

physician's update

March 2008

2 NEW FACULTY

3 FAST FACTS

3 PHIT KIDS AWARD

CENTER OFFERS TEAM APPROACH FOR EATING DISORDERS

When people hear the term psychiatric disorder, they often think of conditions like schizophrenia, but the most deadly psychiatric disorder is one that sometimes goes unnoticed: anorexia nervosa.

"All eating disorders are both psychiatric and medical conditions, but we can say that anorexia specifically is the number one fatal psychiatric disorder," says Michael Spaulding-Barclay, MD, MS, Director of the Eating Disorders Center at Children's Mercy Hospitals and Clinics. "Estimates are that between 5 and 20 percent of individuals diagnosed with anorexia die. Many of those individuals die from direct medical complications of the disease, and one fourth of them commit suicide."

Dr. Spaulding-Barclay arrived at Children's Mercy in late 2007 to help establish the Eating Disorders Center, which provides outpatient clinic services at Children's Mercy South several days a week.

The multidisciplinary clinic addresses the three components of treatment for any child or adolescent with an eating disorder: medical, behavioral/therapeutic, and nutrition/dietetic. In addition to Dr. Spaulding-Barclay, other clinical staff at the center includes a psychologist, a nurse practitioner, two dietitians, and a nurse.

"A full team of specialty providers with experience in treating patients with eating disorders is essential," says Dr. Spaulding-Barclay.

Dr. Spaulding-Barclay is board certified in pediatrics and has completed an adolescent medicine fellowship. He has given numerous presentations in the field of adolescent medicine and in 2006, while at Indiana University Medical Center, he received a grant award as the primary investigator of a study on exercise and anorexia.

While environmental and societal components are the most frequently mentioned causes, an eating disorder is not just a function of a culture and its perceived preoccupation with thinness. There is a genetic component as well. Some studies have shown clustering of eating disorders in families, so there is a predisposition that places some individuals at a higher risk of developing the disorder, just as with many other conditions.

Eating disorders in children and adolescents can result in many complications, most commonly electrolyte abnormalities, cardiovascular problems, gastrointestinal disturbances, and bone density problems.

A child or adolescent with an eating disorder may be preoccupied with body appearance or weight and may act anxious around mealtime or other social situations involving food. Also, a child or teen may lack energy, seem depressed, or have weight loss unrelated to any other illness.



The multidisciplinary Eating Disorders Center addresses the medical, behavioral/therapeutic, and nutrition/dietetic components of eating disorders.

NEWS BRIEFS

Kudos and Congrats

Scott Olitsky, MD, Ophthalmology Section Chief at Children's Mercy and Professor of Ophthalmology, UMKC School of Medicine, was an invited speaker at the 21st Annual Symposium of the King Khaled Eye Specialist Hospital and the 21st Annual Scientific Meeting of the Saudi Ophthalmological Society in Riyadh, Saudi Arabia.

Gerry Gerry, MD, Children's Mercy Neurology section and Assistant Professor of Pediatrics, UMKC School of Medicine, was recently awarded certification as a subspecialist in Headache Medicine by the United Council for Neurologic Subspecialties. Dr. Gerry is the only certified Headache Medicine subspecialist in the Kansas City area.

Hall Family Gift Supports Expansion

As a giant step forward toward its vision for the future, Children's Mercy Hospitals and Clinics has announced a \$43 million pledge from the Hall Family Foundation for the first phase of the Children's Mercy 15-year expansion plan.

The gift is the largest single gift Children's Mercy has received in its 110-year history and one of the largest ever to a children's hospital anywhere.

"We are extremely pleased to be able to provide this support to Children's Mercy and to partner with them to further enhance the quality of pediatric care provided to the children and families of our region," says Bill Hall, president of the Hall Family Foundation.

"We are so fortunate to have a children's hospital of this caliber so close to home. We are proud to be able to help Children's Mercy continue its mission of caring for all children."

Children's Mercy recently announced a plan to more than double its physical size on Hospital Hill and increase the number of its inpatient beds by 50 percent. Phase 1, underway now, includes an expanded emergency room, two more operating rooms, two new heart catheterization labs and a second MRI. An eight-story building atop a parking garage at the north edge of the hospital property at 23rd and Gillham Road will be one of the most striking parts of the expansion.

Upcoming Conferences

Fourth Annual Jerry Blouin Memorial Symposium on Congenital Heart Disease

April 12, 2008

7 a.m. to 3:30 p.m.

Overland Park Convention Center

Overland Park, KS

Third Annual Springfield Pediatric Specialty Care Update

April 19, 2008

7:30 a.m. to 1 p.m.

University Plaza Hotel

Springfield, MO

Second Annual Transport Conference – Kids n' Kopters

June 4-7, 2008

Kansas City, MO

For more information on these conferences, visit www.childrensmercy.org/physicians and select CME calendar.

