

Pediatric Care – How do we compare?

Check out
our Quality
Report Cards online
at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

- 1** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
 - 3 doses of polio
 - 1 dose of measles, mumps and rubella
 - 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
Childhood immunization rate (4:3:1:3:3:1 series)	90%	91%	91%	75%
Children, aged 6 months to 18 years, receiving the influenza vaccination	2011-2012 47%	2012-2013 49%	2013-2014 45%*	National ⁽¹⁾ 58%

*LMHP practices saw an unexpected decline in influenza vaccinations in 2013-2014. Aggressive efforts are being made to improve influenza vaccination rates in 2014-2015.

- 2** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2011	LMHP 2012	LMHP 2013	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	48%	53%	53%	33% ⁽²⁾
Adolescent children receiving varicella vaccination	92%	94%	95%	68% ⁽³⁾
Adolescent children receiving meningococcal vaccination	83%	85%	87%	64% ⁽¹⁾

- 3** Pharyngitis (sore throat) is a common illness in children. The majority of children’s sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
Children with pharyngitis receiving test before antibiotics	96%	97%	95%	76%

- 4** LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood their children will enjoy long and healthy lives.

	LMHP 2011	LMHP 2012	LMHP 2013	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	NA*	18%*	65%	60%

*LMHP began collecting cholesterol screening data in the fourth quarter of 2012.

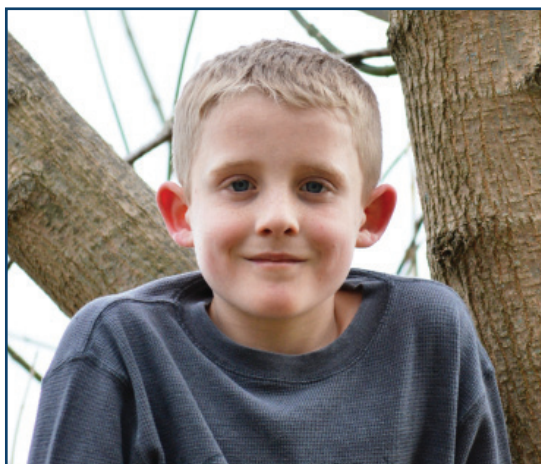
- 5** When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) National Committee for Quality Assurance, “Improving Quality and Patient Experience – The State of Health Care Quality 2013.” (2) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2012. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2011.

Patient Story – Caleb Aeby

Caleb Aeby is a very different child than he was two years ago. At that time, he seemed hyperactive, and his grades were often in the D range. Now, the 10-year-old's hyperactivity has transitioned into playfulness, and he made the fourth grade's merit roll three times out of the four grading periods last year. Caleb's mother, Evalyn, credits the changes to the diagnosis and treatment of Caleb's attention deficit hyperactivity disorder (ADHD), and the Active•Fit Youth Wellness Program that is sponsored by Licking Memorial Health Systems (LMHS).



Caleb Aeby has been an Active•Fit participant since the program began in September 2012.

"It is like night and day," Evalyn said. "His physician at Licking Memorial Pediatrics recognized the ADHD symptoms and prescribed Concerta® for Caleb. Even his teachers can tell the difference if he has not taken his medication for the day. His hyperactivity is very noticeable."

At approximately the same time that Caleb was diagnosed with ADHD and began treatment for the condition, he brought a flyer home from school that announced the new Active•Fit program at LMHS to improve youths' activity levels, dietary choices and sleep habits. "I read through the information and thought that this would be a good way for him to burn off some of his excess energy," Evalyn said. She helped Caleb register online for Active•Fit, joining the inaugural group to set activity and fitness goals, and they began to track his daily physical activities and healthy food choices.

Like most children, Caleb greatly enjoys his play time at home. He values his big-brother role to 6-year-old Cole, and already has taught him the finer points of brotherly wrestling and horseplay. He also spends a lot of time playing with the family's collection of pets, including a cat and three dogs – a German shepherd/Weimaraner puppy named Glover, a Weimaraner named Janey, and a Welsh corgi named Bella. "Caleb chases Bella all over the yard for hours," Evalyn chuckled.

Caleb has daily chores. Among other tasks, he feeds and waters the family's chickens every day. He feels a responsibility to guard the flock, just in case Bella, who is a bird dog by nature, ventures too close to the coop. He also walks the dogs and finds that Glover is already quite a handful. "He is very hyper and pulls very hard on the leash," Caleb said. "He is strong even though he is just a puppy, and I have to keep pulling him back."

Somehow, Caleb finds time for two other favorite outdoor activities – bicycling and climbing trees. "I pull myself up on the first branch – it is not too high. My mom does not let me go any higher because she is afraid that I will fall," he explained.

Caleb and Evalyn were pleased to learn that all these activities that were normal for Caleb would count toward his Active•Fit goals, which included being physically active for at least 60 minutes each day, five days per week. He also fulfilled goals by attending fun Active•Fit events and making healthy dietary changes, such as replacing sugary drinks with water.

Evalyn said, "Caleb has attended many of the Active•Fit events, including the Wii Just Dance Party, the kick-off events in Pataskala with inflatable games, the bowling event at Park Lanes in Heath, and the Health & Fitness Fest at the YMCA. Our younger son just turned six, so he is excited that he can join the program, too." Caleb agreed that the Active•Fit events are fun, but insists that he cannot name a favorite. "I liked them all the same," he said.

