

Cook Children's Family News



parents **as** partners

Gastroenterology Family Advisory Council

January 2013

What are Child Life Specialists?

Child Life Specialists are available throughout the medical center; including the GI clinic, infusion center, and Special Procedures Area. Child Life Specialists hold bachelors and masters degrees, in child life, child development, and other related fields. Child Life Specialists have special training in the needs of hospitalized children and teenagers. They help children and families cope with the hospital experience by providing emotional and developmental support, giving honest information geared to a child's level of understanding, and providing fun activities. Child Life Specialists can:

- Prepare patients and siblings before, after, and during medical procedures and other stressful events; using a variety of teaching tools (i.e.: dolls, medical equipment, photographs, tours, etc.)
- Help facilitate effective coping techniques for procedures and hospital experiences
- Provide expressive and therapeutic play to promote mastery and understanding of hospital experiences

- Provide support and tools to help children and families function more effectively at home
- Provide support and education to patients and siblings to increase awareness and understanding of new diagnosis, unknown diagnosis, and illness
- Provide education to parents/caregivers on childhood growth and development and the effects of illness, injury and hospitalization
- Conduct developmental assessments, through observations or formal tests
- Visit a child's school to explain illness, injury, treatment, and recovery to classmates (i.e.: after surgery, extended illness, new diagnosis, changes in activity or physical appearance, teasing/bullying due to illness, etc.)
- The GI Child Life Specialist also runs the Crohn's and Colitis Support group.

Please ask your nurse if you believe your child could benefit from any of these services!

How a Social Worker can help you

A social worker understands problems that families may have when a child is ill and is trained to assist during these times of stress. The social worker is part of the care team that helps families find answers and make good choices.

What does a social worker do?

- Learns about a family's health concerns and what they may need
- Helps a family find different ways to deal with health problems
- Finds groups or community agencies for financial help and other support
- Helps people with problems to make their lives better

How do I contact the GI social worker?

Peggy Murphree LMSW, CCM
Phone: 682-885-1370

peggy.murphree@cookchildrens.org

Interesting GI Factoids

Did you know we eat about 500kg of food per year and 1.7 liters of saliva is produced each day?

How Can a Registered Dietitian (RD) Help Me?

Registered Dietitians (RDs) are specially trained to understand difficulties that can occur regarding food, nutrition needs, and certain medical conditions that may occur with children. RDs are also trained to assist families with nutrition support as needed. RDs work closely as part of the medical team along with doctors, nurses, and other staff helping families and patients find appropriate nutrition answers and support on a daily basis.

What Does an RD do in the GI Clinic?

- Help families understand feeding options available
- Provide families of children with multiple food allergies or food intolerances with practical nutrition information and resources to help them provide nutritionally appropriate diets

- Analyze or create feeding regimens for optimal nutritional status using oral or tube feedings
- Help children achieve a healthy weight for their individual condition
- Provide education regarding Celiac Disease and Gluten free diet

How Do I Contact an RD in the GI Clinic?

Kelly Fisher MS, RD, LD, afternoons at 682-885-6151 or email at kelly.fisher@cookchildrens.org

Ariane Elizalde MS, RD, LD at 682-885-2221 or email at ariane.elizalde@cookchildrens.org

Tamara D. LaFollette MBA, RD, LD at 682-885-4662 or email at tamara.lafollette@cookchildrens.org



Cook Children's
Pavilion Classrooms-rooms will vary
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Brenda Sonnier, CCLS
Child Life Specialist
Office: 682-885-4822
brenda.sonnier@cookchildrens.org

All IBD patients age 5 and up

G.U.I.S.
gaining understanding through support

Meeting every 3rd Tuesday at Cook Children's Medical Center
6:00 in the Parent Meeting Room just past the cafeteria, conveniently
located right next to the indoor playground!

You Are Not Alone

Many families of children with digestive disorders; whether they are short bowel syndrome, pseudo-obstruction, or many of the other not-so-common diagnoses, often feel isolated among their own friends and families. Well-meaning loved ones don't always know the right things to say nor do they really understand what you and your child are experiencing. Attend this month's support group meeting for a chance to be among others who "get it!"

Helpful hints from other parents of children with gastrointestinal disorders.

- ♥ Find a support group or mentor
- ♥ Know that you are not the only one going through this, there are many others.
- ♥ Educate yourself every chance you get. Ask lots of questions.
- ♥ Have patience.
- ♥ Trust your instinct.
- ♥ Tell the doctors how you feel about their choices, it helps them better explain why they make the decisions they do.

G.U.I.S.
kids are wise
beyond their
years!

For more information please feel free to contact our parent representative,
Dana Southern at danasonthern@live.com

GI Doctors / Team...

From left to right: Allison Holt, MSN, RN, CPNP; Jane Keng, M.D.; Nicholas Ogunmola, M.D.; Lyn Hunt, M.D.; Bankole Osuntokun, M.D.; Robin Henson, DNP, RN, CPNP-PC and Samson Cantu, M.D.

Not pictured: Lori Thompson, DNP, RN, CPNP-PC



Fun facts about our GI Doctors...

- **Dr. Osuntokun** once scoped a gorilla at the Cincinnati Zoo.
- **Dr. Ogunmola** started college at age 16 and built motorcycles as a hobby for extra money.
- **Dr. Hunt** has an awesome green thumb, next time you're in the office you might just spot one of her beautiful roses.
- **Dr. Cantu** is a movie buff, give him a quote and he will probably know what movie it's from.
- **Dr. Keng** is eco conscious and is always on the lookout for opportunities to recycle.
- **Robin** is an avid runner; she has run in several supportive runs and marathons including the Boston Marathon.

- **Allison** loves spending time outdoors, especially having fun boating and water skiing with her family.
- **Lori** enjoys spending time with her family & new miniature English bulldog puppy Peaches; they make her smile every day.

From the Kitchen of:

Kelly Fisher MS, RD, LD

Inpatient and Outpatient Clinic
Gastroenterology Dietitian



Hearty Baked Oatmeal

Ingredients:

2 c old-fashioned oats
1 ¾ c boiling water
2 c fat-free milk
1 ½ c chopped peeled tart apples
¾ c dried cranberries
¼ c maple syrup
1 tsp ground cinnamon
½ tsp salt

Directions:

1. Place oats in a large bowl; add boiling water. Let stand for 5 minutes. Stir in remaining ingredients.
2. Transfer to an 11 in. x 2 in. baking dish coated with cooking spray (dish will be full). Cover and bake at 350 for 40 minutes. Uncover; bake 10-15 minutes longer or until bubbly and set.

From the Kitchen of:

Tamara LaFollette MBA, RD, LD

Inpatient and Outpatient Clinic
Gastroenterology Dietitian



From the Dietitian: "This is my new favorite! I make a package of turkey bacon on Saturday and use it the entire week. You can also change the muffins for different flavor combinations. About 300 calories."

Muffin breakfast sandwich

Toast one English muffin
2 tablespoons of cream cheese
2 slices of turkey bacon

*** add 1 teaspoon on honey or jelly for variety***

From the Kitchen of:

Ariane Elizalde MS, RD, LD

Inpatient and Outpatient Clinic
Gastroenterology Dietitian



To drink I mix 3oz. natural orange juice, 1 cup papaya, some lime juice and flax seed powder in the blender.
Then I eat Kashi cereal (almond crunch) with ½- 1 cup of light vanilla soy milk.

From the Dietitian: "I eat this for breakfast because it is an easy way to get fiber."