

# Watchung Pediatrics Messenger

Summer Issue

2019

## Provider Spotlight: Kapila Marepalli, MD



Kapila Marepalli, MD received her BS in biological sciences at Drexel University and continued her education at Drexel University College of Medicine for her medical degree. She completed her pediatric residency at Rutgers Robert Wood Johnson/Bristol-Myers Squibb Children Hospital in New Brunswick, NJ.

Dr. Marepalli enjoys dancing and has performed across the nation and in India. She's brought her passion to her workplace and taught her fellow colleagues during wellness sessions. Other hobbies include traveling, baking and spending time with family.

Dr. Marepalli joined Watchung Pediatrics in July 2019. She is a member of the American Academy of Pediatrics.

## Provider Spotlight: Elaine Sanjuan-Saleh, DO



Elaine Sanjuan-Saleh, DO received her B.S in Biology from Seton Hall University in South Orange, NJ. She received her medical degree from Rowan School of Osteopathic Medicine (previously UMDNJ School of Osteopathic Medicine) in Stratford, NJ. She completed her pediatric residency at St. Christopher's Hospital for Children in Philadelphia, PA. In 2018, Dr. Sanjuan received her certification in Lactation Counseling. She is also a certified Bilingual Medical Provider in Spanish.

Dr. Sanjuan is excited to move back to Northern, NJ with her husband and be closer to her family. She loves traveling, cooking, running and spending time her family. Her areas of interest are breastfeeding support and education, newborn care, global health, and social determinants of health.

Dr. Sanjuan will be joining Watchung Pediatrics in August 2019.

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## Things to Remember this Summer Season:

- Stay hydrated!
- Never leave children or pets unattended in the car!
- Remember bug spray when in wooded areas or standing water!
- Check daily for ticks after outdoor play!



# Swim Safety

Every day on average 10 people die from drowning in the United States. Drowning is the highest cause of death of children between ages 1-4, second only to Congenital Birth Defects. Most drownings occur in home pools. 80% of drowning victims are male. African Americans between ages 5-19 had 5 times increased risk of drowning compared to Caucasians. The disparity is thought to be due to lack of access to swimming pools and swimming lessons in these communities. Teenagers are at highest risk of drowning in lakes and oceans.

## How to Protect Your Child

1. Swimming lessons can reduce the risk of drowning in children ages 1-4.
2. If you have a home pool it should have a 4-sided, self-latching barrier fence with an alarm. The fence should be at least 4 feet high and separate the pool completely from the rest of the yard. This can reduce the chance of drowning by 83%.
3. Remove pool toys and flotation devices from near the home pool to prevent the temptation of entering the pool area unsupervised.
4. Empty buckets, wading pools, trash cans with standing water around the home immediately.
5. Adults should always be within arm's reach of your child in the pool. Taking your eyes off your child even for a few moments can be dangerous. Drowning occurs quickly and quietly. It takes less than 3 minutes of decreased oxygen to cause irreversible brain damage or death. Adults distracted by phones may not realize a child is in distress. Never leave a child supervised by another child.
6. Do not feel a false sense of protection from flotation devices. Many children have drowned while wearing flotation devices on due to improper use or flipping into a head down position in the water.
7. Wear lifejackets whenever in a boat. Lifejackets save lives.
8. Alcohol use is implicated in 70% of drowning deaths involving teens and adults. Never drink and swim.
9. Young children and children with seizure disorders should never be left unsupervised in bathtubs.
10. Weak swimmers should always be paired with a buddy and not push the limit of their capability.
11. Learn CPR.

“Dry drowning” has received a lot of attention in recent years. Dry drowning does not occur from a child inhaling a few sips of water or even from their head being submerged for a few seconds. Dry drowning occurs after near drowning events when a child has been submerged for more than 1-2 breaths and has inhaled large amounts of water into their lungs. These children are typically gasping for air, coughing, may look discolored or vomit. Children who have experienced near drowning rarely can experience delayed effects of inflammation to their lungs that can cause difficulty breathing up to hours after the event. Children who have experienced a near drowning event should be evaluated by their doctor.

