hole, off Belize.

Chocolate or vanilla: Mint or cookie dough



From the Executive Medical Director

On April 23, 1961, The King's Daughters must have beamed with pride as they dedicated Virginia's only freestanding children's hospital, setting the stage for 50 years of innovation and commitment. Those two watchwords have enabled Children's Hospital of The King's Daughters to address numerous new challenges over the years.



*Arno Zaritsky, MD
Senior Vice President of
Clinical Services, CHKD*

For example, in 1975, the hospital helped advance the new specialty of neonatology by opening the region's first NICU. In 1985, we added a full suite of pediatric operating rooms, launching the region's only pediatric surgery program for children. In 1994, we opened the Children's Emergency Center.

The mid-'90s also saw CHKD expand to include a wide range of surgical specialists and primary care. In 1999, we took action to break the cycle of child abuse through a program that coordinates the efforts of medical, legal and law enforcement agencies on behalf of abused children. In 2001, we created one of the nation's first hospital-based weight management programs for children and teens, addressing the issue long before it became a widely recognized public health priority.

Whether it's pioneering new surgical methods like the Nuss procedure to correct chest wall deformities, offering advanced modes of pediatric anesthesia, or creating multidisciplinary clinics for children with complex conditions, the essence of CHKD will always be its philosophy of care established 50 years ago by The King's Daughters: to offer the children of our community innovative medical care without regard for a family's ability to pay.

I take great pride in knowing that what started as an 88-bed hospital founded by volunteers is today a comprehensive pediatric health-care system on which our community has come to depend. Happy 50th birthday, CHKD.

CHKD's Neonatal Perinatal Outreach Program News

Considerations Regarding Vertical Transmission of HCV

Vertical transmission of the hepatitis C virus from mother to neonate occurs in 3 to 10 percent of pregnancies complicated by maternal HCV infection. Observational studies indicate that mother-to-infant transmission is more likely when mothers have a high HCV RNA level at the time of delivery.

It is well documented that PCR (polymerase chain reaction) positive patients, especially those with HCV viral loads greater than 1 million IU/ml, are at risk for vertical transmission of the hepatitis C virus. When mothers are viremic and co-infected with human immunodeficiency virus (HIV), the rate of HCV vertical transmission increases three- to four-fold.

Although several studies have assessed the risk of HCV vertical transmission through breastfeeding, none has documented proof of transmission solely through breastfeeding, even in mothers with a high HCV viral load.

The prevalence of HCV infection in pregnant women with intravenous drug use

reaches 70 to 95 percent. Pediatricians should also be aware that neonates born to HCV-antibody-positive mothers taking low doses of methadone have a 75 percent risk of withdrawal. Decreased methadone metabolism by the liver may result in increased transplacental passage and infant exposure.

The 2002 National Institutes of Health consensus statement recommended that infants born to HCV-infected women be tested by HCV RNA on two occasions between the ages of 2 and 6 months and/or have tests for anti-HCV antibodies after 15 months of age. Testing any earlier may be inefficient because of a high clearance rate of the maternal antibody. Infants with chronic hepatitis C should be referred to pediatric gastroenterologists.

By Dr. Eliza Berkley, MD, associate professor in the Division of Maternal-Fetal Medicine in the Department of Obstetrics and Gynecology at Eastern Virginia Medical School.

CME Calendar

Up to 22 AMA-PRA Category 1 Credit(s)[™] available at CHKD.

Pre-registration not required unless specified. Programs are free unless specified.

Visit www.chkd.org/conferences, or call Rosalind Whitaker at (757) 668-8942 for more information.



Community Grand Rounds

A Visit to An Old Problem: The UTI's

Reem Raafat, MD, pediatric nephrologist, CHKD

Recall the causes, diagnosis and workup in urinary infection. Review the treatment protocol for UTIs in both the hospital and outpatient setting. Refer children with UTI to the appropriate specialist. Discuss the impact and complications of UTI's.

**Sentara Williamsburg
Regional Medical Center**

Thursday, June 2, 7:30-8:30 a.m.

1 AMA-PRA Category 1 Credit[™]

Competencies: medical knowledge, patient care

Pediatric Obstructive Sleep Apnea

*Cristina Baldassari, MD, otolaryngologist, EVMS/
CHKD*

Recognize the signs and symptoms of obstructive sleep apnea in children. Recall the work-up for pediatric obstructive sleep apnea. Discuss different treatment options and their outcomes for children with sleep apnea. Discuss the indications for tonsillectomy in children with chronic tonsillitis.

