



## A Guide to Your Child's Care

THE  
University of Vermont  
Children's Hospital

*The heart and science of medicine.*

[UVMHealth.org/childrens](http://UVMHealth.org/childrens)

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# Caring For the Whole Family



Going to the hospital can often be scary for children and disruptive to family life. Parents want to know their child will feel welcome and secure. They want to stay involved each step of the way as critical decisions are made. And they want caregivers to provide the extra support needed during a difficult time.

At The University of Vermont Children's Hospital, we know that in order to truly care for a child, you must also care for the family. That's why we consider parents expert partners in the care of their child. And that's why we offer a range of special features and programs to comfort and support our young patients and their loved ones.

Our commitment to these missions explains why The University of Vermont Children's Hospital is able to provide the very best care to the children and families in the communities we serve.

A handwritten signature in black ink, which appears to read "Lewis R. First".

LEWIS R. FIRST, MD

Chief of Pediatrics | The University of Vermont Children's Hospital

*"It is a blessing to have this level of health care service in Vermont. We could not have managed our (special needs) children's issues without them. Thanks to the programs and highly skilled services, all four of them are growing and thriving beyond expectations."*

DOUGLAS E. SUTTON | Vergennes, VT



*"It's indescribable how the staff cares not only for the child, but for the entire family as well. 'Thank you' just doesn't seem like enough."*

**BILL AND ANN THAYER | Burlington, VT**



# A Hospital Within a Hospital

The University of Vermont Children's Hospital is a nationally respected academic medical center affiliated with The University of Vermont College of Medicine and the College of Nursing and Health Sciences. Experienced faculty physicians, leading-edge technologies and groundbreaking research enable us to provide the expert care you need. But you'll also find the warm hearts, child-friendly spaces and smiling faces you want. It is our mission to provide your family with both the heart and science of medicine.

We're accredited by the Children's Hospital Association, and we're proud of our reputation for clinical, research and teaching excellence.



*"Of everything I do, I take the most pride in being open enough to understand what my patients are telling me — not just with words, but with the vast array of expressions they employ."* STAN WEINBERGER, MD | Pediatric Primary Care

# Patient Care

## INPATIENT UNIT

In our pediatric inpatient unit, you'll find that our teams of caregivers combine their dedication to children with the latest technology to ensure your child receives the best care possible. Most rooms are private, and many child-friendly features put our young patients at ease, including:

- Colorful playroom for our youngest patients
- Teen room with wireless internet access
- TV and a video library
- Children's menu available 24 hours a day

## THE BIRTHING CENTER

Each year, more than 2,000 babies enter the world at The University of Vermont Children's Hospital with expert care provided by our Birthing Center. The Center offers advanced technology, comfortable labor and delivery rooms and a nurturing staff dedicated to supporting each family's choices.

## NEONATAL AND INTENSIVE CARE

Birthing care teams have instant access to the only Level III Neonatal Intensive Care Unit in Vermont. As a result of their work, Vermont has one of the lowest infant mortality rates in the country. The Pediatric Intensive Care Unit takes a multidisciplinary approach to providing highly specialized critical care. Our physicians work with a broad range of specialists including respiratory therapists, pharmacists, physical therapists and nutritionists to meet all of your child's health care needs.

## EMERGENCY CARE

Within The University of Vermont Medical Center's Emergency Department — the only Level I Trauma Center in Vermont and northern New York — you'll find play spaces and treatment rooms designed just for children. All of our Emergency Medicine specialists are board-certified and have received extensive training in pediatric care.

## PRIMARY CARE

At The University of Vermont Children's Hospital, we believe it's just as important to keep children healthy as it is to treat them when they're sick. We provide the expertise our community needs through a partnership between The University of Vermont Medical Group and our community primary care providers. These dedicated child specialists believe high-quality care starts with listening carefully to your concerns and building a positive relationship and a medical home for your child. We also partner with state and federal agencies to make sure every family in our increasingly diverse community has access to high-quality health care.

# Special Features & Programs

## THE COMFORT ZONE

We know that children can be nervous when facing an outpatient procedure. That's why we developed the **Comfort Zone** to help put your child at ease when sedation will be part of the experience. The space features bright decorations, toys, games and a comfortable waiting area. This approach involves helping your child understand what will be happening by:

- Talking through the steps and answering their questions
- Letting your child handle masks and other equipment
- Using dolls to act out the procedure

## CHILD LIFE

Our certified **Child Life** specialists help reduce your child's fears by explaining medical procedures and treatments. These compassionate professionals also provide key support to siblings and can serve as a resource on child development, grief and issues related to hospitalization.

## EDUCATION

As a teaching facility, The University of Vermont Children's Hospital has a special responsibility to educate the next generation of providers. This educational mission extends to national and international health care organizations where our physicians give lectures and teach. Many of our providers hold leadership positions in national clinical organizations, and edit national journals and textbooks.

As a university hospital, The University of Vermont Children's Hospital continually pursues better ways to prevent, diagnose and treat medical conditions through research. These discoveries directly benefit patients here in Vermont, across the country and around the world. Our efforts include investigating new therapies for treatment of pediatric tumors, improving outcomes for high risk infants and participating in clinical studies to better treat children with chronic disease.

