

Immunology & Rheumatology

Caring for children with rheumatic and inflammatory diseases, our physicians are skilled in diagnosis, treatment, and long-term monitoring of therapeutic effectiveness and coordination of care.

With two full-time pediatric rheumatologists, our team treats 3,000 outpatient visitors and 350 inpatients each year. We also treat one of the largest populations with periodic fever syndromes in the country. We offer a multidisciplinary approach to patient care and collaborate closely with Nephrology, Orthopaedic Surgery, and Physical and Occupational Therapy.

The Immunology division is available for the diagnosis and treatment of congenital immune deficiency syndromes.

Rheumatic diseases are an important cause of disability in childhood. Proper diagnosis and early aggressive intervention can minimize both short and long term morbidity of these conditions. The goals of treatment of childhood rheumatologic diseases are to control disease activity, preserve normal physical, social and emotional growth and development, minimize chronic disability and deformity, and achieve remission of disease.

Children's Access Center

24/7 access for referring physicians
(866) 353-KIDS (5437)

Outpatient Referral

Referral forms online at: www.childrenscentralcal.org/services/medicaloffice/refer
FAX: (559) 353-8888

Immunology & Rheumatology Office Numbers

Main Number: (559) 353-6450
FAX: (559) 353-7214
Physician Line: (559) 353-6451

Physician Liaison: (559) 353-7229

Medical Staff:

Edsel Arce-Hernandez, MD
Dowain Wright, MD, PhD

Pediatric Immunology & Rheumatology Consultant Reference Guide

| Condition | Pre-referral Workup | When to Refer |
|---|---|--|
| Dermatomyositis / Muscle Weakness | <p>Skin rashes (eyelids, nuckles, knees, elbows), photosensitivity</p> <p>weakness (proximal muscles), swallowing difficulties, fatigue</p> <p>Nail folds erythema</p> <p>calcium nodules</p> <p>Suggested labs: CBC with diff, CK, LDH, Aldolase, AST, ALT, ESR, CRP</p> | <p>Abnormal labs</p> <p>Muscle weakness (severe weakness or abdominal pain can be a medical emergency).</p> <p>Swallowing problems</p> |
| Fever of Unknown Origin | <p>Fever pattern and duration</p> <p>Associated symptoms (e.g., rashes, weight loss)</p> <p>Diary or calendar of fevers episodes</p> <p>Ethnicity and family history</p> <p>Infections ruled out</p> <p>Clear sinuses and chest X-rays</p> <p>Labs: CBC with diff, ANA, ESR, CRP, AST, LDH, blood cultures</p> <p>Suggested workup: TB skin test, stool for occult blood</p> | <p>Persistent fevers over 2 weeks with no identifiable source</p> <p>Mouth sores</p> <p>Swollen joints</p> <p>Abnormal labs (e.g., high ESR)</p> |
| Possible SLE Evidence of multisystem disease- May present as arthritis, chronic ITP, hemolytic anemia, or renal disease | <p>Rashes (malar, discoid), photosensitivity, hair loss</p> <p>fatigue, fevers, Raynaud's, mouth ulcers, swollen joints, bruising, bleeding</p> <p>Edema, Family history of autoimmune disease</p> <p>Suggested labs: CBC with Diff, ESR, CRP, ANA, ENA, Anti-dsDNA,</p> <p>C3, C4, CH50, UA, Creatinine</p> | <p>Strongly positive ANA and other abnormal labs</p> <p>Low ANA with absence of clinical or other lab findings is unlikely to be SLE</p> |
| Raynaud's | <p>Triphasic color change (white, purple, red) in response to cold or stress.</p> <p>Primary more common in adolescent females</p> <p>Evidence of other organ involvement (secondary)</p> <p>Digital ulcers</p> <p>Nail fold vessel changes</p> <p>Labs: CBC, Diff, Plts, ANA, Antiphospholipid antibodies, UA</p> <p>*Laboratory workup should be as complete as possible in local labs,</p> <p>otherwise, send results of what is available</p> | <p>Severe symptoms or frequent episodes, digital ulcerations, signs of other autoimmune disease, abnormal labs.</p> |

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| Scleroderma Syndromes | <p>Skin changes (thickening, tightening)</p> <p>Multisystem disease in generalized form (e.g., dysphagia, dyspnea, renal involvement)</p> | <p>Suspected scleroderma of any type</p> <p>Skin tightening</p> |
| Swollen Joint, Painful Joints (Juvenile Arthritis) | <p>Call Rheumatologist if concern about systemic arthritis, unexplained fevers, prolonged fevers, morning stiffness, rash, decreased appetite, low energy and activity level, response to NSAIDS</p> <p>Family history of Ankylosing Spondylitis, Psoriasis or IBD</p> <p>Swollen joints, tenderness and decreased range of motion</p> <p>Suggested labs: CBC, diff, Plts, ANA, ESR, RF, CRP, UA, ASO</p> | <p>Swollen joints, stiffness in the morning for longer than 6 weeks</p> <p>Contractures</p> <p>Refusal to ambulate</p> <p>Missing school due to stiffness or pain</p> |
| Vasculitis Multisystem Involvement | <p>History of rashes (non-blanching purpura), ulcerations, abdominal pain, hemoptysis, chronic sinusitis, hematuria, arthritis, stroke, seizure.</p> <p>Hypertension. Nasal ulcers.</p> <p>Suggested labs: CBC, ESR, CRP, UA, Creat, ANCA</p> | <p>Complicated HSP or prolonged</p> <p>Suspected vasculitis: Wegener's, Takayasu's, Polyarteritis</p> <p>Abnormal abdominal, lung, CNS, or joint exam</p> <p>Call Rheumatologist to discuss any ill patients or possible referral.</p> |

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Insurance Plans*

Aetna EPO/HMO/PPO

AllCare IPA

Bakersfield Family Medical Center/ Heritage Physician Network

Blue Cross HMO/ Prudent Buyer PPO/ Healthy Families EPO

Blue Cross Medi-Cal/ Healthy Families HMO

Blue Shield HMO/ PPO/ Healthy Families

Capp Care (Beachstreet)

Catholic Healthcare West-Bakersfield

CCS – California Children’s Services

Central California Alliance for Health

Central Valley Medical Group CVMG

Choice Care

Cigna/ Greatwest

Delano Regional Medical Group

EHS IPA (Blue Cross Managed Medi-Cal Patients/Healthy Families)

Emmanuel Employee Benefit Plan

First Health/ CCN

Foundation HealthCare Administrators/ California Foundation for Medical Care

GemCare IPA/ Managed Care Systems

Health Net HMO/ PPO/ Healthy Families/ Healthy Kids

Health Net Medi-Cal / CalViva

Health Plan San Joaquin Medi-Cal/ Healthy Families

Hill Physician Medical Group

Interplan

Kaiser HMO/ Healthy Families/ Medi-Cal

Kern Health Systems Medi-Cal/ Healthy Families

Key /Mosaic Medical Group IPA

LaSalle IPA (Blue Cross Managed Medi-Cal)

Medicare

MediCal – California State

MedCore Medical Group

Multiplan/ PHCS

Sante IPA

Sutter Gould Medical Foundation

Sutter Hospital System (Modesto Memorial, Memorial Los Banos, Sutter Tracy)

TriWest (Formally TRICARE/CHAMPUS)

United HealthCare /PacifiCare

Universal Care

* Contracted Status subject to change. If you have questions or to verify coverage please call 559.353.8800/888.824.5439