



# Pediatric Corner



## Pediatric Clinic Teams

### Panda Providers

Capt (Dr) Cheryl Clark  
Maj Jenny Spahr, PNP  
Dr. Lorraine Barnes  
Mrs. Denise Ulrich, RN  
Mrs. Britt Forbus, RN

### Koala Providers

Maj (Dr) Micaela Jett  
Mrs. Kathy Hagerman, PNP  
Lt Col Vivian Dennis, RN  
Ms. Jen Mikos, RN

Our helpful staff is available weekdays from: 0730-1600.

The clinic closes at 1200 the last Wednesday of each month for mandatory Readiness training. We also close for Federal Holidays and Wing down days.

The JBSA-Randolph Pediatric Clinic serves children ages birth through 15 years of age.

### **Flu Vaccine Misconceptions: Breaking through Barriers**

With the 2011-2012 influenza season behind us, and the 2012-2013 season starting, now is a good time to address common concerns regarding the flu vaccine. Influenza is a contagious respiratory illness which can cause mild to severe disease, and sometimes even death. While certain populations are at higher risk for flu-related complications—to include pregnant women, children under 5 years of age, people 50 years of age and older, people with chronic medical problems, and health care workers—anyone who becomes sick with influenza runs the risk of serious complications.

During the 2009 H1N1 pandemic many healthy children and adults became seriously ill from the influenza virus. This is an example of why the Centers for Disease Control (CDC) recommends that all people 6 months and older without a contraindication to vaccination get the influenza vaccine. As flu viruses are always changing, every year researchers determine which viruses are most likely to cause disease in that season. Therefore, even if you have received a flu vaccine in the past, you should get a flu vaccination every year. The 2012-2013 influenza vaccine will contain three different influenza viruses, H1N1, H3N2, and an influenza B strain. The safety of the flu vaccine is closely monitored by the Centers for Disease Control and the Food and Drug Administration, and millions of flu vaccines are given every year. For further information, please visit any of the following resources: <http://www.flu.gov>, <http://www.cdc.gov>, or call 800-CDC-INFO.

**\*\*Please provide shot records to the Immunization Clinic for ALL vaccines NOT obtained in an Air Force facility. This is to ensure you and your family members receive the appropriate vaccines.**

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Jul-Dec 2012**

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#### **Special points of interest:**

*Start the fall off right!*

*To schedule an appt with your Child's Primary Care Provider or for after-hours help please call:*

*(210) 916-9900*

#### **Poison Control:**

(800) 222-1222

#### **Clinic Number:**

(210) 652-2543

#### **Immunization Number:**

(210) 652-3279

Cancellation Line:

**(210) 916-9900**



# P e d i a t r i c C o r n e r

## Well Baby/Child Visits

### Recommended WELL appointment schedule:

2-weeks, then 2mos, 4mos, 6mos, 9mos, 12mos, 15mos, 18mos, 24mos, and 30 mos. Immunizations are administered at: 2, 4, 6, 12, 15 and 18mos well visit.

It is recommend that your child receive an annual well check/sports physical at **and** after age 3, ideally in the child's birth month. However, please check your local school policy for school/sports physical dates, (calendar year vs. school calendar year to ensure your child is up to date and ready for sports/cheer/band camp, etc).

*To schedule an appt with your Child's Primary Care Provider please call:*

*The Consult and Appointment Management Office (CAMO) at: (210) 916-9900*

*If you need to CANCEL your appointment please call CAMO at: (210) 916-9900.*

*As a reminder each Pediatric No-Show appointment costs the MDG \$225.00*

### Additional Services:

- Telephone Consults:  
You may contact the advice nurse during normal duty hours at: 652-2543.  
After hours and holidays please call the nurse advice line at: 916-9900
- Asthma Education: Classes are held quarterly, call 652-2543 to schedule.
  - Throat culture and suture removal walk-in visits with the Nurse/Tech are available 0800-1600 Monday-Friday.
- Medical Form Completion:  
Forms for Daycare, School, etc.: We respectfully ask that you please allow up to 5 duty days for form completion.
- Special Needs Advocate:  
Ms. Denise Ulrich, RN, is our Special Needs Advocate. For assistance you may contact her at 210.652-2543 or email her directly at Denise.Ulrich@us.af.mil



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*October is Domestic Violence Awareness Month*

The first Domestic Violence Awareness Month was observed 1987. Each year since, during the month of October, organizations and individuals across the nation support goals for Domestic Violence Awareness. These goals include recognizing the achievements made thus far to reduce domestic violence and to support continued goals to eradicate this form of abuse.

Although the focus of Domestic Violence is often on the adult partners, statistics show there often is a significant impact on the children of these partners as well.

Most every person reading this article has been touched by Domestic Violence in some way. This October take time to get involved in at least one activity offered during the month to support the goals for *National Domestic Violence Awareness Month*.

One important role you can play in helping to eradicate abuse is to get help for yourself. If you are experiencing any of the following scenarios you have access to a variety of options for assistance and guidance.

