



Office Newsletters for Patients

Cathy Sizer

Office newsletters are easy to create and a great resource for disseminating information to your patients and parents and a good marketing tool. Parents can pass it along to others.

Four times a year, spring, summer, fall and winter I write a one-page newsletter for my practice. I use it to discuss a pertinent topic for the season such as fever management, hydration for children involved in sports, Christmas and Halloween safety, car seat safety. You might also want to discuss a certain disease. I also include an introduction to new employees and announcements such as the new AAP flu recommendation for healthy infants and children ages six months to two years. A copy is posted in the waiting room and in each exam room with a suggestion to "Ask us for a copy." If you have a practice website you can post it there, too. You can check out my newsletters at our practice website: www.pediatricwest.com. If you choose to send the newsletter to patients, use bulk mail. HIPPA exempts health information from their guidelines for patient marketing.

There are many software programs that have newsletter templates, some simple, some more complex. I prefer to use Microsoft Publisher. You don't need to be a graphic designer to do this!

Discover Nursing: Girl Scout Endeavor

by line??

Last year I participated in the inauguration of a new Girl Scout program designed to provide middle school and high school girls exposure to aspects of the nursing profession. Approximately eight registered nurses and advanced practice nurses made up the cadre and represented emergency care, neonatal intensive care, pediatrics, and nursing management. The girls had hands-on experiences listening to heart rates and breath sounds, taking blood pressure and pulses, and examining ears and mouths with an otoscope. They learned about ethics and malpractice, expanded roles involving Reiki and acupuncture, and how to eat pizza with tongue depressors. We presented the workshop twice, refining it in between. We will offer it again this coming March. If you wish more information contact Joan Reilly jreilly@ptgirlscouts.org.

This was an interesting way to get involved in the community and help to recruit future generations of nurses.

School is in Session!

Children must be properly immunized to enter school.

Immunizations keep getting more and more complicated i.e., Pediarix, Flumist, new flu recommendations. For the latest immunization information see: www.immunize.org

They also publish Needle Tips, an excellent resource for all you wanted to know about immunization.

The CDC (Center for Disease Control www.cdc.gov/nip) also has many resources for schedules, contraindications, vaccine management, etc. Check it out!

Check Out Our Website <http://www.emnapnap.org>

Facing the Challenges of Adolescents with Chronic Illness

Veronica Kane

Developmental and psychological theories abound to explain why chronically ill adolescents can suddenly become management nightmares. This phenomenon can occur seemingly overnight and is not related to the age of the client at time of diagnosis. With the onset of adolescence, the primary responsibility for daily management starts to shift from the parent to the teen. The adolescent struggle for independence may be played out around issues of the chronic illness.

As the health care provider, this possible scenario needs to be discussed with parents well in advance of adolescence. Parents **need** at least as much anticipatory guidance to cope effectively with the developmental challenges of adolescence as do parents of infants, but they seldom receive it. This need for guidance intensifies when there is a chronic illness to manage.

A necessary task of adolescence is the successful assumption of independent living. Self-care of one's health is an essential skill for those with chronic illnesses. Parents must have preparation to meet the challenges that occur during this transition.

There is no simple formula that guarantees easy success, but educating parents about what to expect may avert some emergencies.

Regardless of how observant and attentive to therapeutic regimen a child is, the parent should avoid assuming continued adherence during adolescence. Parents perform a balancing act between encouraging autonomy and monitoring therapeutic responses. They must strive to keep communication open regarding management of the disorder. Open-ended questions are useful for determining whether the tried-and-true treatment plan is still meeting the teen's needs. Problem-solving discussions help the adolescent solve dilemmas around life choices and the effect of such choices on the chronic disorder. As the adolescent's mind matures, they become more and more capable of understanding information of increased complexity and to learn in new ways. It is important to provide new information at every visit and review aspects of management in ways more meaningful to the adolescent. The development of a management plan needs to be less dogmatic than one for a younger child, and more a part of collaboration between provider and client. There is greater likelihood of adherence to the plan when the reasons for treatments make sense and fits into the teen's lifestyle.

Parents need to adjust to relinquishing control to their adolescent, recognizing that this transition will undoubtedly include lapses in maintaining control of the disorder. As the health care provider, the NP must facilitate this transfer of power helping to restructure family members' roles in the management of the chronic disorder.

Adolescence is a time of independence in both thoughts and actions and clashes between parent and teen are inevitable. By supporting the family throughout this role change, the management of chronic illnesses is less likely to become a battlefield with no winners. By proactively integrating education about the teen's chronic illness, management skills, and delineations of everyone's role in this process into every office visit, the NP is in a position to facilitate this transition and avert disaster.

Please see resources on next page.



