Making Life Better for Children

The mission of Children’s Health℠ is to make life better for children. For more than 100 years, Children’s Health lives this promise by providing treatment for a full range of issues affecting children, from routine and wellness care to specialized, advanced treatment for acute and complex cases.

Children’s Health is the only pediatric hospital in North Texas with an academic affiliation, integrating with UT Southwestern Medical Center to offer the most talented physicians to patients. And as the seventh-largest pediatric health care provider in the country, Children’s Health continues to expand through strategic collaborations and new offerings that will revolutionize how today’s families approach health and wellness.

Children’s Health provides care in more than 50 specialties, including these national hot topics:

- **Cardiology and Cardiothoracic Surgery** – The Heart Center at Children’s Heath is one of only six pediatric programs in the country to receive the highest rating from the Society of Thoracic Surgeons for low mortality and positive outcomes for heart surgeries and transplants.
- **Organ transplant** – The solid organ transplant program has increased transplants by 96 percent over the last decade, and now uses remote-patient monitoring technology to get kids back to their normal lives sooner after surgery.
- **Infectious disease** – In addition to landmark research in dosing antimicrobial agents in newborns, bacterial meningitis and pneumonia, members of the infectious disease medical staff are working to help manage current disease concerns, including Zika.
- **Eating disorders** – The eating disorder specialists at Children’s Health are nationally recognized for their individualized treatment of children and teens and are focused on research to identify the genetic cause of eating disorders.
- **Gender dysphoria** – Children’s Health offers one of only a few programs in the country to treat gender dysphoria—when an individual does not identify with the gender her or she was assigned at birth—in adolescents aged 4 to 17 through the GENECIS Program.

**Healthcare Trends in 2016**

**Telemedicine**
From monitoring liver transplant patients, to developing apps that help kids manage chronic diseases such as asthma and diabetes, Children’s Health uses technology to give families more flexible access to care and interact with their physicians on their own terms.

**Population Health**
Children’s Health uses the annual Beyond ABC Report to analyze the quality of life of North Texas children. The report highlights local issues that reflect national trends and shows where progress is being made (reduced hospitalizations for asthma) and areas that need focus (obesity rates).

**Innovative Partnerships**
Children’s Health is partnering with startups to promote healthy lifestyles and preventive care. Two examples of these programs include Pieces Tech, providing predictive analysis of potential health care issues, and GoNoodle, which increases physical activity of kids at school.

**Our Experts**

Ray Tsai, M.D.
President and Chief Medical Officer; Children’s Health Pediatric Group

“Taking care of children is the most challenging, but also most inspiring job I could ever have.”

National Media Contacts:
Allyssa Kennedy | akennedy@crossroads.us | 816-390-7221
Matt Lowe | mlowe@crossroads.us | 773-266-8889
Transplants

Children’s Heath℠ offers one of the largest comprehensive pediatric transplant surgery programs and takes care of children from all over the world who need kidney, liver, intestine, heart and bone marrow transplants. Children’s Health uses a multidisciplinary approach to care to support the unique physical, emotional, psychological and developmental needs of children.

Helping Kids Be Kids

One of the hardest parts for children who receive a transplant is the long recovery. One follow-up visit after another means children and their families often spend more time traveling to and from doctor visits than getting back into a normal routine.

Children’s Health launched a first-of-its-kind pediatric Remote Patient Monitoring program that allows clinical staff to monitor patient health status and progress via secure mobile technologies, including one-touch video conferencing for virtual visits from the comfort of a patient’s home. The first patients to pilot the program enrolled from the liver and renal transplant division.

96% increase in the number of transplants performed by the solid organ transplant program in the last decade. 424% increase in the number of heart transplants performed in the last decade.

The Heart Center

The Heart Center at Children’s Health offers a comprehensive program of specialized care for children with congenital and acquired heart diseases. It ranks among the top 5 percent of programs in the country as one of only six pediatric programs to receive the highest rating from the Society of Thoracic Surgeons for low mortality and positive outcomes for heart surgeries and transplants. Additionally, Children’s Health has ranked among U.S. News and World Report’s Best Children’s Hospitals for cardiology and heart surgery for several years.

