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## A Breath of Fresh Air... Summer Camp for Children with Asthma

Summer camp is a rite of passage for many children. Living, playing and sharing adventures together, camp becomes part of a child's development. It is often where a child learns to paddle a canoe, conquer a high-ropes course and shoot an arrow. This being said, a traditional overnight camp experience may not be ideal for a child with a chronic health condition.



Last year Zebra Crossings, medically supported by New Hampshire's Hospital for Children and several other NH based pediatric providers, successfully launched Camp Spinnaker. Run out of the Lakes Region, Camp Spinnaker is a residential asthma camp for kids from around New England ages 8-12 with persistent asthma. We are excited to continue the tradition this summer during the week of August 17<sup>th</sup>-22<sup>nd</sup> in Center Tuftonboro. In addition to usual summer camp activities such as swimming and art/crafts, an extensive but fun asthma education program is integrated into the week. The camp fee is \$400 per camper, with limited campership funds available.

Specialized medical camp programs have been around for decades with the mission of teaching children how to live well with a chronic illness and normalizing the experience. Summer camps support friendships and activity with peers, two important aspects of helping kids cope with chronic illness. Aside from a fun-filled experience, a medical specialty camp teaches kids how to become more self-sufficient, enhances their self-esteem and helps them learn about their illness. Encourage your patient to join us in

August for what promises to be a great week!

*"This is such a great experience for children with asthma. Being surrounded by kids in the same situation takes away the shyness and hesitation in learning more about what "having asthma" means. For my child, he came home owning it rather than it owning him."* - Camper parent 2013

Please see our website for more information and to download this year's brochure: [www.zebra-crossings.org](http://www.zebra-crossings.org)

- Lisa Waller, PA-C  
Elliot Pediatric Pulmonary Medicine

## WIC Nutrition Program Makes More Changes to Improve Healthy Foods Offered

On March 3, 2014, the US Department of Agriculture finalized changes to the WIC Nutrition Program to further improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants and young children. The changes – which increase access to fruits and vegetables, whole grains and low-fat dairy – are based on the latest nutrition science and research by the Institute of Medicine. The updates to the WIC food package make great improvements to the program and better meet the diverse nutritional needs of mothers and young children. The foods provided by the WIC Program, along with education that focuses on the critical role of breastfeeding and proper nutrition, help to ensure that every American child has the opportunity to grow up healthy and strong.

The changes that will be implemented in New Hampshire and nationally include:

- An increase in the dollar amount for children's monthly fruits and vegetables purchases from \$6 to \$8.
- Expansion of whole grain options to include whole wheat pasta.
- Availability of yogurt as a partial milk substitute for children and women.
- Allowing parents of older infants to purchase fresh fruits and vegetables instead of jarred infant food if they choose.

In New Hampshire, WIC provides 15,000 low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age five with nutritious, supplemental foods. The program also provides nutrition and breastfeeding education and referrals to health and social services.

Recent research by the Centers for Disease Control and Prevention (CDC) has identified changes to the WIC food packages as a contributing factor in the decline in obesity rates among low-income preschoolers in many States.

More information about the New Hampshire WIC program can be found at:

<http://www.dhhs.state.nh.us/dphs/nhp/wic/index.htm>

To receive WIC outreach and nutrition education brochures for families, call 1-800-942-4321 or email [wic@dhhs.state.nh.us](mailto:wic@dhhs.state.nh.us).

**- Lisa Richards, MS, RD  
Nutrition Services Manager  
WIC Nutrition Program**

## News from New Hampshire's Hospital for Children



### NHHC welcomes new Pediatric Surgeon

Elizabeth Soukup, M.D., M.M.Sc., Pediatric Surgeon, has joined the staff at NHHC in November 2013. Dr. Soukup earned her Bachelor of Science from the Massachusetts Institute of Technology and her Doctor of Medicine from the University of Chicago Pritzker School of Medicine, where she was elected to the Alpha Omega Alpha Honorary Medical Society, and received the Outstanding Achievement Award in Medicine, graduating first in her class. She completed her General Surgery training at the Massachusetts General Hospital and her fellowship in Pediatric Surgery at Children's Hospital Boston. During her time in Boston, she also completed a Masters of Medical Sciences degree in clinical investigation from Harvard Medical School and was awarded a two-year NIH funded National Research Service Award (NRSA) postdoctoral fellowship. Following her training, she went on to establish a busy practice at Primary Children's Medical Center in Salt Lake City, as a pediatric surgeon and Medical Director of the pediatric trauma program.

