

Central California Pediatrics

Specialty information for physicians who treat children and expectant mothers.

January 2012

Children's Hospital
Central California



Amazing People. Incredible Care.

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Frequent ENT Complaints in the Primary Care Office

Otitis media and tonsillitis are two of the most common complaints seen in the primary care office. All primary care physicians know how to care for these problems. But when these diagnoses turn chronic or complications occur, often a referral to an ENT physician is needed.

Acute otitis media (AOM) occurring more frequently

AOM is increasing in frequency. Children at higher risk for AOM are male, have a sibling history, have an early occurrence of infection, are not being breastfed, are in group day care and have exposure to second-hand smoke in the household. AOM can usually be treated with antibiotics and close follow-up.

Current clinical guidelines state that ENT referral should be made if:

- an effusion is present for more than three months
- an effusion causes greater than 20db hearing loss
- frequent episodes of AOM occur
- the patient's speech is delayed

Any of these may indicate that tubes need to be placed in the child's eardrums. Benefits of ear tubes include ridding the middle ear of fluid, improving hearing, decreasing the risk of future complications, and requiring fewer office visits for ear problems.

The biggest complication of AOM is mastoiditis. Children present with fever, pain, a protruding ear and erythema behind the ear that is usually very tender. Mastoiditis is an emergency and the patient should be referred immediately to the emergency department for workup and admission.



Tonsillectomy surgery guidelines changed

Guidelines for tonsillectomy changed earlier this year. The new guidelines say that kids should have at least seven episodes of throat infection (such as tonsillitis or strep throat) in a year, or at least five episodes each year for two years, or three episodes annually for three years, before they become candidates for surgery. The guidelines also suggest that a doctor document those infections, as opposed to parents just reporting them.

The second indication for tonsillectomy is sleep apnea. Sleep apnea symptoms include snoring at night with periods of apnea, tiredness during the day and poor performance at school. An outpatient sleep study will help document the need for a referral to ENT. A primary care physician can order a sleep study prior to the ENT appointment.

View or download our new pediatric referral guidelines online to help answer your questions about referring a patient to Children's: ChildrensCentralCal.org/refer

Medical Staff News

The following pediatric specialists recently joined Children's Hospital Central California:

Anesthesiology

Stephanie Chia, MD
Jorge Galvez, MD
Kamran Husain, MD

Emergency Medicine

Joshua Colvin, MD
Janice Kezirian, MD

Gastroenterology

Anna Hunter, MD*

Hospitalist

Jennifer McDermott, MD*

Neonatology

Patrick Nwajei, MD
Anupama Patel, MD

Neurosurgery

Patricia Quebada-Clerkin, MD*

Pediatrician (Charlie Mitchell Children's Center)

Autumn Clos, MD*

Pediatric Surgery

Adam Gorra, MD*
Stephanie Jones, DO*

Urology

Andrew Marks, MD*
Gaayana Raju, MD*

Medical Imaging and Radiology

Edward Nagel, MD

*Member of Specialty Medical Group.

Other Medical Staff Changes:

In fall 2011, Dr. Richard Insko transitioned from serving as a pediatric hospitalist at Children's to working in our emergency department. Formerly a hospitalist at Children's, Dr. Jolie Limon is now an associate clinical professor at University of California, San Francisco-Fresno.

Children's Advocacy



Tim Curley
Director of Community
and Government Relations
Children's Hospital
Central California

Below is an update on key items of interest to physicians as of Dec. 20, 2011.

State Budget – On Dec. 13, 2011, Governor Brown announced \$980 million in current-year reductions as a result of insufficient state revenue. The brunt of the cuts impacts non-health programs such as home-to-school transportation, higher education and child care, with the following two exceptions: an \$8.6 million reduction for Medi-Cal managed care plans, and a \$100 million reduction to the Department of Developmental Services (DDS).

The managed care reductions apply only to services to individuals ages 21 years and older, and are fairly limited in scope. The impact of the reductions to DDS are not clear yet, however it is likely that Regional Center services for developmentally disabled children and adults will be cut even further.

Looking toward 2012-2013, the state is expected to face another large budget deficit (currently estimated at about \$13 billion) and we will need to work hard to protect against further cuts to children's healthcare.

National Drug Shortage – Children's Hospital recently contacted its Congressional members requesting they support House Resolution (H.R.) 2245, which would require drug manufacturers to report potential supply disruptions to the FDA. To contact your member of Congress regarding this bill, log onto www.childrenscentralcal.org/CAN.

Obesity Prevention and Treatment Resources – The California Medical Association Foundation recently released its Child and Adolescent Obesity Provider Toolkit for 2011-2012. The objective of the Toolkit is to equip healthcare providers with strategies and tools to assess, prevent and manage pediatric patients who are overweight and obese, including tips for provider communication, advocacy, prevention and treatment, and billing/coding. The Toolkit can be downloaded at: <http://www.thecmafoundation.org/projects/ObesityGeneralPDFs/Child%20Obesity%20Toolkit%202011-2012.pdf>.

For the latest information on these and other issues, visit Children's Hospital's **Children's Advocacy Network** at www.childrenscentralcal.org/CAN, or contact:

Tim Curley at 559-353-8610 or TCurley@childrenscentralcal.org

Referring a Patient - The Children's Access Center

For urgent referrals, or to transfer a patient, call the Children's Access Center toll free at **866.353.KIDS (5437)**.

Or go online to childrenscentralcal.org for a complete list of physician office numbers and information.

Direct link: www.childrenscentralcal.org/services/medicaloffice/refer

Outreach Centers:

Merced Subspecialty Pediatric Center 209.726.0199 / **Modesto Subspecialty Pediatric Center** 209.572.3880



Children's Physician Liaison David Chuhlantseff is available to answer questions or assist you at (559) 353-7229 or emailed at physicianrelations@childrenscentralcal.org.