Teen Transitions

Life will always be different for children who have received a heart transplant. But most have no idea why they can’t play sports or why they must take their medicine every day. Because of this, Children’s Health has developed a program for teens to help prepare them for adulthood. The program teaches them how to manage their disease by discussing:

- the importance of medication
- stress management techniques
- lifelong financial implications
- how they are different from everyone else when it comes to things such as relationships, tattoos and piercings

National Media Contacts:
Allyssa Kennedy | akennedy@crossroads.us | 816-390-7221
Matt Lowe | mlowe@crossroads.us | 773-266-8889
Patient Story

Kenedi Groves, now 10 years old, was born with hypoplastic left heart syndrome, a condition where the left side of the heart doesn’t form fully. After undergoing four open-heart surgeries and being kept alive for several months by a mechanical heart (Berlin Heart), she finally received a heart transplant at Children’s Health in 2012. Children’s Health performs 15 to 20 pediatric heart transplants, like Kenedi’s, annually.

Our Experts

Joseph Forbess, M.D.
Division Director of Pediatric Cardiothoracic Surgery, The Heart Center

“Our Heart Center is endowed with resources—many of them human—which allows us to push the limits of possibility.”

Dev Desai, M.D.
Chief of Pediatric Transplant

“Transplants have an immediate lifesaving impact.”
Infectious Diseases

Even with proper vaccinations, good hygiene and other cautious practices, children are simply at a greater risk of infection than most adults. The medical staff at Children’s Health℠ are experts in diagnosing, treating and managing bacterial infections and travel-related illnesses, like Ebola or Zika, tuberculosis and more.

Children’s Health Infectious Disease Expertise

Children’s Health is the referral hospital for most of Texas and adjacent states for children with infectious diseases and therefore often care for the sickest of patients.

Children’s Health has received international recognition for:

- Dosing of antimicrobial agents in newborns.
- Bacterial meningitis in infants and children.
- Treatment of bone and joint infections in children.
- Prevention of healthcare-associated infections.
- Defining the pathogenesis of bronchiolitis and pneumonia.

National influence

- Physicians from the Infectious Disease department at Children’s Health hold positions on various national policy-making committees.

Mosquito-borne illness

- Extensive study of the spread and effects of West Nile virus.
- Tracking Zika as it spreads from South and Central America into Texas and the rest of the U.S.

Our Experts

Jeffrey Kahn, M.D.
Division Director of Pediatric Infectious Disease

“The multidisciplinary approach, which is the standard for Children’s Health, provides the best possible care for these ill children.”
Eating Disorder Services

Eating disorders are characterized by unhealthy approaches to eating, weight and exercise. But they are more than a refusal to eat healthy; eating disorders are complex psychiatric disorders, possibly signaling problems with self-image, self-esteem and even depression.

At Children’s HealthSM, a multidisciplinary team of psychologists, psychiatrists, therapists, dietitians and other experts provide individualized care within an atmosphere of understanding and empathy. From inpatient therapy to intensive outpatient therapy, Children’s Health works with the entire family to ensure each child has the support they need to manage an eating disorder.

Eating Disorders Hot Topics

### Mindful Eating

Mindful eating, or eating with intent and attention to enjoy food and its effects, has been a common treatment in eating disorders, but is now being used as a preventative tool. Mindful eating teaches children how to connect with their body signals so they learn how to distinguish between physical and emotional hunger. This can help curtail overeating and binging and buffer against eating disorder development.

### Avoidant Restrictive Food Intake Disorder (ARFID)

Only recently introduced as an eating disorder diagnosis, those with ARFID are not able to take in adequate calories or nutrition through their diet. This could be caused by difficulty digesting, avoiding foods because of textures or colors, having no appetite or fear of eating due to a traumatic experience. Children’s Health is one of the only centers in the country to treat this disorder in young children.

Eating Disorder Statistics

Approximately half of a million teens struggle with eating disorders. Anorexia nervosa is the deadliest of all psychiatric disorders. 40% to 60% of girls ages 6-12 are concerned about their weight or becoming too fat.

*According to the National Eating Disorders Association

Our Experts

**Kelsey Latimer, Ph.D.**
Lead Psychologist, Center for Pediatric Eating Disorders

“I think what is very important about having conversations with kids is you are opening up an opportunity. They’ll know when they have something they want to talk about, they can come to you.” KDFW-Dallas, Feb. 25, 2016
Gender Dysphoria
The GENECIS Program at Children’s HealthSM officially launched in 2015 and focuses on helping children and teens with issues surrounding gender dysphoria—when an individual does not identify with the gender he or she was assigned at birth. Gender dysphoria is frequently associated with mental health conditions such as depression, anxiety and suicidality.

