Fletcher Allen is now The University of Vermont Medical Center

Our new name clearly reflects our position as one of the nation’s most respected academic medical centers and proudly demonstrates our strong ties to The University of Vermont. Through this change, we are making it easier for the general public and our patients to understand the important work that the university and hospital are doing together.

**Our name has changed, but our goals are the same.**

We will continue to participate in groundbreaking research and provide advanced medicine and compassionate care to everyone in our community. This is what we call the heart and science of medicine.

Our partnership with three leading regional hospitals is now The University of Vermont Health Network. We share knowledge and resources so our patients get the right care, at the right time, in the right place. Together, we strive to put the patient at the heart of every interaction and advance the science of medicine in new and meaningful ways to improve the health of the people in the communities we serve.
How does this new name affect my health care experience?

Will I have to change my doctor?

No. Your relationship with your doctor is not affected by our name change to The University of Vermont Medical Center, or our participation in a larger health network.

Will my doctor’s office move? Have any of the clinic or hospital phone numbers changed?

You will still visit the same offices and call the same phone numbers you always have to reach your care providers. You can access your doctor’s information and clinic locations at UVMHealth.org/MedCenter.

Will my insurance still be accepted?

Yes.

Will my bill change?

The only change you should see on your bills is the new hospital name, The University of Vermont Medical Center.

Why did Fletcher Allen change its name?

Identifying ourselves as The University of Vermont Medical Center emphasizes our academic core and signals that we are working together to provide high-quality care, based on the latest medical advances, right here in our community.

Visit UVMHealth.org to learn more about The University of Vermont Health Network

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CHILDREN’S ONCOLOGY GROUP

Making research results available to participating families

Many of you have children who have participated in the Children’s Oncology Group (COG) clinical trials. The group has long had a commitment to make the results of these studies available to those who have participated but there was no mechanism in place to get these results out. COG is now putting an online process in place whereby you can sign up in advance. When results become available (usually 1-2 years after a study is completed), you will be contacted. Here is how you sign up:

- Log on to www.childrensoncologygroup.org and navigate to the “Patients and Families” page
- Click on the “Research” box on the left hand side. Click on “Return of Results”, again on the left
- Select the type of disease for which your child was treated
- Then select the specific study – this will be listed on the consent form (you should have been given a copy). If you are not sure, let us know and we can look this up for you.
- Finally, you can leave your contact information for the future in the “Register Here” table

Please let us know if this doesn’t work and we can try to help you troubleshoot the process.
Meet Adam Fortune, our new editor!

It is with great pleasure that I have edited my first newsletter as the new Pediatric Oncology News editor. I am learning quickly that the Pediatric Hematology/Oncology social worker wears many hats and is involved in many things. Since this is my first newsletter, I wanted to take the opportunity to introduce myself. I have met many of you, but some of you I have not.

As many of you know, Penny Degoosh, famed Pediatric Hematology/Oncology social worker, left in August after 11 years in this position. She left to continue working with women and children at a new hospital in Doha, Qatar. I have come to learn that Penny is quite an adventurous soul, and I am positive that she will excel in her new position.

I am excited to be the new social worker for the Pediatric Hematology/Oncology team. A little about me: I grew up in southern Vermont and worked a part-time job throughout high school. A little unknown tidbit about me is that I was in a garage band in high school and used to play bass and sing. I was pretty good, turning down several record deals to get my undergraduate degree at Castleton State College in criminal justice.

I used to think I was going to be a police officer, but during my four years in school, I spent several summers working as camp counselor. I found out that I really liked working with kids who had some pretty severe behavioral and physical disabilities. I also learned that I was quite good at it. After graduation, I worked in a group home for five years then went back to school for my master’s degree.

I moved to Burlington in 2006 and graduated with my master’s in social work from the University of Vermont in 2009. From there, I went to work for the Vermont Department for Children and Families for five years, leaving the position to come here. To this position, I bring a wealth of knowledge about child protection systems, an understanding of community services and a dry sense of humor. I believe all of these experiences and skills have prepared me to learn some new things in this position as well as continue to support families who are dealing with some of the toughest situations life can throw at them. I am here to help and look forward to working with all of you. - Adam Fortune, MSW

**SIBSHOP**

Sibshops are workshops for 6- to 14-year-old brothers and sisters of children with cancer or blood disorders where they can:

- Meet other brothers and sisters of children with special medical needs
- Talk with others who really know what it is like to have a sibling with cancer or a blood disorder
- Make new friends
- Have some fun!

Sibshops are a lively mixture of new games, discussion and guest speakers that are held every three months. Participants should dress comfortably and be ready for action! Sibshops are a collaborative effort between Child Life, Pediatric Oncology social work and Pediatrics residents. The workshop is free and lunch is provided.

