

Camp John Warvel

Staffed by members of the Riley Pediatric Diabetes Program team, Camp John Warvel is an American Diabetes Association resident camp for children with type 1 diabetes. Children age 7 through 15 are invited to participate in the week-long camping sessions, offering unique learning opportunities in a traditional summer camp setting. The full time medical staff, including Riley physicians, nurses and dietitians/certified diabetes educators, provide 24-hour care and metabolic supervision for all campers. Camp John Warvel is located in North Webster, Ind.



Type 2 Clinic

A growing number of children and adolescents are being diagnosed with type 2 diabetes, once referred to as "adult-onset" diabetes. The Riley Pediatric Diabetes Program offers an outpatient clinic and educational sessions designed specifically to address the needs of these children

and their families. Treatment for type 2 diabetes typically involves weight management through a combination of regular exercise and dietary modifications with or without oral medications. However, insulin injections may be needed to achieve better control of their blood sugars. The Riley Pediatric Diabetes Program team works with each individual family to design the most appropriate care plan.



Research and Innovation

Through our affiliation with Indiana University School of Medicine, the Riley Pediatric Diabetes Program team is at the forefront of diabetes research. Working to understand the causes, effects and treatment of diabetes, our researchers bring innovative thinking and techniques to patient care.

Our clinical research coordinators work closely with families to alert them to the latest diabetes studies being conducted at Riley and explain what innovative treatment options might be available to them.

As part of one such research study, the Riley Pediatric Diabetes Program is among the first in the country to introduce insulin pump therapy for very young children. By providing this option to our most program-compliant families, we are learning more every day about the advantages of this insulin delivery system that does not require daily injections.

Riley Hospital for Children is one of just 14 clinical centers in the nation participating in the largest National Institutes of Health-supported study working to investigate therapies for the prevention and improvement of type 1 diabetes. Riley is also one of just 20 medical centers taking part in a national study evaluating the best medical treatment options for children diagnosed with type 2 diabetes. Future plans include screening at-risk individuals to identify and treat this condition at a very early stage.



Contacting the Program

Communication is a key component in the Riley Pediatric Diabetes Program. We are available at all times to our families and our referring physicians to provide information, updates and support.

Families who need more information or assistance may contact us by phone at **317-274-3889**, or by fax at **317-274-3882**.

Physicians who would like to refer a patient to our program may do so by calling us directly, or by utilizing the Indiana Medical Access and Communication System (IMACS). In Indianapolis, call **317-916-3500**. Outside Indianapolis, call toll-free **1-800-622-4989**.



Riley Hospital *for* Children

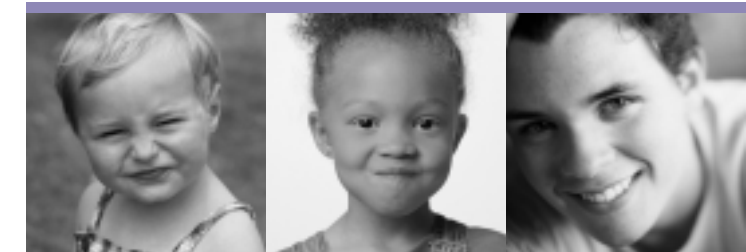
PHONE: 317-274-3889

FAX: 317-274-3882

www.rileyhospital.org



The Riley Pediatric Diabetes Program



A GUIDE *for* YOU AND YOUR CHILD

Riley Hospital *for* Children

The Riley Pediatric Diabetes Program

When a child is diagnosed with diabetes, the news can be overwhelming to the child and the family. They often imagine a totally changed and restricted lifestyle. The Riley Pediatric Diabetes Program team works closely with children and their families to evaluate, educate and encourage them as they face the many new challenges of diabetes.

We care for more than 1,100 children with diabetes on an ongoing basis, with approximately 200 new children joining the program each year. Our multi-disciplinary team of pediatric specialists works closely with each child and his or her family to provide individualized, manageable care plans. This family-focused team approach is designed to empower families to manage the disease, promote healthy growth and development and minimize the long-term effects of diabetes.

The Riley Pediatric Diabetes Program team treats children diagnosed with both type 1 and type 2 diabetes. Utilizing both inpatient and outpatient treatment, children in the Riley Pediatric Diabetes Program receive the highest level of care and benefit from the latest innovations in diabetes treatment.

Team Approach

The Riley Pediatric Diabetes Program team works with children of all ages, from birth to age 18, with support tailored to the needs of children in all phases of their physical and emotional development.