Children with gender dysphoria often face emotional distress from the most ordinary parts of life, such as which bathroom to use at school. What’s more, these children are more likely to be bullied, lose friends and even be disowned by their families.

At GENECIS, children from age 4 to 17 are able to explore their gender identity in a safe way and obtain the mental health and, sometimes, medical interventions they need. With a suicide attempt rate of up to 60 percent for youth with gender dysphoria, the GENECIS Program recognizes the need for comprehensive care, including prescribing puberty blockers, when appropriate, to gender non-conforming adolescents. The GENECIS Program also works with patients’ schools to help educate faculty, other students and the community. Families from across the country are now seeking treatment with the GENECIS Program at Children’s Health.

Our Experts

Ximena Lopez, M.D.
Endocrinologist and GENECIS Founder

“I am constantly inspired by my patients and their families. It is extremely gratifying to see a child that is depressed blossom and become a happy individual with the adequate support and treatment.”

Meredith Chapman, M.D.
Psychiatrist

“As human beings, we live in a world that is gray, but we strive for a world that is black and white, yes or no, with binary males and females. For a lot of people, it’s a very foreign concept to try to imagine someone who’s unbelievably distressed by this incongruence between their sex and gender.” Dallas Morning News, June 4, 2015
Living in the Future Today

Imagine: What if we could know when a patient will go into cardiopulmonary arrest and assemble a response team before he arrives at the hospital? Or if a child who received a liver transplant could go back to school sooner because she isn’t constantly at the hospital having her vitals measured? Both of these scenarios are possible with the technology that Children’s Health℠ is investing in today.

**Pieces Tech** uses predictive models to help deliver patient care in a timely, safe, and effective manner. Septic patients get antibiotics earlier. High-risk patients are transferred to the ICU before they go into cardiac arrest. Patients likely to readmit get the extra attention they need to stay out of the hospital.

**Remote Patient Monitoring (RPM)** allows clinical staff to monitor patient health status and progress via secure mobile technologies, including one-touch video conferencing for virtual visits from the comfort of a patient’s home. The first patients to pilot the program enrolled from the liver and renal transplant division, and the program has recently been expanded to include bariatric surgery.

Taking Care Beyond Hospital Walls

The mission of Children’s Health is to make life better for children—when they are sick or when they are well. The idea of population health, or improving the health of an entire population, must start within a community and spread outward. For 14 years, Children’s Health has used their annual *Beyond ABC* report to analyze the quality of life of children in North Texas. The *Beyond ABC* report allows Children’s Health to address issues that need attention locally, but these issues often reflect national trends. Children’s Health partners with the most innovative health care startups and technologies to address these needs.

**GoNoodle: Getting Kids Moving**

One of Children’s Health school-based health initiatives, GoNoodle, helps channel classroom energy by getting kids jumping, dancing, stretching and practicing mindfulness through three- to five-minute online activity videos. Children’s Health has helped implement GoNoodle in nearly 1,500 schools across Texas.

**Smart Apps. Smarter Patients.**

Children’s Health provides children and their parents with mobile resources and tools to help manage chronic diseases, including asthma and (coming soon) diabetes. The My Asthma Pal app encourages users to self-manage their asthma symptoms over time by helping them track their asthma medication use, set reminders, share their Asthma Action Plan with others and send Asthma Control Test results to their doctors.

---

National Media Contacts:
Allyssa Kennedy | akennedy@crossroads.us | 816-390-7221
Matt Lowe | mlowe@crossroads.us | 773-266-8889
Our Experts

Julie Hall-Barrow, Ed.D.
Vice Present, Virtual Health and Innovation

“With RPM, for the first time ever, we are able to view important patient data in real time to improve coordination of care and decision making across multiple specialties. This technology will help pave the way for higher-quality patient interactions, decreasing costs through early intervention and all-around better care management.”

Pete Perialas
Senior Vice President, Population Health

“We’re very focused on entries that have come into the market with direct support of transforming healthcare.” D/Healthcare Daily, March 16, 2016