

AtlanticView at Goryeb Children's Hospital | Fall 2020

kids



**MOMENTS THAT MATTER:
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Atlantic Health System
Goryeb Children's Hospital



Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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Greetings,

In this issue of *AtlanticView Kids*, you'll read several timely, exciting and informative stories from Goryeb Children's Hospital.

We present tips from Dr. Tyree Winters on how to create a sense of normalcy during extraordinary times and staying healthy throughout the school year, no matter if your child's learning is virtual, in person or a combination. Dr. Christopher Lynch, a psychologist and director of pediatric behavioral medicine, discusses how stress related to the pandemic can affect children, which signs of anxiety parents should watch out for, and offers practical advice for safer activities.

You'll meet twins Gray and Liam, born very premature, who spent quite a bit of time in Goryeb's Neonatal Intensive Care Unit (NICU). Liam went home after an 86-day stay, but Gray had a series of serious conditions. Luckily for Gray, Goryeb has New Jersey's only two heart specialists with extensive training, including an advanced imaging fellowship, in fetal cardiology to care for unborn children with heart disease and in cardiac MRI and CT.

Additional articles cover emergency care of testicular torsion, and how your generous donation helped fund the Valerie Fund Children's Center expansion and renovation.

We always want to hear from our readers, so please contact us at atlanticview@atlantichealth.org if you have a story idea or want to share a comment.



WALTER D. ROSENFELD, MD
Chair of Pediatrics,
Atlantic Health System Children's Health
and Goryeb Children's Hospital

Talk to us

Tell us what you want to read about in *AtlanticView Kids*. Email us at atlanticview@atlantichealth.org. Or write us:

Atlantic Health System
Attn: *AtlanticView Kids*
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Morristown, NJ 07962

AtlanticView Kids

Twice a year, Atlantic Health System publishes *AtlanticView Kids*, which includes informative articles on many different health-related topics and events. Issues are available online at atlantichealth.org/atlanticview or email atlanticview@atlantichealth.org to receive a hard copy.



WE WANT TO HEAR FROM YOU

Would you like to share your experience at Goryeb? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

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Moments That Matter: When Tiny Hearts Need Dramatic Care

Cover Photo: Al B. Paul

CEO's corner

With many different and sometimes conflicting stories about the novel coronavirus circulating in our neighborhoods and online, you may be wondering if it's safe to see your primary care physician, go to a lab for testing, or even take a loved one to the hospital for care.

In fact, right now, it's safer and more important than ever to get the care you need. Delaying your preventive appointments, annual checkups and treatment for chronic health conditions can put your health in jeopardy, at a time when you need a healthy immune system and guidance from your caregivers the most.

Many of the policies and protocols Atlantic Health System has in place to ensure the safest care also make it easier and more convenient for you to reach a doctor, nurse or health care professional. All of our facilities have implemented enhanced measures, including rigorous cleaning and disinfecting and social distancing guidelines encouraged by the Department of Health and Centers for Disease Control and Prevention.

As you will read in this issue of *AtlanticView*, the high-quality care and expertise delivered by our team is just a phone call, mouse click, email or text message away. Please do not delay the care you need. We are here for you and your family whenever you need us.



Brian A. Gragnolati
Brian A. Gragnolati
President & CEO,
Atlantic Health System



Expanded, Modernized Valerie Fund Children's Center Opens at Goryeb Children's Hospital

With a 28% increase in patient volume, The Valerie Fund Children's Center at Goryeb Children's Hospital was in dire need of more space. Thanks to generous donations in support of the Foundation for Morristown Medical Center's Growing Forward Campaign, the center was expanded, renovated and relocated to the third floor of Goryeb Children's Hospital in June of 2020.

The new center includes eight open and private infusion bays for chemotherapy and bloodwork, four new exam and consultation rooms, a large procedure room, private family lounge and playroom. Team members, including social workers, dietitians, child life specialists, school liaisons and neuropsychologists, find the new space enhances patient-centric care and provides a healing environment.

While The Valerie Fund Children's Center is open to patients, we still need your help funding the expansion project. See a virtual tour of the new space or give online: f4mmc.org/valerie-center. 



When Tiny Hearts Need DRAMATIC CARE

“When my labor started three and a half months before our twins were due, our doctor sent us immediately to Goryeb Children’s Hospital at Morristown Medical Center,” says Erin Sikora, of Little Ferry, NJ. She and husband Jason were soon to be the parents of baby boys – Gray and Liam – and discover the importance of having a team of newborn specialists right at their side.

The boys were very premature, born at 26 weeks, in August 2019. During labor and after birth, the staff of Goryeb’s Neonatal (newborn) Intensive Care Unit, or NICU, kept close watch. In those first days, specialists found that Gray had a series of serious conditions: First was a life-threatening infection. Then, he required emergency brain surgery. Finally, a heart defect left him so unstable that the delicate surgery to repair it needed to be performed right at his bedside in the NICU instead of the operating room.

