



Kidsline

The Newsletter of Annapolis Pediatrics

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Its not every day you save a life

What could be a nicer way to enjoy the Fourth of July in Annapolis than heading downtown to watch the annual parade? That's just how Katherine (Kacky) Carter, RN in our Arnold office started out the afternoon of July 4, 2007. Along with her husband and 8-year old grandson, Kacky headed to West Street to find a good viewing spot.

Nearby were many families waiting for the parade to start. Shortly after arriving and before the parade started, Kacky couldn't help but notice that a husband and wife had walked their elderly father into the shade because he was experiencing stroke-like symptoms. Kacky volunteered to help the family while the younger man went to get the car to transport his dad to the hospital. Suddenly, while walking toward her husband to check on his condition, the elderly wife collapsed in the street. Kacky and a nearby policeman, Pierre Pyle, ran to help.

It was immediately clear that this woman was not breathing and had no heart beat. After telling the policeman that she is a nurse and had recently undergone CPR recertification Kacky began chest compressions while the policeman administered mouth-to-mouth. The woman's breathing was restored after a few minutes of CPR, but her heart beat was weak and very irregular. At that moment another emergency worker arrived with a portable defibrillator

that was used to shock her heart back into rhythm. Once the EMTs arrived Kacky stepped out of the way of the specialists as they responded to her medical needs and prepared her for transport to Anne Arundel Medical Center.



Kacky Carter, RN

Kacky then gathered herself and returned to her family to watch the parade. Police who had witnessed her life-saving actions came up to her through the rest of the day to share their feel-

ings about the event. Most of them said that while many people are trained in how to save a life, opportunities to use CPR are rare. Most had never seen someone whose heart had stopped actually restored to breathing and consciousness. Obviously, they were all quite impressed by Kacky's fast actions.

The other hero in this event was the CPR instructor, an Annapolis Fireman, David M. Rowe, who had taught a recertification course for Annapolis Pediatrics staff just two weeks prior. Kacky is quick to point out that he deserves a lot of credit for really putting the AP crew through their paces.

Fall 2007

Physicians and Nurse Practitioners

- Dwight Fortier, MD
- Samuel Libber, MD
- Katherine Edwards, MD
- Stanley Weimer, MD
- James Rice, MD
- Margaret Turner, MD
- Charles Parmele, MD
- Sefanit Fassil, MD
- Jennifer Corder, MD
- Dana Kim, MD
- John McGrath, MD
- Anita Weissburg, CPNP
- Gwyn Reece, CPNP
- Cathy Baldino, CPNP
- Roseanne Thompson, CPNP
- Linda Murray, CPNP
- Gina Friel, CPNP

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Annapolis Pediatrics Plays Integral Role in Vaccine Development

New Vaccine Study Enrolling Infants

The CVD is currently recruiting one month old infants to receive an investigational meningococcal vaccine known as MenACWY. This is the only way an infant can be protected from *Neisseria meningitidis*, a serious illness that is not currently a routine pediatric vaccination. All infants in the study receive all their routine vaccinations through the study. Enrolled infants will receive Pediarix®, a licensed combination vaccine (DTaP/IPV/HepB).

Study infants receive no vaccines at the 1 and 9 month visits because the study uses the Pediarix® combination vaccine. Parents complete a diary card with each visit, and are given a gift certificate to thank them. Sue also helps parents participating in the study schedule their appointments during the study period.

Unless you've been asked to participate in a study, you may not know that Annapolis Pediatrics serves an important role in the development of pediatric vaccines. Our practice understands that childhood vaccines are one of the most important public health tools we have. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and *Haemophilus influenzae* type b (Hib).

Annapolis Pediatrics is unique in the area in that we have, in house, a nurse who works for the University of Maryland School of Medicine's Center for Vaccine Development (CVD). The CVD works together with our doctors and nurses to test new vaccines for chil-

dren. This collaboration started over 25 years ago between the CVD, The Pediatric Center in Frederick and Annapolis Pediatrics. In fact, many of the best licensed vaccines for protecting children's health were tested right here.

Information about current and upcoming studies is always posted in our offices. If you might be interested in information about participating in one of our studies,



Sue Mikulski

or would just like to learn more about the program, please call our research nurse, Sue Mikulski, at 410-263-6363, ext 136. We also invite you to visit the CVD website at:

<http://medschool.umaryland.edu/CVD/>

Flu Clinics are Around the Corner

As we go to press on the fall issue, it's back to school time and true autumn still seems far away. But, once we get back into the pace of classes and football, it will soon be cooler and the leaves will turn. That's when we know its time to get ready for flu season!

True, flu doesn't usually hit Maryland full-force until mid-winter, but we actually saw and treated a few cases in early December last year! That's why its so critical to get your children vaccinated early, so they have time to build up immunity before they are exposed.

We anticipate scheduling flu clinics beginning in October. We will schedule clinics Saturday and Sunday afternoons when there is no USNA home football

game being held. As before, we will announce clinic dates by posting information in our offices and on our website. However, we also have a new way to stay informed about the practice.

Starting in September, we invite you to join our email list on our website. This list will be used to distribute the latest information on flu clinics, our quarterly newsletters, and any other important news and policy changes from the office. We promise not to send out too much mail, because we will still post timely information and changes to our website where we welcome you to check in with us. However, signing up with your email address is the best way to know exactly when flu clinics will happen!