Resources about adolescence

<http://www.aacap.org/publications/factsfam/index.htm>

information about trials of adolescence for families

<http://inside.bard.edu/academic/specialproj/darling/adolesce.htm>

about changes in adolescence

<http://www.mmhs.com/clinical/peds/english/adolescent/online.htm>

information on health problems from national organizations

<http://www.cps.ca/english/statements/AM/am94-05.htm>

paper on adolescents with chronic disorders

<http://www.rhef.com.au/programs/123/123.pdf>

slide show providing overview of adolescent health problems and developmental tasks

<http://www.eureka.edu/emp/dalfiume/childdevelopment.htm>

information on adolescent development

http://www.childdevelopmentinfo.com/development/teens_stages.shtml

developmental resources

http://www.healthinschools.org/ejournal/2002/june02_3.htm

resources for information on recreational drugs

<http://www.ils.unc.edu/~sturm/yaliterature/adoldevelopment.html>

bare bones information on adolescent's tasks

<http://www.preventionnetwork.org/Adolescent%20Development.pdf>

this site goes so far as to discuss parental types

<http://inside.bard.edu/academic/specialproj/darling/adkog.htm>

cognitive development using Havighurst

Note:

We occasionally lend out our membership list. The board discusses each use as it comes up. Some of you may not be aware that this is done.

EMNAPNAP Board's central telephone number is: 781-893-5405, press 3 to leave a voice mail message for any board member and it will be forwarded to her.

EMNAPNAP Board Members

President	Linda Malone	617-364-9138	lijmalone@aol.com
Past-President	Cathy Sizer	781-893-5405	c.sizer@att.net
Treasurer	Mary Ellen Stolecki	781-942-7369	m.stolecki@attbi.com
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Newsletter	Veronica Kane	617-696-6244	kanenemmers@attbi.com
Membership	Paricia Kent	781-944-7929	pkent1@partners.org

Upcoming Observances

OCTOBER

- 1 - 31 National Down Syndrome Awareness Month**
National Down Syndrome Society
666 Broadway, New York, NY 10012
(800) 221-4602
info@ndss.org
www.ndss.org
Materials available; Contact: Communications Dept
- 1 - 31 Domestic Violence Awareness Month**
National Coalition Against Domestic Violence
P.O. Box 18749, Denver, CO 80218-0749
(303) 839-1852
mainoffice@ncadv.org
www.ncadv.org
- 1 - 31 National Family Sexuality Education Month**
Planned Parenthood Federation of America
810 Seventh Avenue, New York, NY 10019
(212) 541-7800
education@ppfa.org
www.plannedparenthood.org
- 1 - 31 "Talk About Prescriptions" Month**
National Council on Patient Information and Education
4915 St. Elmo Avenue, Suite 505
Bethesda, MD 20814-6082
(301) 656-8565
ncpie@ncpie.infowww.talkaboutrx.org
Materials available; Contact: Information Specialist
- 1 - 31 Let's Talk Month**
Advocates for Youth
1025 Vermont Avenue, NW, Suite 200
Washington, DC 20005
(202) 347-5700
info@advocatesforyouth.orgwww.advocatesforyouth.org
Materials available; Contact: Barbara Huberman
- 1 - 31 Health Literacy Month**
Health Literacy Consulting
31 Highland Street, Suite 201 Natick, MA 01760
(508) 653-1199
helen@healthliteracy.com
www.healthliteracymonth.com
- 7 National Depression Screening Day**
Have you ever felt like hurting yourself?
Screening for Mental Health, Inc.
1 Washington St, Suite 304, Wellesly Hills, MA 02481
(781) 239-0071
info@mentalhealthscreening.org
www.mentalhealthscreening.org
- 23 - 31 National Red Ribbon Campaign (Campaign to keep kids off drugs)**
National Family Partnership
Informed Families Education Center
2490 Coral Way, Miami, FL 33145
(800) 705-8997
info@informedfamilies.org
www.nfp.org

18-24

National Health Education Week

National Center for Health Education
Society for Public Health Education
242 W. 30th Street, 10th Floor, New York, NY 10001
(212) 463-4053
elaine@nche.org
www.nche.org

Theme- "Healthy Eating: Every Bite Counts!"

Join the National Center for Health Education and the Society for Public Health Education in celebrating National Health Education Week. We are inviting interested individuals, communities, and organizations to promote and participate in a national initiative to help people develop healthy eating habits for life. You Can Make a Difference! Start today to plan a "Healthy Eating: Every Bite Counts!" activity.

Nutrition plays a direct role in preventing and treating overweight and obesity, important health issues facing the American public. With more than 60% of America weighing in as overweight or obese, campaigns addressing healthy eating are much needed. You can find fun and simple ideas to get your community involved in celebrating National Health Education Week by visiting the NCHE and SOPHE websites where you will find a variety of materials for public health professionals, organizations, schools, and parents. Materials include tools for planning a community campaign; templates for gubernatorial proclamations; sample press releases; school-based health education lessons; and parent, teacher and practitioner resources. All materials are available free of charge.