# Summer's "100 Deadliest Days"

The excitement of school coming to an end brings about a whole new slew of dangers posed to your teens in the summer. With the extra time they have, teens may have the opportunity to get into trouble.

One of the biggest safety risks to teens in the summer is driving. AAA considers the period of time between Memorial Day and Labor Day to be the "100 Deadliest Days". This is due to the fact that the number of deaths from motor vehicle accidents involving teenage drivers is 17% higher each day in this time period than any other day in the year. The AAA Foundation for Traffic Safety did a research study which showed that around 3,500 people have been killed in crashes involving teen drivers over the last five years. Nearly two-thirds of these deaths were people other than the teen driver. The three-biggest causes of these deaths were speeding, impaired driving, and distracted driving. Speeding worsens the severity of crashes significantly. It contributes to 28% of the fatalities caused by teen drivers. A study has shown that of the teen drivers who responded to the survey, half stated they have sped on a residential street in the last month and 40% stated they sped on the highway. Impaired driving is also a huge problem, especially during the summer. Though teenagers are not legally allowed to drink, 17% of fatalities have been caused by impaired driving. It has been shown that 1 out of 6 drivers who were involved in severe crashes had tested positive for alcohol. Lastly, a big factor in fatal crashes involving teenage drivers is distracted driving especially due to the rise in the use of cell phones. In a survey, 52% of teenage drivers that responded stated that they have read a text or email while driving and 40% say they have sent a text or email. Distracted driving causes 9% of fatal crashes involving teenagers, though the percentage may be higher as it is difficult to tell after a crash whether the driver was distracted.

Some of the best ways to try and prevent these fatal crashes from occurring are talking with your teenagers early about behaviors to avoid while driving that could cause them to have an accident. This could include texting, drinking, and speeding but can also include even just changing the radio station or talking to friends. Parents should also strive to avoid these behaviors themselves and set a good example for their children. Lastly, it can be helpful to sit down with your teenager and create a driving agreement that would have set rules that your children must follow to drive.

Other safety risks associated with summer and no school is the accessibility to alcoholic beverages and tobacco due to pool parties, barbecues, and vacations. A study showed that every day of June and July, more than 11,000 children tried alcohol for the first time. Though it may seem like not a big deal, that your child is "just trying it" or "a few sips won't hurt them", alcohol abuse is a common and severe issue and can ruin your child's future. Underage drinking can lead to problems in school, drug use, risky sexual behavior, injury or death and changes in brain development. Drug use and smoking is also a concern in the summer as well. On average, 4,500 adolescents try cigarettes or marijuana for the first time each day. The best way to try and prevent your child from drinking underage in the summer is to set rules and have an open discussion with your child about guidelines for summer behavior. In addition, it is important to have a line of open communication during these conversations. Parents should stay involved and monitor the activities that your child is participating in.

# Sun Protection

It's great for children to be playing out in the sun but the sun's UV rays can damage skin and eyes and cause skin cancer. According to research, one or more blistering sunburns significantly increases the risk of melanoma skin cancer.

Some other problems associated with too much sun exposure are:

- Dehydration and fever
- Damage to skin (changes to color or wrinkles)
- Cataracts of the eye
- Damage to the body's immune system

Some good ways to protect your skin from the sun are:

- Babies under 6 months of age should be kept out of direct sunlight.
- Wear cool, comfortable clothing that covers the body when possible. Try to select clothes made with a tight weave or with an Ultraviolet Protection Factor (UPF) label.
- Use broad spectrum sunscreen (SPF 15 or higher) generously over all exposed areas and reapply every 2 hours. Put sunscreen on 15 to 30 minutes before going outdoors. *If possible, avoid sunscreens with oxybenzone due to concerns about mild hormonal effects.*
  - Younger than 6 mos. -- Put on small areas of body, like face, if protective clothing and shade are not available.
  - Older than 6 mos. -- Apply to all areas of body but be careful around eyes. If baby rubs sunscreen into eyes, wash eyes and hands with a damp cloth.
- Try to stay in the shade between the hours of 10 AM and 4 PM when the sun is the strongest.
- Wear sunglasses with at least 99% UV protection and wear an all-around 3-inch brim hat.

**Keep in mind** that sun protection is not **only** necessary at the beach. Sun damage can happen during day-to-day activities outside, even on cloudy, cool, or overcast days.