**Here are some questions you may ask yourself to assess whether your relationship is a healthy one:**

- Does your partner make or carry out threats to hurt you?
- Does your partner control what you do, where you go, or access to finance or transportation?
- Does your partner use your children to make you feel guilty or relay messages?
- Does your partner put you down, call you names, or play mind games?
- Do you feel afraid when with your partner or thinking about your partner?

If you answered positively to any of these questions you may be in an abusive relationship. The Family Advocacy program is a great resource for you, offering community resources, support, and counseling to those experiencing unhealthy relationships. This is a free program open to all Active Duty members and their dependents. Our Domestic Abuse Victims Advocates are only a phone call away and can assist in directing you to the support and assistance right for you. There is an option for military active duty or dependents to voice concerns with Family Advocacy without alerting the abusive partner or Command – called *Restricted Reporting*.

**For assistance or more information you may contact the Family Advocacy program on JBSA-Randolph at 210.652-6308 or the Victim's Advocate Care Line at: 210.292.5967**





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## Kid Friendly Lunch Ideas

Make your child feel special by adding personal touches in their lunch. Use a cookie cutter to cut sandwiches into various shapes, or use it to imprint designs on the bread. Pack little notes, jokes or cartoons into their lunch bags; or include coupons for an evening activity such as one free video.

Surprise your child with a little gift such as fancy pencils, erasers or stickers.

Cut an apple in half, core it, spread it with peanut butter and then place the halves back together and wrap in plastic wrap to keep from browning. Peanut butter and apple sandwich!

Freeze juice boxes (100% juice) or water to put in insulated bags. It will thaw by lunchtime and be nice and chilled for their lunch. It will also help keep sandwiches fresher and cool.

Make ants on a log: Fill celery sticks with peanut butter and then top with dried cranberry or raisin “ants”. Wrap each in plastic for a fun, healthy treat.

Buy “Natures' Own” whole wheat bread for sandwiches – it’s soft like white bread but whole grain for more nutrition and B-vitamins and fiber.

Try 100% juice pouches or better yet, water instead of “drinks” and “punch” for less sugar and more nutrition.

Buy baked chips for more fiber, nutrition and less fat. Buy large bags for economy and put individual servings in snack-type plastic bags.

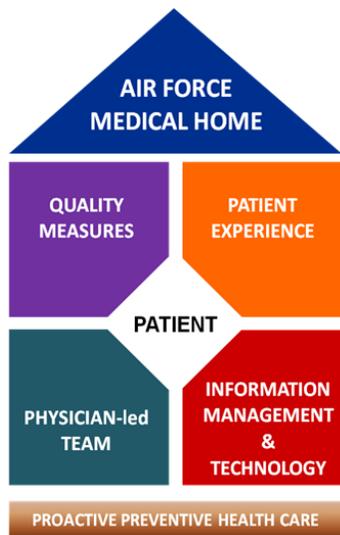
Buy individual fruit cups or applesauce (sugar-free or packed in juice) instead of pastry or cookies. (Don’t forget to pack a spoon!)

Make easy wraps out of whole wheat tortillas, spread thinly with low fat cream cheese, then add cucumbers, cheese slices and a Romaine lettuce leaf. Roll up tightly and wrap in plastic wrap.

Put cheese cubes in a plastic baggy and some whole wheat crackers in another for a variety of the same ‘ol same ‘ol. If your child likes veggies and dip, put some low fat ranch dressing in a small Tupperware-type container and the veggies in a plastic baggie. (The lunch will need to keep cool, however – that’s where the frozen juice box comes in!)

Remember, parents, if YOU show your children that you like fruits and veggies, they will be more inclined to eat them as well. Let children help with choosing foods for lunches and let them help you make the lunch as well – they will be more inclined to eat what they participated in preparing.





For the most up-to-date information at the JBSA-Randolph clinic, visit

<https://kx.afms.mil/randolph>

or search for the 359th Medical Group on Face book.

## New Parent Support Program (NPSP)

The New Parent Support Program (NPSP) is a home visitation program which offers military families support services in the comfort of their own home. This program is designed for expectant mothers and families with children from Birth—3 years of age.

Parents learn what to expect during their pregnancy, labor & delivery, post-partum and newborn experiences. Individualized action plans developed specifically for your infant and/or toddler support their emotional development. Topics of interest include breast feeding, reading newborn cues; the “terrific two’s”, potty training and creating nurturing environments that support toddler independence.

Supported by the DOD, this free program is open to all military beneficiaries. For more information and resources contact:

**POC: Debra Spencer R.N., at (210) 652-3340.**

### Important Numbers:

Appointment **Cancellation** Line: (210) 916-9900

Immunization Clinic: (210) 652-3279

Pharmacy: (210) 652-4127

Refill Pharmacy: (210) 652-2777

Value Options Behavioral Health: (800) 700-8646

Out of Area Care Authorization (210) 916-9900

**\*\*As a reminder: The JBSA-Randolph Medical Clinic does NOT have an emergency room.**

**Please call 911 or proceed to your nearest Emergency Room if you have a potential medical emergency**