



Welcome Laurie Ackerman, MD

Riley Hospital for Children — in partnership with Clarian Human Motion and Clarian Neuroscience — is pleased to welcome Laurie Ackerman, MD, a pediatric neurosurgeon. To schedule an appointment with Dr. Ackerman, please call 317-274-8852.

Riley Physician Update

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SCHOOL OF MEDICINE
INDIANA UNIVERSITY



Riley Hospital *for* Children

A Clarian Health Partner

Riley Hospital for Children
Downtown • 116th & Meridian

EARLY WINTER 2008

Riley Physician Update

INFORMATION FOR OUR COMMUNITY PHYSICIAN OFFICES

RILEY RECOGNIZED BY PEERS

Riley Hospital for Children and Indiana University School of Medicine's Department of Pediatrics ranks sixth among the nation's medical schools for research grant funding from the National Institutes of Health (NIH). With \$17 million granted by NIH in 2006, Riley has now met its strategic plan goal of being among the country's top 10 children's hospitals in research.

This fall, Riley also received two other major recognitions: an \$11.4 million NIH grant for its Pediatric Cardiac Developmental Biology Research Program in the Herman B Wells Center for Pediatric Research, and a ranking of No. 4 nationally in patient accrual and clinical trials in pediatric cancer for the IUSM/Riley Pediatric Cancer Clinical Research Program.

"We are proud and grateful to all who work hard to make this possible, expanding our understanding of the basic causes of children's diseases, and improving our diagnostic and treatment options," said Richard Schreiner, MD, chairman of the Department of Pediatrics at IUSM and physician-in-chief of Riley Hospital.



DIAGNOSIS: Do these children have arthritis?

When LP was in kindergarten, she didn't seem to be quite as active as other children in her class. As she moved into elementary school, she willingly participated in PE, but she was unable to run as fast as her classmates, or do things like climb a rope or swing from monkey bars. Teachers complained about her poor handwriting as well. Her parents decided to bring up this issue to the pediatrician at LP's well-child visit.

DC was a 15-year-old who had been obese all his life. He shuffled when he walked, and all he would wear was flip flops or crocs. He never had been good at sports but occasionally would shoot hoops in the backyard with friends. Many teachers complained about his handwriting. His parents' main complaint during his well-child visit was that it was impossible to get him out of bed in the morning. He complained about stiffness that he couldn't possibly have at his age ... or could he?

Arthritis in children can present in many ways, but the main characteristics are joint swelling, loss of motion and joint stiffness, especially in the morning. Physicians who care for this patient population know the majority of children with arthritis do not complain of joint pain. In adults with rheumatoid arthritis, pain is one of the major presenting symptoms. But pain is so rarely the presenting complaint in children that its presence mandates a thorough workup for causes other than arthritis ⁽¹⁾.

Juvenile Idiopathic Arthritis (the new term for Juvenile Rheumatoid Arthritis) affects 60,000 to 100,000 children in the U.S. The most common age of onset is very young – 2 years old – with girls outnumbering boys about four to one. Some children have one to four joints involved and are designated "oligoarticular." Those with less than five affected joints are called "polyarticular." All patients with JIA experience morning stiffness and "gelling," stiffness after a period of immobility. They tend to loosen up as the day goes on and as they move around. Some of these children have markedly swollen joints and others have primarily stiffness and decreased range of motion. These features easily may be missed if a specific joint exam is not done.

Swelling is particularly hard to see in toddlers with their chubby hands and limbs, and in

What's new at Riley...



Asthma program promotes smooth sailing

For children who have asthma and are also overweight, life isn't a breeze. Thankfully, Riley Hospital for Children can help through an innovative, interactive program.

Stay Active in Life (SAIL) provides individualized evaluation and care plans from a multidisciplinary team. Children and young teens are eligible if they:

- have asthma and can't fully participate in activities of their choice

- are challenged in physical education classes because of endurance and fitness issues or an underlying respiratory problem

- are overweight, experiencing exercise issues, and need assistance with nutritional needs, fitness planning and self-esteem.



The Internet-based program encourages children to take the helm when it comes to asthma care, fitness and nutrition. Throughout each of the four modules, children engage in activities such as developing a personalized food-pyramid plan, learning how to stay motivated when exercising and discovering positive things about themselves. Children document their progress in a binder, discussing results at pulmonary and SAIL clinic visits.

SAIL is available to patients at Riley Hospital in Indianapolis and also at Riley North in Carmel. For more information and several online educational games on asthma, nutrition and physical activity, visit www.rileyhospital.org/RACC, and search for "SAIL" or call 317-274-7208.

Physician referral not needed for Riley's ERs

Ensuring all children get the care they deserve is paramount in emergency medicine. With two locations in Central Indiana, families have options when seconds count.



No physician referral is necessary for treatment at Riley Hospital for Children's Pediatric Emergency Medicine and Trauma Center. Additionally, parents from across the state can ask for a second opinion or request transfer from a lower-acuity facility to Riley; in both cases, children can be transported via ambulances such as LifeLine Critical Care Transport.

Along with emergency services at Riley Hospital for Children, families in the northern suburbs can be seen in the Riley Hospital North Emergency Department, staffed 24/7 by physicians trained in emergency medicine.