NEW DOCTOR

Angela Myers, MD

Infectious Disease

Assistant Professor of Pediatrics

(816) 234-3061

MD Degree: University of Missouri-Kansas City, Kansas City, MO, 2001

Residency: Pediatrics, Children's Mercy Hospitals and Clinics, Kansas City, MO

Fellowship: Pediatric Infectious Diseases, Children's Mercy Hospitals and Clinics, Kansas City, MO

Certification: Pediatrics, 2004



PHIT KIDS WINS NATIONAL HONOR FOR UNIQUE APPROACH, SUCCESS

Kids lose weight. Their overall health improves. Parents learn how to prepare healthy foods. Lifestyle changes are made.

These are some of the benefits of PHIT Kids, a Children's Mercy weight management program. For its early successes, and for paying close attention to the diverse cultural and economic needs of patients, PHIT Kids (Promoting Health in Teens and Kids) is one of three programs honored by The National Initiative for Children's Healthcare Quality with its 2008 National Recognition Award for Health Care Programs Addressing Childhood Obesity.

"Our initial research shows that the PHIT Kids program is an effective treatment for obese youth and their families who are motivated to make family-based changes," says Sarah Hampl, MD, PHIT Kids Medical Director. "We are always striving to improve the program and we regularly adjust the program as we learn more about the children, their families and the world they live in."

The PHIT Kids program offers curriculum and activities on behavioral, physical activity, and nutrition topics that are sensitive to the unique cultural and economic challenges faced by many families. Health educators teach classes in English and Spanish. Educational materials were developed for an ethnically diverse group

with special attention paid to beliefs and attitudes regarding weight, body size, cooking styles, and physical activity. PHIT Kids partners with community programs (such as the Cleaver Family YMCA and Whole Foods) so families are exposed to physical activity opportunities and fresh fruits and vegetables.

Following the 24-week active phase of the program, youth and parents return monthly for up to two years. Follow-up visits include clinic visits and a cooking class sponsored by the Harvesters Community Food Network that focuses on healthy, low-cost foods. The families are also given groceries at the end of the class to assist in healthy meal preparation.

Thus far, children are showing significant decreases in their Body Mass Index, triglyceride levels, and sugared beverage consumption, while increasing their HDL (good cholesterol), daily physical activity, and meals eaten at home.

"We are most excited by the results that suggest that we are slowing the path of weight gain because we know the healthy lifestyle changes that children have made will benefit them for the rest of their lives," says Meredith Dreyer, PhD, pediatric psychologist with the PHIT Kids program.

For more information, contact Dr. Hampl or the PHIT Kids program at (816) 983-6471.



Fast Facts Calendar Years 2006 vs 2007

	2006	2007
Inpatient Care		
Admissions	14,046	15,299
Average Length of Stay	4.92	4.0
Average Daily Census	189.3	213.8
Occupancy Rate	60.4%	68.1%
Patient Days		
Medical/Surgical	42,131	46,574
Intensive Care Nursery	16,851	19,278
Pediatric Intensive Care Unit	5,740	6,649
Children's Mercy South Patient Care Unit	4,353	5,524
Total Patient Days	69,082	78,025
Outpatient Visits		
Children's Mercy Hospital Clinics	147,849	148,516
Children's Mercy South	47,740	52,489
Children's Mercy Northland	11,263	11,714
Primary Care Clinics	67,763	67,173
Outreach Clinics	3,151	3,089
Total Outpatient Visits	277,766	282,981
Emergency/Urgent Care Visits		
Children's Mercy Hospital Emergency Room/Urgent Care	65,050	67,614
Children's Mercy South Urgent Care Center	34,854	46,784
Children's Mercy Northland Urgent Care	15,814	18,534
Total Emergency/Urgent Care Visits	115,718	132,932
Surgical Procedures		
Inpatient	3,866	4,319
Children's Mercy Hospital Outpatient	7,647	7,507
Children's Mercy South Outpatient	4,198	3,906
Total Surgical Procedures	15,711	15,732

OLYMPIC CALIBER DOCTORS

In honor of **Doctors' Day 2008**,
the faculty and staff at Children's Mercy
Hospitals and Clinics
thank you for your endeavors to improve
the lives of children in our community.

We are proud to be your teammates in
pediatric health care.

You are the best of the best!

PRACTICE RESOURCES

Children's Mercy offers many physician resources in one convenient location on our Web site at www.childrensmercy.org/physicians.

This central location for physician information and resources includes how to refer, how to arrange a transport, Care Cards, maps and directions, helpful phone numbers and much more.

If you have trouble accessing any of this information or would like to see additional resources added to this page, please contact Michelle McMillan, Physician Services Director, (816) 234-1641.



Physician's Update is produced monthly by Community Relations and Physician Services. For more information, contact:

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VISIT THE CHILDREN'S MERCY WEB SITE: WWW.CHILDRENSMERCY.ORG

March 2008

Children's Mercy is an equal opportunity/affirmative action employer and a United Way Agency.

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