“We didn’t know if he would survive any of these,” Erin recalls. “The staff were amazing.”

Gray recovered from these difficult challenges, and the family welcomed him home after 124 days. Liam had gone home earlier, after an 86-day stay.

Liam developed normally. Gray, however, seemed to struggle.

“He was vomiting, not sleeping. He was miserable,” Erin recalls. “Over about six weeks, we went to every specialist we could think of.”

Once again, his heart doctor found the cause: Gray had developed pulmonary vein stenosis, a rare, rapidly progressive heart defect that can occur in very sick premature infants.

Across the entire state of New Jersey, there are only two heart specialists who are specially trained to care for unborn children and to perform advanced cardiac imaging in children with heart disease. And both are based at Goryeb. They are Anjali Chelliah, MD, and Saira Siddiqui, MD, who are also the only specialists in NJ who have had extensive training, including an advanced imaging fellowship, in fetal cardiology and cardiac MRI and CT.

“We’ve created a one-stop resource for these parents and babies, so they don’t have to travel an hour or more to get the highest levels of diagnosis and treatment they need,” Dr. Chelliah says.



During that office visit in January 2020, Dr. Chelliah realized Gray needed more tests. Within hours, she performed a cardiac CT scan that confirmed he had this rare heart condition and started coordinating with the team that performed multiple open-heart surgeries to repair it.

Today, Gray is at home, and his almost constant smile is witness that he’s doing better every day. Because of Goryeb’s comprehensive heart care for children, his weekly tests, like almost all of his care, are close to home.

“Dr. Chelliah is like family to us now,” Erin says. “She’s so caring, even calling every day during the hardest times. She 1,000% saved his life.” ▲

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Drs. Chelliah and Siddiqui are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at Atlantic Medical Group Pediatric Cardiology at 973-971-5996.



An Important Message for Boys

Testicular torsion requires immediate care

Boys need to be aware of signs of “testicular torsion,” or a sudden twisting of a testicle. One sign is extreme pain – and it’s an emergency that requires immediate evaluation in the emergency room.

“When a testicle twists, blood flow can be cut off completely,” says Michaella Prasad, MD, a specialist in pediatric urology for Garden State Urology, which is affiliated with Atlantic Health System. “We have a limited amount of time in which to untwist it. Otherwise, the damage can be so severe that we might have to remove the testicle.”

Males have two testicles, located between the legs and behind the penis, in a pouch of skin called the scrotum. Losing one could affect the child’s ability to father a child. This condition is rare, affecting only one in 4,000 boys, usually between the ages of 12 and 18 years, but it can happen at any age.

Often, boys are embarrassed to tell anyone about the pain in that part of the body, Dr. Prasad says. So adults should talk to them about it and the importance of getting care.

“The twisting can happen during sleep, in math class, or at any time,” she says. “There’s no way to predict if or when it

“The twisting can happen during sleep, in math class, or at any time ... Our message is: If you feel extreme pain in the hip, groin or scrotum, tell someone about it immediately.”

– Michaella Prasad, MD

could happen. But our message is: If you feel extreme pain in the hip, groin or scrotum, tell someone about it immediately.”

Sometimes, a testicle twists and then untwists by itself. So the extreme pain disappears as quickly as it occurred.

“But it’s very likely to twist again, and it might not untwist the next time,” Dr. Prasad says. “So boys should always tell someone about it.”

The pain is usually so severe that patients are very willing to have the surgery to avoid it happening again, and they are greatly relieved after it.

Surgery involves attaching the testicle to the scrotum so that it can no longer twist. Patients return home the same day and can return to normal activity in a few weeks. ◀

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Dr. Prasad is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at Garden State Urology at 973-828-4300.

TIPS FOR HELPING YOU AND YOUR FAMILY

PRESERVING NORMALCY AND STAYING HEALTHY DURING THE SCHOOL YEAR



Tyree Winters, DO,
a pediatrician, provides
some tips below

How do we create a sense of normalcy in an ongoing global pandemic? For many parents, that has been a struggle over the last few months. We've always had to adapt to unexpected challenges. The question now is: How do we keep living amid this pandemic while school will be different – whether it's virtual, in person or a hybrid?

MASK UP

Choose a reusable fabric mask that has a three-layer thickness. Fabric masks can also be washed daily and have a lower cost over time than paper masks, which must be discarded after each use.

WASH WELL

Teach your children to wash their hands or use hand sanitizer thoroughly. Dr. Winters recommends a 20-second technique for hand rubbing, and a similar one for hand-washing, from the World Health Organization.

Washing your hands is the best method when soap and water are available, he says, adding that hand sanitizer is great after smaller touches, or when you're on the go.

