SPRING/SUMMER 2007

Riley Physician Update

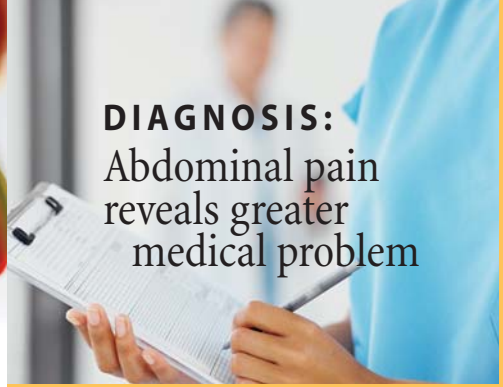
INFORMATION *for* OUR COMMUNITY PHYSICIAN OFFICES

RILEY RECEIVES LEVEL I PEDIATRIC TRAUMA VERIFICATION

The trauma center at Riley Hospital for Children has been verified as a Level I pediatric trauma center by the American College of Surgeons' Committee on Trauma—making Riley the only Level I pediatric trauma center in the state and one of only 14 children's hospitals in the nation with this verification.

Level I trauma verification, the highest possible distinction, ensures that a trauma center meets the essential criteria and institutional performance to enable it to provide care for the most complex forms of injury and illness from emergency care to rehabilitation, and all points in between.

- When referring a patient to Riley's Emergency Department, call **317-274-3936**. The ED physician may serve as the admitting physician.
- If LifeLine transport for a trauma patient is needed, Riley ED will initiate and/or facilitate the process.



DIAGNOSIS: Abdominal pain reveals greater medical problem

by Jean Molleston, MD, clinical professor of pediatrics, Indiana University School of Medicine; section chief of pediatric gastroenterology, Riley Hospital for Children
jpmolles@iupui.edu

Patient symptoms: A 16-year-old football player is seen for a routine office visit. He does note mild right upper quadrant pain without relationship to meals. He has no history of trauma to the abdomen, and denies vomiting, diarrhea or blood in the stool. The symptoms are not disabling. Dietary history reveals a typical teenage diet: He drinks two-three sodas each day in addition to Gatorade™ at practice and eats fast food several times a week.

Examination: The patient is a very husky teenager. His weight is 110kg; height is 180cm, and BMI is 34 (>97%); blood pressure, taken with a large cuff, is 145/90. He has a ring of dark and thick skin around his neck but no thyromegaly. Chest exam is normal. Abdominal exam, complicated by truncal obesity, shows mild hepatomegaly (liver is 4 cm below the costal margin) but no splenomegaly and no tenderness. The remainder of the examination is normal.

Screening laboratories were ordered in light of his obesity and mild, right-sided abdominal pain. The chemistry profile showed normal glucose but ALT 150 IU/L and AST 110 IU/L, with normal alkaline phosphatase and bilirubin. Thyroid studies were normal. Fasting lipid profile revealed cholesterol 210, with HDL cholesterol 30 and triglycerides 200 mg/dl.

The differential diagnosis of the boy's elevated liver enzymes (and right upper quadrant pain) includes fatty liver disease (nonalcoholic steatohepatitis, or NASH); viral hepatitis; metabolic liver disease (such as Wilson's disease or alpha-1-antitrypsin deficiency); drug effect; or autoimmune hepatitis. The most common cause of elevated liver enzymes in adults and children, however, is fatty liver.

Case conclusion and summary: Diagnostic evaluation for viral hepatitis, Wilson's disease, alpha-1 antitrypsin deficiency and autoimmune hepatitis was negative. An abdominal ultrasound was performed; while it revealed no gallstones, a "bright" liver consistent with fatty liver was reported. Diet (for slow, steady weight loss) and exercise were recommended, but at follow-up in several months, liver enzymes remained elevated. A liver biopsy was performed and revealed NASH, with significant fibrosis of the liver.

continued on page 2

What's new at Riley…

Riley Radiology offers extensive expertise

If you have a young patient in need of diagnostic imaging, Riley's radiologists are experts in diagnosing disease and injury in infants, children and adolescents. With the only radiologists in the state who specialize exclusively in pediatric radiology, Riley performs approximately 100,000 examinations annually, including CT, MR, US, fluoroscopy, NM and plain radiography. Riley radiologists have access to the most advanced radiology equipment specifically tailored to the needs of pediatric patients.

Dedicated CMR program

Riley is home to the state's first comprehensive congenital heart MRI program, combining radiology and cardiology expertise in one program. Tiffanie R. Johnson, MD, a pediatric cardiologist, and Mervyn D. Cohen, MB, CHB, MD, a pediatric radiologist, annually review about 200 cardiac MRI studies for children and young adults with congenital heart disease and other conditions.

Pediatric interventional radiology

Riley also has the state's first and only dedicated pediatric interventional radiology suite and pediatric interventional radiologist, Francis Marshalleck, MD. Common procedures include image-guided central venous assess, biopsies and abscess drainages, as well as more complex pediatric interventional procedures.