At the heart of the Riley Pediatric Diabetes Program team is the patient and the family. Their daily efforts to manage the child's diabetes are led by our team of pediatric experts which includes:

- Pediatric endocrinologists
- Pediatric nurse practitioners/certified diabetes educators
- Clinical social workers
- Registered dietitians
- Pediatric nursing technicians

The Riley Pediatric Diabetes Program team works in conjunction with Riley Hospital for Children's Adolescent Medicine and Child Psychology programs to address the special needs of older children, teens and young adults diagnosed with diabetes.

Inpatient Care

Children who are referred to the Riley Pediatric Diabetes Program with a new diabetes diagnosis begin their care with a three-day inpatient stay at Riley Hospital for Children. Families typically spend some of this hospitalization in the Parent Care Unit, where family members take an active role in learning and performing the daily evaluation and treatment routines they'll need to perform at home.

Goals for this three-day hospital stay include:

- A complete medical assessment by our multi-disciplinary team of pediatric diabetes experts
- Intensive, family-focused education to understand diabetes, how to perform daily evaluation of blood sugar levels and administer insulin, recognize the signs of high and low blood sugar and develop good diet and exercise habits
- Development of a follow up care plan with regularly scheduled outpatient follow up visits

TOP ROW (L TO R): Brian Hickman; John Fuqua, MD; Henry Rodriguez, MD; Michael McCarthy, RN, CDE; David Segal, MD; Andrew Cagle, MD; James Wallace; Ravi Shankar, MD

SECOND ROW (L TO R): Maureen Shea, CSW; Juan Sanchez, MD; Ora Pescovitz, MD; Jennifer Cleveland, RD, CDE; Karen Poenich, RD, CDE; Inessa Gelfand, MD; Beth Thielking, RN, CDE; Nerissa Kreher, MD; Linda DiMeglio, MD; Nancy Johnson, MD; Jill Meier, RN, CDE

SEATED (L TO R): Lisa Ernst, CSW; Erica Eugster, MD; Betsy Thompson, RN, CDE; Linda Amstutz, RN; Nadine Haddad, MD; Tina Pottorff, RN, CDE

NOT PICTURED:
Tamara Hannon, MD;
Emily Walvoord, MD;
Lisa France, RN;
Sheryl Boyd, RN



Outpatient Care

After the child leaves the hospital, our pediatric nurse practitioners remain in close contact by telephone to ensure the family understands their daily routine and is following their care plan. In addition, 24-hour access to a physician skilled in the care of children with diabetes is always available in the event of an emergency.

The family returns in six weeks for an outpatient follow up visit to reassess the management of the child's blood sugar, adjust his or her meal plan and/or insulin as necessary and determine if there are any other issues for the family, such as dealing with school, peers or other potential obstacles.

This six-week visit serves as the family's introduction to our Outpatient Diabetes Clinic, accessible at the Riley Outpatient Center on the Riley Hospital for Children campus, and at satellite locations at the Riley Children's Specialists office on the north side of Indianapolis, St. Francis Hospital on the south side of Indianapolis and in South Bend, Ind.

Children see their physicians in an outpatient clinic every three to four months for continued evaluation of their metabolic control. Nurse practitioners, dietitians/certified diabetes educators and social workers are also available at these visits to address the family's specific needs. Our pediatric clinical nurse practitioners/certified diabetes educators and physicians are available between visits as needed to answer any questions, help adjust insulin or discuss lab results.

Pre-ADAPT

For children who have been previously diagnosed with diabetes at another health care facility, but who are in need of further diabetes education or assistance with poor metabolic control, the Riley Pediatric Diabetes Program offers a specialized outpatient service. Called Pre-ADAPT, this outpatient clinic is designed to offer comprehensive medical, nutritional, educational and psychosocial evaluation to children and their families.

Children and their families meet with the pediatric diabetes team and a thorough evaluation is completed. Following this evaluation, the child will receive any necessary services offered through the Riley Pediatric Diabetes Program. Pre-ADAPT serves as an entry point for ongoing care in the Riley Pediatric Diabetes Program.

ADAPT

Continuing education is a vital link in successful management of pediatric diabetes. "ADAPT," or Ambulatory Diabetes Adjustment Program for Treatment is an American Diabetes Association-accredited outpatient advanced diabetes education program for children with diabetes and their families.

The goal of ADAPT is to build upon initial education and experience in order to help patients and their families to better understand diabetes, how it affects their lives today and how it will affect their future. ADAPT classes and seminars provide families with individual attention and counseling from our team of pediatric diabetes experts, and group learning opportunities, which allow them to share their experiences with other families.