CHKD Health Center at Oyster Point

Friday, June 17, 7:30-8:30 a.m.

1 AMA-PRA Category 1 Credit[™]

Competencies: medical knowledge, patient care

Community Rounds Planning Committee

Nancy Leigh Gainfort, RN, BSN

Jamil Khan, MD

LaVern Morris

Renee West

Rosalind K. Whitaker

Conferences

5th Annual Pediatric and Adolescent Sports Medicine Update for Primary Care

Full day conference with multiple speakers

This course is intended for pediatricians, family practitioners, internists, emergency medicine physicians, physician assistants, nurse practitioners, physical therapists and certified athletic trainers. Residents, nurses and other professionals are encouraged to attend.

At the conclusion of the course, participants will be able to: review current approaches to evaluating, diagnosing and managing injuries in the pediatric and adolescent athlete; discuss the most current information as well as apply hands-on techniques after attending this conference.

For more details, download the brochure or register online at www.chkd.org/conferences. Pre-register by July 5. Fee: \$68 early bird fee for VA-AAP members until June 14, \$85 physicians, \$65 other professionals, \$50 students.

CHKD Brickhouse Auditorium

July 14, 8 a.m.-4 p.m.

7 AMA PRA Category 1 Credits[™]

Pediatric Grand Rounds at CHKD

Sponsored by Eastern Virginia Medical School Office of CME. For more information, contact 446-6140 or visit www.evms.edu/cme.

Brickhouse Auditorium

Every Thursday, 8-9 a.m.

1 AMA-PRA Category 1 Credit[™] (each offering)

June 23, No CME

Maternal Newborn Transport Reviews (MNTR)

*Edward H. Karotkin, MD, FAAP, neonatologist,
CHKD and EVMS perinatologist*

State current diagnostic measures and treatment modalities for the high-risk mother, fetus and neonate. Recall outcome data on selected cases of patients referred from regional hospitals and identify opportunities to improve patient outcomes. Describe care and stabilization of the maternal and neonatal transport process to ensure safe and orderly transport of patients. MNTRs are open to physicians and staff with privileges at each respective hospital. CME: 1 AMA-PRA Category 1 Credit[™] (each offering)
Competencies: medical knowledge, patient care, systems-based practice

The MNTR schedule is subject to change. Hospitals at which MNTRs are held are listed below for general reference. Please contact Karen Horton, neonatal/perinatal outreach, at (757) 668-9140 to confirm specific dates.

Albemarle, Chesapeake Regional Medical Center, DePaul, Maryview, Outer Banks, Riverside Shore Memorial, Roanoke Chowan, Sentara Obici, Sentara Virginia Beach General, Sentara Williamsburg Regional Medical Center, Southampton Memorial

MNTR Planning Committee

Karen Horton, RN, BSN

Edward Karotkin, MD

Target Audience: Activities are designed for pediatricians and family practice physicians. Residents and other health-care professionals are also encouraged to attend.

Accreditation and CME Credit: Children's Hospital of The King's Daughters is accredited by the Medical Society of Virginia to provide continuing medical education for physicians. Children's Hospital of The King's Daughters designates this live activity for a maximum of (see each entry) AMA-PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Inclement Weather: If inclement weather conditions develop, please call (757) 668-7500 to learn the status of the program you're planning to attend (for most programs).

CHKD Continuing Medical Education Committee: Michelle Brenner, MD; Nancy Leigh Gainfort, RN, BSN; C.W. Gowen, Jr., MD (chairman); Eric Y. Gyuricsko, MD; Jamil Khan, MD; Windy Mason-Leslie, MD; Amy Sampson; Rosalind K. Whitaker (program manager)



Children's Hospital of The King's Daughters

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Turn to CHKD on the Web for up-to-date information about CHKD programs and services.

At www.chkd.org/HealthPros, you can also find health center schedules and directions, CHKD news releases, health information to share with your patients, upcoming CME activities, weight management class schedules and archived Pediatric Update newsletters.

Pediatric Update is a quarterly publication of CHKD for physicians.

Spring 2011

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For physician-to-physician access,
call Doctors Direct, 668-9999.
(1-800-207-2022 outside
greater Hampton Roads)



Children's Hospital of
The King's Daughters
will present

Pediatrics *at* Williamsburg 2011

September 23-25
Williamsburg Lodge
Williamsburg, Virginia

Look for more information
to follow this summer.

For information, contact
Rosalind Whitaker at (757) 668-8942
or Rosalind.Whitaker@chkd.org.
www.chkd.org/cme



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