We are pleased to welcome Dr. Soukup to New Hampshire's Hospital for Children. She is board certified in both Pediatric Surgery and General Surgery. She is an associate Fellow of the American College of Surgeons and is a member of the American Academy of Pediatrics, and Pediatric Trauma Society. She has specialized training and experience in minimally invasive surgical treatment for babies, children and teenagers. Her practice includes all areas of general pediatric surgery, including common pediatric surgical problems such as inguinal hernias and undescended testicles, as well as neonatal surgery, congenital anomalies, minimally invasive surgery, colorectal surgery and complex thoracic surgical problems.

Dr. Soukup is committed to providing excellence and

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compassion in leading edge surgical care for children in New Hampshire, and supporting our mission to keep children close to their families and communities. To refer a patient, contact Dr. Soukup at the Pediatric Specialty Center at (603) 663-8393.

### ***Developmental-Behavioral Pediatrics***

Mary Ellen Ryan, MSN, certified Pediatric Nurse Practitioner, will be joining the Developmental-Behavioral Pediatrics team at NHHHC in April. Mary Ellen has extensive experience in pediatrics, particularly in DBP and adolescent medicine. She will be focusing her efforts on the evaluation and treatment of children with ADHD and enhance our ability to provide timely access for patients. To refer a patient for evaluation, contact Elliot Developmental-Behavioral Pediatrics at (603) 663-3222.

### ***Improve Care Now***

The division of pediatric gastroenterology at NHHHC is actively participating in the Improve Care Now (ICN) Network. ICN is a quality improvement collaborative for children and adolescents with inflammatory bowel disease (IBD) that is the leading educational health network for children in the nation.

There are currently 58 participating pediatric GI centers representing 38 states in the US, with over 17,500 patients enrolled and 55,000 patient visits captured in the ICN registry. This effort represents the largest and fastest growing pediatric IBD registry in the world.

Clinicians, patients and families work together to improve the health of children and adolescents with Crohn's disease, ulcerative colitis and indeterminate colitis. For decades there have been no significant improvements in remission rates for patients with IBD, which have generally been in the upper 60% range. Since its inception in 2007 the remission rates of ICN enrolled IBD patients is currently 77%, achieved without the use of new medications or therapies.

Now one year into active participation in ICN, almost 90% of our IBD patients are enrolled in ICN and are receiving the benefits from this collaborative network. We hope to increase our enrolled population as well

as to include parents and patients in our biannual learning sessions. For more information on ICN, go to <https://improvecarenow.org/families>. To refer a patient for inclusion in ICN, contact Elliot Pediatric Gastroenterology at (603) 663-3222.

### ***Inpatient Video-EEG***

NHHHC is now able to offer pediatric inpatient video EEG monitoring, under the direction of Dr. Anthony Giordano. Dr. Giordano is board certified in Epilepsy by the American Board of Psychiatry and Neurology. Video EEG correlation is the gold standard for evaluation of suspicious paroxysmal events and this inpatient service offers an effective means to provide quality evaluations for appropriate pediatric patients. In addition to evaluation and recommendations being reviewed with the child's healthcare provider prior to discharge, the video EEG can be stored on a disc to be shared with your patient's neurologist for direct review. To learn more or to refer a patient, contact Dr. Giordano at the Pediatric Specialty Center at (603) 663-3222.

### ***Pediatric Integrative Medicine***

The 2<sup>nd</sup> Annual Conference on Pediatric Integrative Medicine took place October 24<sup>th</sup>. Participants learned about the application of integrative techniques in the management of such pediatric problems as ADHD, anxiety/depression, and sleep disorders. Break-out sessions provided information on the use of nutrition and mind-body techniques for well-being, as well as practical use of botanicals for selected common pediatric disorders.

IM is a fast growing area of medicine; studies suggest that in the pediatric asthma population, 33-89% of patients are using CAM to some degree and that greater than 50% of all pediatric patients with gastrointestinal disease are using some form of complementary therapies.

NHHHC is creating the first comprehensive center for pediatric integrative medicine in the country. Several pediatric specialists are currently in fellowship training to augment the services currently provided by Dr. Matthew Hand. Patients cared for with our pediatric specialists already have access to integrative therapies such as biofeedback, hypnosis, stress reduction techniques, osteopathic manipulation and herbal medicine

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for the management of a wide variety of problems, including headaches, chronic abdominal pain, nocturnal enuresis, anxiety and asthma. The focus is on life style choices, and emphasis on wellness and active engagement of patients in their healthcare decisions and management.

We are currently in planning for the 3<sup>rd</sup> Annual Conference on Pediatric Integrative Medicine, scheduled for Thursday, October 23, 2014 at the SERESC Conference Center. The conference, "Contemporary Problems/ Ancient Remedies: A In-Depth Look at Healing Modalities in Pediatric Integrative Medicine", will provide practical orientation to a wide variety of integrative modalities, from osteopathic manipulation and mind-Body imaging, to acupuncture and botanical remedies.

