

Watchung Pediatrics Messenger

Fall Issue

2017

Our Providers: Nurse Practitioners and 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 educating 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.

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Spotlight: Valerie Louissaint



Valerie Louissaint, MD received her BS undergraduate degree in Psychological and Brain Sciences from Dartmouth College. After doing research in social psychology, she went on to receive her medical degree from Robert

Wood Johnson Medical School in Piscataway, NJ. She completed her pediatric internship and residency at RWJUH/Bristol-Myers Squibb Children Hospital in New Brunswick, NJ.

Dr. Louissaint enjoys theatre and the arts, traveling, with and spending time with family and friends.

Dr. Louissaint joined Watchung Pediatrics in August 2017. She is a member of the American Academy of Pediatrics.

Back to School

1. **Make sure to wash your hands frequently and thoroughly.** Colds and illnesses are common around this time of year.
2. **Keep hands away from your face and mouth.** Practice good hygiene especially before eating.
3. **Stay hydrated.** Always a good idea to drink plenty of fluids.
4. **Get outside.** Fall is a great time to play outside and enjoy the cool weather.
5. **Watch for ticks.** Ticks are still out and can sometimes be found hiding in fallen leaves. Be sure to check your kids and your pets.

Watchung Pediatrics -- Your Patient-Centered Medical Home

A Patient Centered Medical Home (PCMH) is designed to improve the experience of care, improve the health of populations, and to reduce overall costs.

It is based on the following 5 principles of primary care delivery:

1. **A Patient-Centered Orientation** towards each patient's unique needs, culture, and values.
2. **Comprehensive Care** to meet each patient's needs for prevention and wellness, acute care, chronic care, and mental health needs.
3. **Coordinated Care** connecting patients to appropriate resources and providers.
4. **Superb Access to Care** including care provided after-hours, by email and telephone.
5. **A Systems Based Approach to Quality and Safety** including responding to patient experience and committing to improving care.

Watchung Pediatrics does our best to meet each of these principles.

A Patient-Centered Orientation- We do our best to accommodate all patient's unique needs and will help match you with a provider in our office who can provide you with the care you deserve.

Comprehensive Care- We offer appointments for well visits and physicals, sick appointments, chronic care appointments and consults, as well as holding walk-in hours for acute sick patients. If you have any questions on which type of appointment is most appropriate to fit your needs, just ask! We are here to help.

Coordinated Care- By being your Medical Home, Watchung Pediatrics will help coordinate care by referring you to specialists we have a relationship with and trust.

Superb Access to Care- We offer walk-in hours so acute sick patients can be seen without an appointment. We are open Saturday mornings by appointment, have an excellent nurse triage, and our Doctors are on call every Sunday and holiday. Additionally, you can use the patient portal to contact your doctor at your convenience.

Systems Based Approach to Quality and Safety- We provide our patients with the opportunity to fill out surveys regarding their experience. These are meticulously read and analyzed for trends. We listen when you have ideas about how we can improve our practice!

Want to learn more?

If you would like to learn more about PCMH or what Watchung Pediatrics is doing to improve your quality of care, look for our new column, PCMH Matters!, in upcoming editions of the newsletter. Here, we will delve deeper into the services we provide as your child's medical home. Additionally, you may visit:

<http://www.ncqa.org/programs/recognition/practices/patient-centered-medical-home-pcmh>.



Internet Safety and Your Child

The internet can be a wonderful tool for your children, allowing them access to information for school reports, communication with teachers and other children, and learning resources through interactive games. For the most part, these are safe features for your children. However, it is important to keep in mind that the internet still poses risks.

Internet Tips:

For: Kids and Teens

- Do not give out personal information such as your full name, address, phone number, age, or school name. Use a screen name and protect your information.
- Never meet up with anyone you meet online.
- Do not share personal photographs.
- Do not allow people you do not know to “friend” you on any website. Keep your accounts private and allow only people you know to interact.
- Disable the automatic “location” features so that your current location remains private.
- Always tell a parent if something makes you uncomfortable online, if you are being bullied, or if you have questions on what to share.

For: Parents and Caregivers

A child’s best online protection is you!

There are parental controls you can enact to determine what websites your children can access.

Talk to your children about internet safety and help them navigate the online world. Ask them about what they like to do online and teach them about what is and what is not appropriate. One idea is to place the computer in a central location, where you can monitor the screen as needed or to keep a family computer for your children, rather than giving them personal ones, so that you can closer monitor activity for concerning behavior.



Seasonal Sickness: Head Lice

Head lice are tiny insects that live on human hairs. They are a common problem, especially for kids. Head lice is contagious and often frustrating to deal with, but not at all dangerous. Although head lice can be embarrassing at times, having head lice doesn't mean a person is dirty. They are tough to get rid of, but being informed on how to recognize them and knowing the steps to take to get rid of them can ease the process.

Signs of Head lice

The first sign of lice may be an itchy scalp. For some kids, there is a mild itch, and for others a rash may develop along with the itch.

Checking for head lice

When checking for head lice it is important to thoroughly look through the hair for live lice or nits. Lice and nits are very small, but can be seen with the naked eye. Since lice are live, they move around and are more difficult to pinpoint. Therefore, it's usually easier to look for nits. Nits are white-grey or yellow ovals about the size of a grain of sand, and stick to the hair close to the scalp. It is important to have good lighting or even a magnifying glass to help find the lice.

Treating head lice

Head lice can be treated by using insecticides such as medicated shampoo, creams, or lotions to kill the lice. These treatments may be over the counter or prescription and should be followed according to the directions listed on the bottle. If your child is under two months old these methods can't be used and the lice must be removed by hand. To remove lice and nits by hand, use a fine-tooth comb on your child's wet, conditioned hair. This process should be done every 3-4 days for 3 weeks after the last live louse was seen. This process can also be used on older kids.

Are lice contagious?

Lice are highly contagious and easily spread via head to head contact. Kids that are most prone to catching lice are ones that share hair products and have close physical contact with other kids. To prevent head lice, it is important to minimize these factors.

Is it necessary to disinfect the house?

There is no need to do extensive cleaning since lice don't live for long off the scalp. However, it is important to clean items that touch the head such as hats, hair supplies, pillowcases, etc.



KIDS KORNER

Fall Scavenger Hunt

 Squirrel	 Tall Grass	 Twig
 Red Leaf	 Pinecone	 Bug
 Bird	 Deer	 Butterfly

See if you can find all of these outside!

Fun Fall Ideas

- Pumpkin Picking
- Apple Picking
- Nature Hike
- Bake together
- Corn Maze

Homemade Applesauce



Ingredients

- 5 Macintosh apples, quartered and cored
- $\frac{3}{4}$ cup of water
- $\frac{1}{4}$ cup of lemon juice
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{4}$ cup sugar

Directions

1. Place apples in a large pot with sugar, water and lemon juice. Bring to a boil and then reduce heat to medium low and simmer uncovered, stirring occasionally, until the apples are very soft and lose their shape (about 25 minutes).
2. Remove the apples from the heat and allow them to cool slightly.
3. Puree apples in a food processor. You may want to strain the apples through a sieve to remove the skin.
4. Stir in the cinnamon and nutmeg. Serve at room temperature or refrigerate and serve cold.