## SUPPORT FOR FAMILIES

Below are just a few of the programs and services we provide that reflect our family-centered philosophy:

- **Ronald McDonald Family Room:** a home-like setting where you can fix a meal, take a shower, and do laundry
- **Very Important Brothers and Sisters:** a monthly support group for school-age children who have lost a sibling
- **Vermont Family Network:** a reference room with helpful books, journals and internet access where you can learn more about your child's illness

## COMMUNITY HEALTH & ADVOCACY

We round out patient care by helping to provide an array of health improvement programs for our region, including:

- **Reach Out and Read:** a community literacy project
- **Health Improvement:** a school-based health assistance program — includes dental and hearing screenings
- **Vermont Initiative on Rural Emergency Medicine:** a training program which utilizes an extensive telemedicine network
- **Vermont Child Health Improvement Program:** a partnership with UVM focused on providing preventative care to children
- **Pediatric Immigrant Program:** a medical home for international refugees serving 400 refugees annually

## COMMUNITY SUPPORT

One measure of the value The University of Vermont Children's Hospital brings to the communities we serve is the generous support we receive from both organizations and individual donors. This critical assistance allows us to improve our services, which includes expanding our Child Life team, creating child-friendly spaces and providing support services for families.

Please visit [UVMHealth.org/Foundation](https://www.uvmhealth.org/foundation) or call us at **(802) 847-2887** to find out how other improvements to our services can become a reality with your participation.



# Specialty Services

The University of Vermont Children's Hospital is a full service children's hospital (see list of specialties below). And, because we recognize the profound impact mental health problems can have on families, we also provide comprehensive mental health care services. Additionally, each of our staff surgeons has achieved rigorous board certification in their subspecialties and can perform virtually all pediatric surgery procedures — providing your child with leading-edge care close to home.

## CHILDREN'S SPECIALTIES

Allergy  
 Adolescent Care  
 Behavioral Development  
 Cancer  
 Cardiology  
 Child Psychiatry  
 Child Psychology  
 Child Psychopharmacology  
 Child Abuse  
 Critical Care  
 Dermatology  
 Endocrinology and Diabetes  
 End of Life and Palliative Care  
 Gastroenterology, Hepatology  
 and Nutrition  
 General Pediatrics  
 Genetics  
 Hematology

Hospital Medicine  
 Immunology  
 Infectious Diseases  
 Lactation / Newborn Clinic  
 Lipid Disorders  
 Neonatal Developmental  
 and Medical Follow-Up  
 Neonatology  
 Nephrology / Kidney and  
 Urinary Tract Diseases  
 Neurology  
 Obesity and Related Disorders  
 Pediatric Procedural Sedation  
 Pulmonology / Lung Diseases  
 Radiology  
 Rheumatology / Arthritis  
 Sleep Disorders  
 Travel Medicine

## SURGICAL SPECIALTIES

Anesthesia  
 General Surgery  
 Maxillofacial Surgery  
 Neurosurgery  
 Ophthalmology  
 Orthopedics  
 Otolaryngology  
 Plastic Surgery  
 Robot-assisted Surgery  
 Thoracic Surgery  
 Transplantation  
 Trauma  
 Urology





# Patient Spotlight

## DANIELLE

### A Children's Miracle Network Champion



Children's  
Miracle Network  
Hospitals

Though she's still quite young, Danielle's medical journey has been a long one. The high-energy teen began her first hospital stay with an appendectomy for a gangrenous appendix. Postoperatively she developed a prolonged ileus and fevers and subsequently learned she had a large, intra-abdominal abscess that required a procedure for drainage. Danielle spent 10 extensive days at The University of Vermont Children's Hospital for treatment of this abscess prior to finally being discharged.

But her journey wasn't over yet. Two days after discharge, young "D" was readmitted for a second large intra-abdominal abscess, requiring an additional 10 long days in the hospital.

Danielle's strength, courage, bravery, and positive attitude, quickly showed through. She recounts her time at The University of Vermont Children's Hospital, speaking about the Child Life specialists she came to know, the family night she was able to have with her 3 sisters, and all of the special extras that helped her feel more at home during her long stay at the hospital. Children's Miracle Network funds, from campaigns such as Walmart's, have enabled the hospital to provide high level care in a child and teen friendly environment.

Fortunately, today D is happy, healthy and active. Though she's faced challenges most kids her age haven't, D remains an upbeat and typical teenage girl with goals and dreams all her own. Danielle became Vermont's 2014 Children's Miracle Network Champion in January of this year.

# Your Child's Care Team

We consider parents to be expert partners and involve them every step of the way as decisions are made about their child's care. In addition to our skilled physicians and nurses, a range of other experienced providers are on hand to ensure that all of your child's medical and emotional needs are met. Your child's care team includes staff from: Child Life, Social Work, Psychology, Pastoral Care, Case Management, Nutrition Services, Physical Therapy and Respiratory Therapies.

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*"Every year Abby celebrates her birthday, I am moved to tears because I know she wouldn't be here without all the exceptional people at The University of Vermont Children's Hospital."*  
LESLIE GOODRICH, Whiting, VT



**THE UNIVERSITY OF VERMONT  
CHILDREN'S HOSPITAL**

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