The award-winning Active•Fit program began in 2012, when LMHS partnered with Newark Advocate Media to develop an innovative way to encourage the community's families to make positive lifestyle changes to reduce the incidence of childhood obesity. According to the Centers for Disease Control and Prevention, approximately 17 percent of children and

Patient Story – Caleb Aeby (continued on next page)



Active•Fit
YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12.

Visit www.ActiveFit.org to register. Participants who complete the free program will be entered into a drawing to win prizes!

www.ActiveFit.org



adolescents in the United States, age 2 through 19, are obese. The extra weight contributes to asthma, bone and joint problems, sleep difficulties, high blood pressure, diabetes and early growth problems. In addition, childhood obesity increases the risk later in life for other serious health concerns, such as heart disease, stroke and cancer.

To join the program, youth are required to register online at www.ActiveFit.com with the assistance of an adult mentor, who can be a parent, teacher, coach, clergy, relative or friend. The participants each select eight goals for a four-month period. Four of the goals are from the “active” category, and the other four goals are within the “fit” category.

Caleb and his parents reviewed the information online, and made his goal selections from a menu of options. He fulfilled one of his fit goals by replacing sweet beverages with water for four weeks. By the time Period 1 concluded at the end of December 2012, Caleb had completed all eight of his goals, and was entered into a drawing along with the other Active•Fit participants who had met their chosen goals.

To Caleb’s delight, his name was drawn in January 2013 to win one of the many prizes – an Xbox 360 with Kinect and fitness software. He continued his Active•Fit participation and stunned his family and friends when his name was drawn to win a second Xbox 360 package in May 2014. “My friends all said, ‘Good job!’, and they put my name on the morning announcements at school,” Caleb bragged.

Evalyn is grateful for the prizes, and even more for the positive turn-around in Caleb’s overall behavior. “It not only means something to know that he is learning the healthy way to live, but it shows him that it pays off in more than one way! He benefits all the way around. This program is so amazing! I am glad LMHS is encouraging kids to make healthy choices at a young age.”

Active•Fit is now beginning its third year, and registration is open for Period 1, which runs from September 1 to December 31. Participants may register for the free program at any time during the four-month period by visiting www.ActiveFit.org. For more information about the program, please call LMHS Public Relations at (740) 348-1572.

ADHD Is a Common Diagnosis for Children

Although children are normally energetic and impulsive, and they tend to have short attention spans, some exhibit these behaviors to an excessive degree and may have a condition called attention deficit hyperactive disorder (ADHD). It is one of the most common diagnoses for children. According to a report by the Centers for Disease Control and Prevention (CDC), a 2011 survey of parents who had children between the ages of 4 and 17 showed that 11 percent of American children in that age group were currently diagnosed with ADHD. That prevalence rose slightly to 11.6 percent for those who live in Ohio.



- Disorganization
- Frequently losing items, such as homework, cell phones or glasses
- Becoming easily distracted
- Forgetfulness
- Excessive talking and interrupting others

An ADHD diagnosis is further divided into three categories: predominantly hyperactive/impulsive, predominantly inattentive, or a combination of hyperactive/impulsive and inattentive. The cause of

ADHD is not known, but research indicates that genetics may play an important role.

The treatment for ADHD depends partly on the child’s age and severity of symptoms. For mild symptoms, the physician may advise behavioral therapy, such as rewarding good behavior and developing an organized schedule for the child’s daily activities. For more pronounced symptoms, the physician may prescribe a stimulant medication such as Concerta®, Ritalin® or Adderall®.

“Many parents are surprised when I prescribe a stimulant to treat their child’s ADHD, because they fear it will increase their child’s hyperactivity,” Dr. Applegate said. “However, in a child with ADHD, these stimulant medications act on the brain’s chemistry to regulate compulsive and hyperactive behavior. The stimulants are not habit forming, and they allow children with ADHD to focus and control their activities in a more acceptable and productive manner.”

Parents who are concerned that their children may have ADHD are encouraged to consult their pediatrician for an evaluation. Licking Memorial Pediatrics has offices in Newark at 1865 Tamarack Road, or 399 East Main Street, and in Pataskala at One Healthy Place, off State Route 16.



John D. Applegate,
D.O.

“It is the most common chronic condition that we treat at the Pataskala office of Licking Memorial Pediatrics,” said John D. Applegate, D.O. “Many times, the parents have consulted me because their child seems to act out at home, or a teacher has noticed that the child consistently acts inappropriately or cannot follow instructions. A child with ADHD may repeatedly lose assignments, have difficulty making friends or often be in trouble with authority figures.”

No single test can detect ADHD. Healthcare professionals make a diagnosis after surveying the child’s symptoms in different settings over a period of time. Unlike normal childhood behaviors, ADHD behaviors interfere with daily functions.

Some common characteristics of ADHD include:

- Making careless mistakes or taking unreasonable risks
- Difficulty in paying attention
- Not finishing chores or assignments



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Please take a few minutes to read this month's report on **Pediatric Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org.

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Health Tips – Vaccines for School-Aged Children

To prevent the spread of disease, students in grades kindergarten through twelve are required to be immunized against many communicable diseases before attending classes. In Ohio, required immunizations include:

- Diphtheria, tetanus and pertussis (whooping cough)
- Polio
- Measles, mumps and rubella
- Hepatitis B
- Varicella (chickenpox)

Although not required by state law, immunizations against the seasonal flu are also highly recommended for students. The Centers for Disease Control and Prevention (CDC) reports that the seasonal flu, also called influenza, is more dangerous than the common cold for children of all ages. The CDC advises that the single best way to protect children from the flu is for them to be vaccinated each year. The flu vaccine is available as an injection or nasal spray, and is recommended for most infants and children, ages 6 months and older.