## Sunburn:

- Symptoms: heat, redness, pain, itchiness, skin feels tight, chills
- Will begin to peel after about a week
  - Try not to scratch or peel the loose skin because there is an increased risk of infection
- Treatment:
  - Take a cool bath/apply cool compresses to sunburn
  - Take Ibuprofen or Acetaminophen to help with the pain, redness, and itching
  - Rehydrate your body by drinking lots of water
  - Stay out of sun until fully healed
  - Use medicated lotion if your physician says it is okay

Contact your health care provider right away if your baby is younger than 1 year and develops a sunburn. For older children, call if there is blistering, pain, or fever.

# PCMH Matters!

## The Pediatric Psychiatry Collaborative

Watchung Pediatrics is part of the Pediatric Psychiatry Collaborative. You will see us using standardized screening tools at certain well visits to help screen for mental health and substance abuse concerns.

The Pediatric Psychiatry Collaborative (PPC) is a program organized by Hackensack Meridian Health and Cooper University Hospital and funded by the [NJ Department of Children and Families](#). The program aims to improve the comfort and competence of primary care physicians and pediatricians to screen, identify and care manage children with mental health concerns. Currently serving providers in Monmouth, Ocean, Camden and Burlington Counties, Atlantic, Cape May, Cumberland, Gloucester, Mercer, Middlesex and Salem Counties, the PPC is expanding into Bergen, Hunterdon, Somerset, Sussex, Warren, Morris, Passaic, Hudson, and Union Counties. Pediatric providers in 20 New Jersey counties will now have quick access to mental/behavioral health consultative and referral services for the children and families in their care. The program is available for children up to age 18 and requires the child's primary care provider (PCP) to universally offer standardized mental/behavioral health screenings, including that of substance use at each child's well visit. PCPs refer patients to their regional Hub for access to child mental/behavioral health services, including substance use. Below you will find a list of the counties and their corresponding Hubs, as well as the leadership teams for each.

### Pediatric Psychiatry Collaborative Regional Hubs



- ★ Atlantic Health Hub @ Newton Medical Center
- ★ Atlantic Health Hub @ Goryeb Children's Hospital
- ★ Hackensack Meridian Hub @ Hackensack University Medical Center
- ★ Hackensack Meridian Hub @ Palisades Medical Center
- ★ Hackensack Meridian Hub @ Saint Peter's Family Health Center
- ★ Hackensack Meridian Hub @ Jersey Shore University Medical Center
- ★ Cooper Hub @ Cooper University Medical Center
- ★ Cooper Hub @ Pennsville
- ★ Essex County served by Rutgers University Behavioral Health Care.  
More information on the Essex Hub can be found here:  
[http://ubhc.rutgers.edu/services/children\\_family/EssexHUB.html](http://ubhc.rutgers.edu/services/children_family/EssexHUB.html)



\*\*Article & Photo taken from: <http://njaap.org/programs/mental-health/ppc/>

# THIS SEASON'S COMMON CONDITION:

## Bug Bites

- Bug bites are extremely common in the summer
- **Prevent** these bites by using bug spray containing DEET
- Avoid applying to small children's faces
- Some people have significant swelling to bites (as pictured)
- Before contacting your healthcare provider, you can try to **treat** bug bites with oral Benadryl or topical Hydrocortisone Cream



If the area continues to increase in size, becomes painful, or fever develops, bring your child in to the office.

## HOW TO AVOID: TICK BITES

- Wear shoes, long-sleeved shirts, and long pants when you go outside. Keep ticks away from your skin by tucking your pants into your socks.
- Check your clothes and body for ticks after being outdoors. Be sure to check your scalp, waist, armpits, groin, and backs of your knees.
  - Wear light colors so you can spot any ticks that get on your clothes.
- Wear bug spray or cream that contains DEET. On your clothes and gear, you can use bug repellents that have a chemical called "permethrin."
  - Do not use DEET on babies under 2 months
- Shower within 2 hours of being outdoors if you think you have been in an area where there are ticks.
- Put dry clothes briefly (for about 4 minutes) in a dryer after being outdoors.
- Take steps to keep deer and mice away since they can carry ticks.