**PLEASE MARK YOUR CALENDARS:**

**SATURDAY FEBRUARY 6, 2014**

10 am - 3 pm

Location: Children’s Specialty Center

Please register by calling 802-847-2850.
The University of Vermont Children’s Hospital Patient and Family Advisory Council

By Lisa Emerson

The University of Vermont Children’s Hospital Patient and Family Advisory Council celebrated its fourth year in May, 2014. We currently have six family members and five staff members who participate on the council. Several of our members participate on University of Vermont Children’s Hospital committees (UVM Children’s Hospital Quality Council, Baird 5 Family Centered Rounding Committee, Pediatric Medication Safety Committee). We meet monthly, 10 months out of the year, and provide direct insight and information to providers and hospital staff about quality and safety issues, feedback about policies and practices, and work on focused projects to improve the quality of care and ensure the practice of patient- and family-centered care at UVM Children’s Hospital.

Our mission statement:

The University of Vermont Children’s Hospital Patient and Family Advisory Council recognizes that patients and their families have valuable wisdom, advice and experiences that can be used to improve the delivery, quality and safety of health care. Therefore, we are dedicated to working in active partnership with patients and families, institutional leaders, health care providers and staff to implement the core principles of patient- and family-centered care. These foundational principles are:

- **Dignity and Respect** - Patient and family knowledge, values, beliefs and cultural backgrounds are incorporated into the planning and delivery of care. Patient and family perspectives and choices are listened to and honored in all phases of care.

- **Information Sharing** - Patients and families receive timely and accurate information in order to effectively participate in their care. Health care providers communicate and share complete and unbiased information with patients and families in ways that are affirming and useful.

- **Participation** - Patients and families are encouraged and supported to participate as integral members of their health care team.

- **Collaboration** - Patients and families are included on an institution-wide basis. Health care leaders collaborate with patients and families in policy and program development, implementation and evaluation, in health care facility design and in professional education, as well as in the delivery of care.

The University of Vermont Children’s Hospital Patient and Family Advisory Council is dedicated to assuring the delivery of the highest standards of comprehensive and compassionate care.

We are always looking to recruit new members. Members are patients, parents, guardians and family members who have experienced care at UVM Children’s Hospital.

Potential council members should be 18 years or older and have the following qualities:

- Ability to communicate and work with families and staff whose backgrounds, experiences and styles may be different from their own

- A positive approach and ability to share and see many different points of view

- Good listening skills

- Enthusiasm for the hospital’s mission of excellence in patient care, education and research

- Ability to share both positive and negative experiences in a constructive way

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CAMP TA-KUM-TA

Annual Holiday Party
Sunday, December 14, 2014

To be held at Ta-Kum-Ta in South Hero, Vermont for campers and their families and Camp Ta-Kum-Ta volunteers!

Our holiday party is filled with all the fun and friendships of our other year-round programs, but this event opens Camp Ta-Kum-Ta up not only to the campers but also to their families. This is a day-long event, where campers and their families will have the opportunity to eat festive food, participate in fun activities and try great outdoor activities if they choose. Some of the activities will be: snowshoeing, cross-country skiing, ice skating and sleigh rides.

Be on the lookout for your invitation in late November.

Check out Camp Ta-Kum-Ta’s website for upcoming winter weekends!

www.takumta.org/

The University of Vermont Children’s Hospital Patient and Family Advisory Council
(continued from page 4)

In the past four years, we have been very proud to be instrumental in bringing Jim Conway and Bill Schwab, MD, to UVM Medical Center to speak to staff and leaders about the practice and benefits of patient- and family-centered care, to participate on UVM Children’s Hospital committees and focus groups and to provide a family perspective in the decision making process, and to be able to send two to three members a year to the Institute of Patient and Family Centered Care intensive seminars.

We are one of four advisory councils associated with UVM Medical Center, three of which are part of UVM Children’s Hospital: CF families, NICU Family Advisory Council and Colchester Family Practice patient focus group. We have participated on family panels and have presented at pediatric grand rounds in June and November of 2014.

If you are interested in participating on our council or would like to get more information, please feel free to contact Lisa Emerson, Nurse Manager of Inpatient Pediatrics and Co-chair of the University of Vermont Children’s Hospital Patient and Family Advisory Council.

Contact information:
Lisa.Emerson@vtmednet.org
802-847-5160
No Flu for You

Flu season is officially upon us and there is no time like the present to get your flu vaccine and protect yourself and others. While the flu season can start as early as October and extend as late at May, the peak is usually between late December and March. The flu is caused by the influenza virus that infects the nose, throat and lungs. Over 20,000 children under the age of 5 are hospitalized every year due to the flu and the flu is responsible for the death of almost 100 children of all ages in the US each year.

What are the symptoms of the flu?