Fall Means More Sick Visits: Extended Hours and Walk-Ins

There are many things about fall we all look forward to. However, none of us looks forward to the onset of the cold and flu season!

In order to offer the most convenient care for our patients, Annapolis Pediatrics will return to Winter Hours on November 1 this year.

Winter Hours

Annapolis Office:
 Mon-Thu - 8 am - 9 pm
 Friday - 8 am - 5 pm
 Saturday - 8 am - 1 pm
 Sunday - 9 am - 11 am

Waugh Chapel Office:
 Monday - 9 am - 7 pm
 Tue-Fri - 9 am - 5 pm

Arnold Office:
 Mon - Fri - 9 am - 5 pm

Our Walk-In hours offer additional opportunities to

see a physician or nurse practitioner about your child's immediate needs.

Walk-in Hours

Annapolis Office
Mon–Fri: 7:30 - 8:30 am

We do not offer walk-ins in other offices and we do not have walk-in hours on week-ends.

Walk-In hours are reserved for brief visits to address acute medical needs, such as ear infections, colds and respiratory infections, and stomach ailments. In order to treat sudden-onset illnesses as fast as possible, our providers only have a short time with each walk-in patient. You will not be able to choose which provider you see during walk-ins.

Walk-In hours are not to be used to assess or manage long-term or chronic prob-

lems or perform routine physical exams.

We offer walk-ins as a convenience, but they are not a substitute for appointments with your primary medical provider. If you need more time, have many questions, or need to see your regular physician or nurse practitioner, please call and make a regular appointment.

Annapolis Pediatrics is the only local provider who offers such extensive hours. We believe you receive the best care when you see our physicians. We enjoy offering convenient medical care, but in order to do so, we need your help following our protocols for walk-ins and sick visits. We look forward to working with you to provide the best care for your children.

Construction Update

Waugh Chapel

Starting in September, construction on our expanded office space will occur. As the new design allows for most of the current office to remain unchanged, the construction won't interfere with day-to-day business in the office. Once complete, the new space will include additional exam rooms and office space as well as the check-out area. Patients will enter through the familia entrance, but exit through the adjoining space next door. With the expansion, Dr. Turner and Dr. Kim will see patients primarily in Waugh Chapel with a

third doctor or nurse practitioner rotating through the office.

Arnold

The YMCA has recently begun renovations to the building. They will begin by removing wallpaper and updating the appearance of the halls. Later they will also replace stair treads and refinish baths and common areas. This office has been in the YMCA building for 27 years this fall.

Kent Island

Construction is moving steadily at the new AAMC building. Please check their website for photos.

Updated Website Coming Soon

We've been regularly adjusting our website to offer you the best, most up to date information about our practice. This year we are undertaking a complete website renovation. Our goal is to provide you with an easy-to-use site that provides the most up to date practice information as well as useful links for you and your kids. Please let us know if you have suggestions for us!



Superior Healthcare for newborns,
children, adolescents and young adults

Annapolis Pediatrics Email List

Want to be kept up to date on the latest information from the practice? Please visit our website and sign up to receive emails directly from us. We intend to use the list to send out the quarterly newsletter as well as timely updates, such as the scheduling of our flu vaccine clinics or important policy changes.

Don't worry, just like you we hate cluttered inboxes, so we won't pester you with unnecessary emails, and you can opt out at any time. Try it out and see.

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Vaccines and Insurance

Annapolis Pediatrics follows American Academy of Pediatrics (AAP) standard of care, meaning we administer recommended vaccines along the schedule they advise. Their standard of care is determined by the latest research as well as Federal guidelines established by the US Centers for Disease Control (CDC).

Recently we've learned of some inconsistencies in insurance coverage for the Menactra® meningococcal vaccine. A few insurers have begun denying coverage for the vaccine when it is given to adolescents (we administer Menactra® at age 11 or 12). Insurers cover the cost for college-bound teens because it is required by most colleges and many states for college students.

According to the AAP, this vaccine is

A Gift of Confidence

Its something most of us rarely think about, how lucky we are that our hair grows. But, as Gwyn Reece points out, not everyone is so lucky.

Gwyn recently lost her long-tresses in order to create a wig for someone who can't grow her own. As a pediatric Nurse Practitioner she could've chosen to donate to an organization that focuses on kids, but Gwyn can also relate to the many women diagnosed every year with breast cancer.

You don't have to search far to see people touched by this wide-spread and terrifying disease. Pantene Beautiful Lengths (http://www.pantene.com/en_US/beautifullengths) partners with The Entertainment Industry Foundation and the American Cancer Society to distribute real-hair wigs to women

important for adolescents and high-school aged teens who may be exposed to the meningococcal bacteria in areas of close-contact with others in groups, such as sports teams and summer camps.

Annapolis Pediatrics will continue to administer the Menactra vaccine to 11 and 12 year olds, because we believe that is in the best medical interest of our children. However, patients should be aware that if their insurer refuses to pay, they will be billed for the cost of the vaccine. We advise our patients to contact your insurance company prior to your visit if you don't know if they cover the cost of the vaccine. If this occurs, you can appeal their decision with them. Please also check out our vaccine schedule on our website.

who suffer from breast cancer and have lost their hair from to chemotherapy. "I really wanted to help other women. I am very fortunate. It's so simple for me to grow hair." Just knowing that her donation may help a woman through a hard time in her life makes Gwyn smile. When you see her, share your thoughts on her generosity, and don't forget to compliment her new do!



Gwyn Reece before and after