Look for our "Save-The-Date" information which will be mailed out in the next month.

To inquire into the potential for your patients to benefit from an integrative medicine consultation, contact Dr. Hand at the Elliot Pediatric Specialty Center.

#### ***Integrative Medicine in treatment of Pediatric IBD***

Mark Integlia, MD, Director of Pediatric Gastroenterology at NHC and a fellow in Integrative Medicine at the University of Arizona, recently presented a lecture titled, "Complementary Therapies in IBD" at the 9<sup>th</sup> Annual Family IBD Education Day. The educational experience was sponsored by the Crohn's and Colitis Foundation of America, in conjunction with Cincinnati Children's Hospital.

Dr. Integlia, a former member of the advisory board for Improve Care Now (ICN), was invited to speak by the Director of Cincinnati Children's Pediatric Inflammatory Bowel Disease Center, one of the largest pediatric IBD centers in the United States.

Over 180 attendees, composed of patients, parents and providers, learned about the application of such therapies as probiotics, omega-3 fatty acids, Vitamin D and cucumin in the management of children with IBD and provided with resources for learning more about IM therapies.

#### **CME Webinars**

Participate in free CME activities from the convenience of home or office. NHC Pediatric Grand Rounds and monthly Pediatric Case Conferences are now available via webinar and provide category 1 CME credits. Both conferences take place at 7:30 AM, convenient before starting office hours. To be included in our e-mail notification and to connect to webinars, contact Michelle Jennings, EH Medical Staff Office at [MHelm@elliott-hs.org](mailto:MHelm@elliott-hs.org).

#### **Submitted by**

**Kevin Petit, MD**

**Executive Medical Director**

**New Hampshire's Hospital for Children**



## **NEWS FROM CHILDREN'S HOSPITAL AT DARTMOUTH (CHaD) MARCH 2014**

\*\*\* SAVE THE DATE \*\*\*

**The 23rd Dartmouth Pediatric Conference: Contemporary Issues in Office Pediatrics – March 6-9, 2014** - Omni Mount Washington Resort, Bretton Woods, NH

Join us for an outstanding clinical conference in a spectacular setting! The best and most abundant snow is known to be at Bretton Woods, and the educational sessions are designed to be stimulating, informative, provocative and lots of fun.

Guest speaker will be Dr. William Balistreri, Editor in Chief of *The Journal of Pediatrics* since 1995, author of more than 530 publications, and Medical Director of the Pediatric Liver Care Center at Cincinnati Children's Hospital Medical Center. In addition, we will have many outstanding speakers on a diverse range of topics – a sampling includes:

- gastroenterology
- food allergy
- childhood obesity prevention
- ADHD in teens
- 'return to learn' following concussion
- post-injury return to sports
- the GI microbiome

Target Audience: Pediatricians, Family Physicians, Nurses and Allied Health Practitioners in pediatric practice.

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**Shield Our Children from Harm Professional Conference – April 8, 2014** – The Quechee Club, Quechee, VT

The eleventh annual **Shield Our Children from Harm** professional conference at the Quechee Club in Quechee, VT is a joint effort between the Children’s Hospital at Dartmouth, the Child Advocacy Center of Grafton and Sullivan Counties at DHMC and the Child Advocacy Center at The Family Place in Norwich, Vermont. The focus of the conference this year is trauma and its biological effects.

The keynote speaker will be nationally recognized forensic consultant, trainer and lecturer David Lisak, PhD. His research on the long term impact of childhood sexual abuse in adult men has been published in leading scientific journals.

Target Audience: Professionals in health care, child protection, mental health, law enforcement; and other professionals who care for children and families

For more information on these conferences, please contact Jacqui Alexander at (603) 653-1770 or [Jacqueline.B.Alexander@Hitchcock.org](mailto:Jacqueline.B.Alexander@Hitchcock.org)

*Submitted by:*  
**Margaret Rose Minnock, MBA**  
*Director, Planning and Regional Services*  
*Children’s Hospital at Dartmouth*

***Please Take Notice!***

The New Hampshire Pediatric Society wants to improve immediate communication with and among our members. If your email address is not on our master list (or if you're not sure) please add your preferred address to the list by contacting Gil Fuld.

Our plan is to periodically send out the updated address list to everybody on it. If you haven't recently received a copy, we don't have your address.

-Gil Fuld  
Communications and  
Public Relations Chair  
[fuldandfuld@ne.rr.com](mailto:fuldandfuld@ne.rr.com)