If you **find a tick** on your child, use tweezers to grab it. Then pull it out slowly and gently. After that, wash the area with soap and water.



# Our Providers:

## Nurse Practitioners & Medical Doctors

Since the founding of Watchung Pediatrics, nurse practitioners have been providing primary care to our patients and families. At Watchung Pediatrics our pediatricians and nurse practitioners work collaboratively to provide the best healthcare for our children and families.

Nurse Practitioners are registered nurses who have advanced education and training in a specialty area, such as pediatrics. NP's have a master's degree and are board certified in their specialty. They provide a full range of pediatric care from birth to age 21. Nurse practitioners can diagnose and treat common acute illness and injuries, prescribe medication, and order and interpret labs and diagnostic testing. Pediatric trained nurse practitioners can also diagnose and treat mental health conditions in children and teens, such as depression, anxiety and ADHD.

Physicians and NPs are similar in that both diagnose, treat, and manage acute and chronic disease but do so from different perspectives. Our nurse practitioners were already skilled RNs before going on for advanced education and training in advanced practice. NPs make ideal primary care providers because of their holistic and wellness orientation that emphasizes health education, preventative care and risk reduction. Families appreciate that nurse practitioners spend time discussing concerns as well as education in growth, development, and prevention of health problems.

For over 50 years, pediatric nurse practitioners have been enhancing the healthcare of children and families. Watchung Pediatrics trusts that their NPs provide the highest level of care to our families.



# Kids Korner

## How to Make: Felt Flower Bookmarks

### Materials:

- Felt sheets in an assortment of colors
- An assortment of buttons (colors and shapes)
- Green craft sticks/Regular popsicle sticks
- Green paint if using regular popsicle sticks
- Felt glue
- Scissors

### Instructions:

1. Cut felt flowers (at least 2-3 per bookmark) using scissors. Can make a variety of flower shapes and sizes.
2. Layer the felt flower shapes.
3. Stick the layers together with a small amount of felt glue.
4. Add a button to the middle of each flower with glue.
5. Glue the flowers onto the top of a green craft stick. If unable to get these, can paint popsicle sticks green.



Taken from: <https://www.happinessishomemade.net/felt-flower-bookmarks/>

## Resources:

### Have you visited our state-of-the-art website?

In addition to information about our offices, medical staff, providers and services provided, our website includes such useful features as a user-friendly Pediatric symptom checker, a library of medical information with content from the American Academy of Pediatrics, a **"What's Going Around"** section that contains information about community news, separate sections with information geared for teens and children with educational games for kids, as well as **Dr. B's** blog and social media feeds. All this can be found at:

<http://watchungpediatrics.com/>



### Are you a member of our LISTSERV?

Want to receive timely emails from Watchung Pediatrics with the latest news and updates including Flu vaccine arrival, appointment availability or office closures? Then please visit our website to sign up for the Watchung Pediatrics' LISTSERV.

### Important Resources

**Infant Care and Expectant Parent Classes:**

[wpseminars@gmail.com](mailto:wpseminars@gmail.com)

**Referral Requests:** 908-755-5437 x Opt #4

**To enroll in the appointment reminder system:**

[wpconfirmations@gmail.com](mailto:wpconfirmations@gmail.com)

### Have You Seen Our App?

Our Watchung Pediatrics mobile app that enables our families to have access to our website and all of its wonderful features when at home or on the go!

Please follow these instructions on how to download the app to your smart phone:

1. Search for **Your Practice** in the app store and download the app (later you will choose Watchung Pediatrics)
2. Open the app and search for Watchung Pediatrics
3. Choose Watchung Pediatrics
4. Connect with Watchung Pediatrics anywhere, anytime



### Have you signed up for our portal?

Save a call or trip to the office by accessing your child's medical records through our secure portal at

<http://watchung.pcc.com/portal>. Our new patient portal is easy to use and lets you communicate with us at any time and from anywhere!

You can sign up for the portal by calling our office or by sending an email to [wpportal@watchungpediatrics.com](mailto:wpportal@watchungpediatrics.com) with your name, your child's name, and their date of birth. If your child is over the age of 18, their consent is needed for you to have access to their portal.