GET MOVING

Whether in a classroom or learning virtually from home, physical activity is very important for children. Dr. Winters encourages the whole family to be active and to do activities together.

These activities are easier to find in the fall, including hiking, biking and outdoor play. But some creativity may be required as winter approaches, he says.

START A SOCIAL CIRCLE

"We know that socialization is so important for children, and that's one of the reasons why the American Academy of Pediatrics is still pushing for children to go back to in-person



education. But I think you can do that with a smaller group of even two or three children," Dr. Winters says.

If your child is learning virtually, Dr. Winters recommends choosing a few individuals with whom you have a closer bond and establishing play dates within a circle of trust.

DO NOT DELAY WELLNESS CARE

"Immunizations are so important. Yes, COVID-19 is real, but so are measles, influenza, and HPV," Dr. Winters says. Prepare your child for school from a health perspective like you would have before the pandemic. Make sure that you still get your child's school physical done and follow up on any conditions they have, like asthma.

COMMUNICATE AND WATCH FOR WARNING SIGNS

Dr. Winters believes it's important to discuss topics like COVID-19 with children, but in an age-appropriate way.

Instead of downplaying the pandemic, acknowledge that "when we're worried, the child may be worried as well." Have that conversation so the child feels comfortable talking to you and understands that it's normal to be worried, he says. ▲

***This is a condensed version of the story.
Read more about the warning signs of anxiety and
stress by visiting atlantichealth.org/6tipstostayhealthy
and read the article on the next page.***

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AMG Pediatrics at Florham Park and Tyree Winters, DO, are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 973-992-5588.

Dealing With Anxiety



The uncertainties that come with the COVID-19 pandemic can be especially stressful for children. According to

Christopher Lynch, PhD, psychologist and director of pediatric behavioral medicine

for Goryeb Children's Hospital, "Kids think in terms of either the situation is safe, or it is dangerous. We need to help kids understand what the variables are that make a situation more or less safe."

Dr. Lynch says ambiguities can cause anxiety in children. "If a child is anxious, they may exhibit physical signs such as shaking, sweating, nail biting, pulling out their hair or nervous tics. Sometimes you see changes in behavior such as not sleeping well or persistent irritability or anger. You want to look for things out of the norm."

Everyday activities that children normally participate in have been disrupted. Dr. Lynch offers practical advice on how parents can suggest safer alternatives:

- **Playing with friends** – It might not be safe to go to a party, so arrange for a hangout with one or two friends in the park and maintain distance from each other.
- **School** – Children will be attending school online or a combination of online and in person. They adapt pretty quickly, but what they are missing is the presence of a teacher who serves as a mental anchor and keeps them on track. To keep them feeling connected, tap into support from teachers, counselors, or study groups with peers.
- **Extracurricular activities** – If children are involved in activities such as orchestra, parents can encourage their



kids to participate virtually. When it comes to sports, set up a lacrosse net in the yard and practice with a few kids.

- **Media exposure** – Pay attention to where your children are getting their information. A lot is inaccurate, so set limits on media exposure and make sure their understanding of the situation is accurate.

Dr. Lynch says parents can start a dialogue with their children. "Be honest and give them information at a level they can process and ask them to explain it back to you. I encourage families to brainstorm with their children and teens over alternative activities that would be satisfying." ▲

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Christopher Lynch, PhD, is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 973-971-6305.

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Overlook Medical Center: overlookfoundation.org



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For a referral to a
pediatric specialist,
call 1-800-247-9580
or visit atlanticealth.org/doctors.



Thanks for staying vigilant! Wear your mask, wash your hands and stay 6 feet apart!

ACTIONS WE ARE TAKING TO KEEP YOU SAFE

 <p>Clean, protected environments: All public areas are cleaned throughout the day, every day with hospital-grade disinfectant. All patient rooms, patient care areas and equipment are thoroughly cleaned between patients.</p>	 <p>Facemasks: Everyone must wear a facemask at all times.</p>	 <p>Hand sanitizer: Hand sanitizer is readily available.</p>
 <p>Emergency departments: EDs have been reconfigured to optimize safety.</p>	 <p>Temperature checks: All patients and team members are screened for COVID-19 symptoms prior to entering the hospital or office.</p>	 <p>Social distancing: Observed throughout the hospital, except as needed in treatment areas for care delivery.</p>
 <p>No wait times and express check-in: In many offices and departments, patients can wait in their cars, complete check-in procedures using a cell phone, and are escorted right to the exam room/ treatment area when ready.</p>	 <p>Express checkout: Patients are discharged immediately, when possible. An after-visit summary will be sent digitally to your MyChart account.</p>	 <p>Limited Visitors: To see the latest information, visit atlanticealth.org/visitor.</p>