To learn more about the variety of emergency services available at Riley Hospital for Children or Riley Hospital North, please call 317-274-3936 (Indianapolis) or 317-688-3100 (north).

CME events

Riley on the Road
December 20, 2007 • South Bend, Indiana
Featuring John Christenson, MD

Look for more details in January regarding a March 18 CME in Muncie. Part of the Ball Memorial Hospital Pediatric Conference series, this session will feature Dr. John Rau, discussing Autism Spectrum Disorders.

Rheumatology boosts satisfaction along with patients

Suzanne Bowyer, MD, and her colleagues at Riley Hospital for Children are practically in a class all their own. They are three of only 238 board certified pediatric rheumatologists in the country, and their section ranks 10th nationwide for the number of rheumatologists on staff.

Given these statistics, you'd think their waiting list would be phenomenal. Thanks to careful planning, however, the doctors are now seeing new patients in less than two weeks, almost without exception.

Last year at this time, Bowyer and her colleagues were overwhelmed with patients. Wait times were six weeks for new patients, and parents were frustrated. Still, physicians often had down-time during clinic days.

To remedy the problem, the group first hired a third full-time rheumatologist. Then, they began reviewing clinic lists in advance to fill slots emptied by patients who'd been seen earlier or hospitalized.

Today, despite a 10 percent increase in patient volume from last year, every physician has one emergency slot each clinic day. Not surprisingly, patient satisfaction has been high since these changes. In surveys from first quarter 2007, nearly 89 percent of the parent-respondents said they would recommend the practice to others.



News Bytes

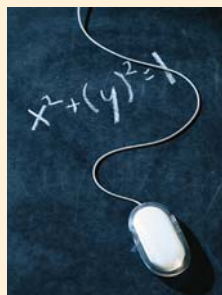
Christian Sarkine Autism Treatment Center at Riley

The Christian Sarkine Autism Treatment Center is one of two academic and research programs on autism in the state of Indiana. With 600 active patients, it's one of the busiest autism treatment centers in the country. The state-of-the-art research and care facility features:

- up-to-the-minute diagnosis and management, including individual treatment plans
- workshops and training opportunities for caregivers, focused on developing each child's communication, academic and social skills
- Next Steps, which educates primary caregivers about diagnosis and treatment decisions
- HANDS in Autism, providing educational and community consultation and training of educational, clinical and other professionals.

Visit www.handsinautism.org for more information. To refer a patient, phone 317-274-8162.

IU professors share expertise statewide



Searching for an expert speaker for Grand Rounds or a local medical conference? Through the Visiting Professor Program of the Division of Continuing Medical Education at Indiana University School of Medicine, medical professionals share their knowledge and exchange viewpoints.

About 850 faculty cover 500 diverse topics such as cancer, GI or hepatic disease, transplant, neuroscience and laparoscopic surgery. Thanks to grants from IUMG and Clarian Health, the program now offers supplemental funds for honoraria.

For more information or a free directory of visiting professors and topics, call 317-274-4220 or 1-888-615-8013. Or visit <http://cme.medicine.iu.edu/services/vpp/> for an online request form.

Center offers more scheduling options for sleep-deprived kids



Sleepless kids and their parents now have more options with Riley Hospital for Children's Sleep Disorders Center. At Riley Hospital's main campus in Indianapolis, studies can now be scheduled on Saturdays. At Clarian North, the laboratory boasts an additional two beds.

Directed by Deborah Givan, MD, clinical professor of pediatrics, with assistance from Jennifer Wiebke, MD, associate professor of clinical pediatrics, the center evaluates infants and children with sleep-related breathing disorders, behavioral sleep disorders, circadian rhythm disorders, parasomnias and narcolepsy. For consultation or referral, please call 317-274-9650.

Dr. Sperring appointed associate CMO

Jeff Sperring, MD, has been appointed associate chief medical officer at Riley Hospital for Children's main campus. Dr. Sperring joined Clarian Health in August 2002 as director of the Pediatric Hospitalist Program and a member of the Methodist general pediatrics group. He will continue to manage the hospitalist program while devoting 50 percent of his time to assisting Richard Schreiner, MD, in his CMO duties.



DIAGNOSIS:

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children of all ages who are overweight. The 15-year-old boy described above had no ankle plantar flexion or dorsiflexion, and was unable to close his fingers at all. His hand range of motion was sufficient to dribble a basketball, but further flexion was not possible. It is very important to check range of motion of the joints if there is any question about arthritis. Even in toddlers or obese adolescents, range of motion should be normal. Children should always have full flexion and extension of joints. If they do not, there is a cause that should be identified and treated.

1. McGhee JL, Burks FN, Sheckels JL, Jarvis JN. Identifying children with chronic arthritis based on chief complaints: absence of predictive value for musculoskeletal pain as an indicator of rheumatic disease in children. *Pediatrics*. 110:354-9, 2002.

If you have a patient in your practice you believe may have arthritis or a related disorder, you can make a referral to rheumatology by calling 317-274-2172. If you would like to speak to a physician to discuss an urgent referral, please call IMACS at 1-800-622-4989, and ask for the rheumatology consult physician.

