Pediatric networking events are a great success

Last fall, Drs. Aziza Shad and Carol Reynolds-Freeman hosted the first LifeBridge Health Pediatric Collaborative and Networking Event. The event provided LifeBridge Health Pediatrics faculty, community pediatricians and family practitioners from across our region an opportunity to get to know each other, learn about services currently provided by The Herman & Walter Samuelson Children’s Hospital at Sinai, and hear about the vision for LifeBridge Health Pediatrics’ growth.

The evening provided physicians the further benefit of CME for pediatric-specific medical topics presented by LifeBridge Health Pediatrics faculty: Neha Vyas M.D., pediatric endocrinology; Peggy Lazerow M.D., pediatric neurology; and Jennie Hart M.D., pediatric hematology/oncology. We held a second event for pediatricians/family practitioners in the Mt. Airy Health & Wellness Pavilion and are already planning our next LifeBridge Health Pediatric Collaborative and Networking Event.

In our continuing effort and commitment to expand and improve access to LifeBridge Health Pediatric services, I am delighted to announce the following additions to our pediatric faculty. In July, we welcomed Scott Krugman, M.D., M.S., FAAP, vice chair and general pediatrician, and Talia Levy, M.D., pediatric hospitalist. In September, we welcomed our new pediatric gastroenterologist, Sana Mansour, M.D., to our Division of Pediatric Gastroenterology and Nutrition. In addition to our new faculty, we have added pediatric neurology to the LifeBridge Health Pediatrics subspecialties offered at our Mt. Airy Health & Wellness Pavilion practice site. Appointments are now available for Peggy Lazerow, M.D., a board-certified and fellowship-trained pediatric neurologist. The addition of our new faculty and expanded services improves access to subspecialty services and strengthens our inpatient hospitalist coverage.

I am pleased to announce that Juan Alfredo Caceres Nogueras, M.D., will be joining colleagues Drs. Edward Gratz and Peggy Lazerow in the division of pediatric neurology in July 2019. We bid farewell to our colleague Yuval Shafir, M.D., pediatric neurologist. Dr. Shafir plans to relocate to the Washington, D.C. area. He will continue practicing there. We thank Dr. Shafir for his service and many contributions to our pediatric community.

NEW FACULTY

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Best Toys for Young Children
DEBRA COUNTS, M.D.

As more and more digital toys are created for children, a number of groups are researching the effects on child development and making recommendations about the best toys for kids. Interactive, hands-on toys are best for developing children’s minds.

Electronic toys may be labeled “educational” when they are not, so be cautious when choosing which toys to buy. Young children need to learn how to socialize and interact with others, which they learn through social play, not an app on a tablet. Toys are important to developing language interactions, pretend play and problem-solving.


According to Alan Mendelsohn, M.D., FAAP, associate professor in the departments of Pediatrics and Population Health at NYU Langone Health, “You just don’t reap the same rewards from a tablet or screen. And when children play with parents — the real magic happens, whether they are pretending with toy characters or building blocks or puzzles together.”

The clinical report from the AAP states: “Although it has been suggested that there may be learning benefits in association with interactive media, there is presently no evidence to suggest that possible benefits of interactive media match those of active, creative, hands-on and pretend play with more traditional toys.”

Examples of traditional toys include:

- Dolls, animals, action figures, toy food, utensils, cars, planes and buildings help children use pretend play to deal with real life events and feelings. This imaginary play is a large part of a child’s social and emotional development.
- Blocks, shapes, puzzles, and trains can help children learn problem-solving skills. These toys help develop fine motor skills and also build early math skills.
- Coloring books, crayons, markers, clay and stickers for arts and crafts help build creativity and improve fine motor skills.
- Traditional card and board games create opportunities for face-to-face interactions, which are essential for a child’s growth and development.
- Balls, push-and-pull toys, ride-on toys and tricycles help physical development and social interaction.

The AAP recommends that parents limit video and computer game use by young children. Total screen time, including television and computer use, should be less than one hour per day for children two years or older, and avoided in those younger than 18-24 months. Children younger than five years should play with computer or video games only if the games are developmentally appropriate, they are accompanied by a parent or caregiver.

Visit the AAP’s site, healthychildren.org, or the National Association for the Education of Young Children at bit.ly/toyresources for more information on choosing high-quality toys for your children.

Discover Why The Herman And Walter Samuelson Children’s Hospital At Sinai Is A Great Place For Children And Their Families!

• Family-centered approach to care
• Family hospitality area that includes a microwave, sink and refrigerator
• Green roof area that is visible from the playroom area
• Large playroom for kids and a separate room for teens
• Live broadcast feed from the National Aquarium in Baltimore
• On-site Child Life program
• On-site outpatient pharmacy
• Several small gathering areas for patients and families outside of patient rooms
• Physical therapy treatment room, two nurse stations and medical staff offices on unit

IN MARCH WE CELEBRATED CHILD LIFE MONTH!

When a young child or teen is hospitalized, they may face difficult and potentially stressful events that can affect their ability to cope. Our team of certified child life specialists help patients at The Herman & Walter Samuelson Children’s Hospital at Sinai cope with their hospitalization by providing developmentally appropriate interventions like therapeutic play, procedural preparation and age-appropriate education that reduce stress and normalize their experience. We thank our child life team for the positive difference they make every day to our patients!

LIFEBRIDGE HEALTH PEDIATRICS:
A NEW BRAND, A NEW LOGO AND A NEW CAMPAIGN

We are so excited about the new LifeBridge Health Pediatrics marketing and branding initiatives. Although there will be much more to follow, did you notice our new LifeBridge Pediatrics logo? Penguins! Please stay tuned to hear more about the penguins, partnership and many fun activities to come.
REDUCING PAIN IN PEDIATRICS

It is not uncommon for pediatric patients to experience pain related to blood draws and painful procedures during their hospital stays. To help our pediatric patients stay as comfortable as possible, we are implementing a pain reduction initiative.

We offer non-pharmacological pain management options to our pediatric patients including procedural distraction with child life support, comfort holds, numbing cream and spray, and Buzzy, a therapeutic device placed near an injection site to reduce pain.

The Children’s Hospital, Hematology/Oncology clinic, Emergency Department and Radiology Department have displayed posters that list available options. This visual tool creates an opportunity for caregivers and patients to advocate for a pain-reduced experience.

The Children’s Hospital at Sinai is committed to helping reduce pain from needle sticks and procedures. Ask your nurse or child life specialist about options that are available and appropriate for your child.

COMFORT HOLDS
Special ways to hug and hold during procedures (1)

DISTRACTION
Child life specialist can provide therapeutic ways to help reduce anxiety and pain

BUZZY
A therapeutic device placed near site of injection to reduce pain (2)

NUMBING CREAM
A medicine cream applied to the skin that helps to reduce pain during a needle stick

SYNERA PATCH
A numbing patch applied to the skin that helps reduce pain during a needle stick (for ages 3 and up) (3)

FREEZY SPRAY
A cold spray used on the skin immediately before a needle stick that helps reduce pain (4)

SWEET-EASE
A sugar solution applied to a pacifier to help infants produce natural chemicals that decrease pain

To make an appointment with a pediatric primary care or subspecialty physician, please call 410-601-WELL.