Remember, eating healthy can be done in school, at work, in the home, and out in the community - Every Bite Counts!

All materials are available for download at
<http://www.sophe.org> and at
http://www.nche.org/nche_news.asp

NOVEMBER

1 - 30

National Adoption Month

Learn more to help adoptive families succeed and anticipate adoption issues as they arise throughout the child's life.

National Council for Adoption
225 North Washington Street, Alexandria, VA 22314
(703) 299-6633

info@ncfa-usa.org

www.ncfa-usa.org

<http://attachment.adoption.com/attachmentdevelopment.php>

attachment as a context for development

<http://www.fwcc.org/growthchart.html>

growth charts for Chinese children

<http://pediatrics.aappublications.org/cgi/content/full/112/6/1437#BIBL>

pediatrics role in adoption

<http://babiestoday.com/resources/articles/adoptionbond.htm>

ten tips for bonding

<http://www.neiu.edu/~rghiggin/Thaiadopt/resources.html>

links to useful information

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Great American Smokeout

Get off your BUTT!

DECEMBER

1 - 31 National Drunk and Drugged Driving (3D) Prevention Month

Use every visit with your adolescents as an opportunity to get this message across!

National Commission Against Drunk Driving
8403 Colesville Road, Suite 370
Silver Spring, MD 20910
(240) 247-6004

ncadd@ncadd.com
www.3dmonth.org

Materials available; Contact: John Moulden

Calendar of Upcoming Continuing Education Opportunities

- Oct 6** Chapter Meeting (*Burlington Library*)
Providing primary care to HIV positive, high risk adolescents and young fathers; Peter Keenan PNP, Program Coordinator for Children's Hospital Primary Care Center
Directions from Rt 95/128, both north & south
Take exit 33 B and turn right onto Route 3 A North (Cambridge Street) at the end of the ramp. Proceed approximately 1 mile to the stop light at the intersection of Route 3 A and Bedford St at the Town Common. Turn right onto Bedford St. As you proceed along Bedford St., the town common will be on the left and the Burlington Post Office will be on the right. Take an immediate left onto Center Street. Take the next right onto Sears Street. The library is the first building on the right and is located at 22 Sears Street. The conference room is on the first floor. The library phone number is 781-270-1690.
- Oct 27-29** Pri-Med Conference <http://www.pri-med.com>
Boston Convention Center
- Nov 9** (Tues) Board Meeting, 6:45pm
Laurel Gourville
- Nov 30 or Dec 1 or Dec 2** Chapter Meeting, 6:30, TBA
(industry sponsored)
- Jan 6** (Thurs) Board Meeting, 6:45
Emily Young
- Feb 8** (Tues) Chapter Meeting, 6:30, TBA
- Mar 16** (Wed) Board Meeting, 6:45
Patricia Kent
- Mar 31 to Apr 3** National Meeting
- Apr 9** (Sat) Spring Symposium, TBA
nominations, ballots
- May 10** (Tues) Chapter/Business; 6:30, TBA
Board/announce election results

Committee and Board members

Check online at <http://www.emnapnap.org>

Child Passenger Safety

Cathy Sizer

All states are committed to child passenger safety. As nurse practitioners we are obligated to keep our parents/patients informed of the law. But the latest *recommendations* for Massachusetts include:

Children should remain in booster seats until they weigh more than 80 pounds and are at least four foot nine inches tall; the height requirement is the more important of the two measurements.

The state law in Massachusetts (MGL Ch 90, Sec 7AA; Ch 90, Sec. 13A) does not yet include this information. The body of the law states:

1. Infants and small children must ride in a federally approved child passenger safety restraint until they are at least 5 years old and weigh more than 40 pounds.
2. Children who weigh more than 40 pounds but are under 5 years of age must ride in a booster seat.
3. Children ages 5-12 years who weigh more than 40 pounds must use either a booster seat or a safety belt.

This recommendation is quite a change from the current law. Check out the Department of Public Health Injury Prevention Control Program at:

<http://www.mass.gov/dph/fch/injury/vehicles.htm>

There you will find Programs and Services, Coalitions, and many links to other Resources and a section on the Laws and Regulations. You can also call Cindy Rodgers who is the Director of the Injury Prevention and Control Program: 617-624-5413.

Sentinel alert from
JCAHO about new
guideline adopted for
Kernicterus prevention
[http://www.jcaho.org/
about+us/news+letters/
sentinel+event+alert/
sea_31.htm](http://www.jcaho.org/about+us/news+letters/sentinel+event+alert/sea_31.htm)

Eastern Massachusetts Chapter
NAPNAP Newsletter

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