RILEY RADIOLOGY QUICK FACTS:

- **Inpatient/outpatient:** Both inpatient and outpatient services are available.
- **Clarian-wide services:** A Riley pediatric radiologist is on site every morning at Riley at Clarian North and Riley at Methodist to perform and interpret pediatric imaging exams.
- **Scheduling ease:** A centralized scheduling center makes scheduling easy—and decreases the time spent scheduling appointments. Call **317-278-9729**, Monday - Friday, 7 a.m. - 5 p.m.
- **The need for speed:** Images can be transmitted and reviewed anywhere within Clarian. Referring physicians are able to access radiology images via the Internet.

Riley to add hospitalists to staff

Riley will add three hospitalists to its staff beginning this summer to partner with you to care for your pediatric patients. Hospitalists are time-savers to busy primary care and specialty care physicians, particularly those whose offices aren't located near Riley or those with patients in more than one hospital. Consider our hospitalists an extension of your own practice, providing efficient, coordinated care to your hospitalized patients.

Riley joins other Clarian Health facilities to offer this specialty. Hospitalists are now members of the specialty care teams at Methodist Hospital, Clarian North Medical Center and Clarian West Medical Center. At Clarian West, the latest Clarian hospital to offer this fast-growing specialty, more and more physicians are admitting patients there because of this enhanced service.

While the majority of hospitalists in the U.S. are trained in pediatrics or internal medicine, some also complete subspecialty fellowships, such as pulmonary and critical care. The Clarian Inpatient Medicine Hospitalist Program is one of Indiana's largest programs.

DIAGNOSIS:

continued from page 1

Postscript: About half of obese children have hepatic steatosis by ultrasound. About 15 percent of obese children have elevated liver enzymes and probably have NASH. The disease can progress to chronic liver disease, and significant fibrosis can be seen on liver biopsy in childhood. Most NASH is seen in the context of obesity; although diabetes and hyperlipidemia are also risk factors. At this time, slow weight loss via diet and exercise are the recommended therapy for NASH associated with obesity; although pediatric gastroenterologists at Riley and a few other U.S. centers are researching medical treatment options.

Q&A: Clinical neuropsychology

Riley Physician Update interviewed Stephen Pongonis, a pediatric clinical neuropsychologist at Riley and one of the few fellowship-trained neuropsychologists in the state who specializes in treating children and adolescents.

What is the training for someone in your field? "Most pediatric neuropsychologists complete a doctorate in clinical psychology or school psychology, a one-year clinical internship, and a two-year fellowship in child neuropsychology."

What is your area of expertise? "I examine brain-behavior relationships in children who have cognitive, behavioral and emotional problems secondary to a medical condition, such as head trauma, epilepsy, cancer, premature birth or conditions causing severe oxygen deprivation to the brain."

How do you help patients? "The greatest value I offer is diagnostic clarification of a child's cognitive strengths and weaknesses. The children I evaluate often have complex cognitive and learning problems because of associated behavioral and emotional problems. My goal is to understand the underlying cause of a child's learning, behavioral or emotional problems to make recommendations for educational planning or other appropriate intervention."

Tell us about someone you've helped: "I recently examined a 14-year-old boy who was struggling academically despite being a very hard worker, having supportive parents and teachers, and receiving academic tutoring. He had been born very prematurely, though, and it is not uncommon for premature babies to have subtle cognitive difficulties. Through testing, we determined he had significant memory impairments. A subsequent MRI of the brain confirmed that he had suffered neurological damage to areas of the brain necessary for memory storage and learning. With that understanding, we were able to create an Individualized Education Plan that provided academic accommodations and modifications to enable him to be successful academically."

News Bytes

Developmental pediatrics now offers telemedicine clinic
Riley's telemedicine program is growing with the addition of a developmental pediatrics clinic, staffed twice a month by Marilyn Bull, MD, Morris Green Professor of Pediatrics. Bull connects with patients who visit Riley's remote telemedicine site at Memorial Hospital of South Bend. Your patients are now seen in a shorter time frame and often saved a trip to Indianapolis.

Riley's telemedicine program also has remote clinic sites in Evansville, Bedford and Terre Haute, and is staffed by Riley specialists in urology, dermatology, adolescent psychiatry, endocrinology and diabetes education. **317-962-6680** or **www.clariantelemedicine.org**

Riley enhancing scheduling processes
Several Riley areas have made adjustments to their call center and scheduling functions to better serve you and your patients. In fact, many of you told Riley leadership during visits to your practice that you've noticed improvements in scheduling and wait times. Ophthalmology and gastroenterology, in particular, received high marks for improving their service and helping you better serve your patient populations.

Register for upcoming pediatric CMEs
Find out about upcoming pediatric-related CMEs and register online at **cme.medicine.iu.edu/**

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INDIANAPOLIS
702 Barnhill Drive
Indianapolis, Indiana 46202
317-274-5000
rileyhospital.org

1701 North Senate Avenue
Indianapolis, Indiana 46206
317-962-2000

CARMEL
11700 North Meridian Street
Carmel, Indiana 46032
317-688-2000
clariannorth.com

Riley Hospital *for* Children
A **Clarian Health** Partner

Mark your calendar for the Indianapolis Air Show on August 25-26, featuring the United States Navy Blue Angels! The show benefits Riley Hospital for Children through grants from a fund of the Central Indiana Community Foundation. Visit http://www.indianapolisairshow.com/ for more information.

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