The flu normally presents in adults and children with a high fever as well as fatigue, body aches, headache, cough, sore throat, a runny nose and/or muscle pain. Children may also have other symptoms, such as ear aches, nausea, vomiting and diarrhea. The flu should not be confused with the "stomach flu," which may also present with nausea, vomiting and diarrhea but is less severe overall.

How does the flu spread?

The flu is easily spread by droplets that are released into the air whenever an infected person sneezes or coughs. A person can also become infected after touching an object or surface or someone's hand with the influenza virus on it and then touching their hand to their face. Those infected with the flu are contagious about a day before they start showing symptoms and remain contagious for five to seven days.

Who should get vaccinated?

The flu vaccine is recommended for everyone six months and older with a few exceptions, like those with a severe egg allergy or a severe reaction to a previous flu vaccine.

There are two types of flu vaccines:

The "flu shot", an inactivated vaccine (containing killed virus) given with a needle, is approved for use in people six months or older, including healthy people and those with chronic medical conditions.

The nasal-spray flu vaccine, made with live, weakened flu virus, is approved for use in healthy people two to 49 years of age who are not pregnant and do not have any chronic medical conditions.

What else can you do to stay healthy and keep others healthy?

Wash your hands! Always cover your nose and mouth whenever you sneeze or cough (and wash your hands afterwards). If you do have flu-like symptoms, you should stay at home and limit contact with others except for a trip to see your doctor.

For more information, please visit the following sites:

Preventing the Flu in 2014-2015:

Prevent Childhood Influenza:
http://www.preventchildhoodinfluenza.org

Seasonal influenza:
Child Life Corner

By Jennifer C. Eddy

We have had much excitement in the Child Life department over the past few months. New staff, special visitors, furry friends and companions have made the last few months fly by. We look forward to sharing with you interviews, photos and new programs. Not only have we hired Alexis Tyler as a full time Child Life specialist to cover both the inpatient units (Baird 5 and PICU) as well as the emergency department (Monday to Friday, 1 to 9 pm) but we also hired a per diem. Please welcome Andrea Truedson to the child life team! She will be covering maternity leaves, conference days and vacations.

Andrea, what are your hobbies?
I really enjoy baking and cake decorating as well as arts and crafts and photography. I also love doing pretty much anything outdoors.

Why do you like being a Child Life specialist?
I enjoy meeting and forming relationships with patients and families. It is also so rewarding to watch a child make progress with coping, understanding and meeting milestones.

Do you have any pets?
Yes, I have a shar pei/basset hound mix named Dozer and a black cat named Morgan.

What is the most interesting place you have visited?
I think I would say Alaska. I went on a cruise a couple of years ago, and it was one of the most beautiful experiences. We learned a lot about the wildlife, sled dogs (even got to hold new puppies), went zip lining through the woods and took a bike tour, where we learned a lot about the history and land.

What part of working at The University of Vermont Children’s Hospital are you looking forward to the most?
I think I am most excited about being able to help in various areas of the hospital.

Who do you admire most and why?
My dad, because he has always worked so hard and always still found time to have fun and be there for us. He does everything with a smile on his face and a positive attitude.

Describe your experience and connections to UVM Children’s Hospital?
I started as a volunteer on the pediatric inpatient unit at The University of Vermont Children’s Hospital. In 2012, I completed my Child Life internship here as well. This year, I started volunteering as a facilitator for the child/teen grief group and most recently was hired as a per diem Child Life specialist!

WINDOW WASHER SUPERHEROES

You may have seen on Facebook or in the news the special visitors who adorned our windows here at UVM Children’s Hospital on October 7. It was an exciting day for all!

We hope these visitors will stop by again, during their busy schedules of fighting crime, to acknowledge the kids who also fight hard each and every day. Not only did the kids see their favorite superheroes but they also were able to imagine themselves as such with the help of our friend Sean, who donated his time painting superhero masterpieces on the kids’ faces.
Useful Links

Many of you have met Hopper the Cancer Crusher, a cuddly stuffed frog with a port that can be accessed here at The University of Vermont Children’s Hospital. Hopper has made his way to many homes in Vermont and upper state New York. He has been a great tool to educate patients, brother and sisters, friends and classmates. If you haven’t had the privilege to meet Hopper and take him home with you, feel free to ask your friendly child life specialist. For further information about Hopper, check out www.kelseysdream.org/HoppertheCancerCrusher/tabid/91/Default.aspx.

Have you ever wondered what it would be like to have a monkey in your classroom? The cuddly little monkeys in the “Monkey in My Chair” program are very quiet and studious. They are ready to accept any high fives, love notes or well wishes, which can be sent home for you to read. They can also hold homework that you might be missing while away. For further information ask your friendly Child Life specialist about the program and check out www.monkeyinmychair.org/program/parents.