

**Important Clinic Telephone Numbers**



**Administrative Office**  
Main No.  
210.567.7477



**Emergency No. 911**

**Melissa Frei-Jones, MD**  
O: 210.567.7480  
F: 210.567.7466

**Clinic Office**  
210.704.2187  
800.227.3618

**Child Life:**  
Sarah Grennan  
O: 210.704.2642

**Nurse:**  
Donna Doulton, RN  
O: 210.704.3110  
F: 210.704.2396  
Pg: 210.235.0578

**Social Workers:**  
Sally Wiard, LCSW  
O: 210.704.3443

**Genetic Counselor:**  
Martha Thomas  
O: 210.567.7481  
F: 210.704.7466

**Psychology:**  
Leanne Embry, PhD.  
O: 210.704.2987  
F: 210.704.2396



**Administrative Assistant:**  
Albert Estrada  
210.567.7468  
F: 704.567.7466

**THANK YOU!**

# Sickle Cell Rapper

THE CHILDREN'S REGIONAL SICKLE CELL CENTER  
UTHSCSA DEPT OF PEDIATRICS  
DIVISION OF HEMATOLOGY/ONCOLOGY  
CHRISTUS SANTA ROSA HEALTHCARE

**Spring 2011**

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After many years of dedicated service to our patients it is with great sadness that we announce that Dr. Reginald Moore is leaving the Sickle Cell Center for personal reasons. His last clinic day was Wednesday, February 23, 2011

Dr. Melissa Frei-Jones, who has been actively part of our team for the last two years, will continue to care for our patients and families .

Thank you Dr. Moore for all that you do! You have made a huge difference in peoples lives; you will not be forgotten! We hope that someday you will come back to visit us but for now you will be greatly missed!



**Reginald H. Moore, M.D.**  
Associate Professor of Pediatrics  
Division of Hematology-Oncology



Sincerely,  
  
Your Sickle Cell Team



## What is a “fellow?”

Medical doctors proceed through several phases of training before they are allowed to care for patients without supervision of a more experienced senior physician and graduation from medical school is just the beginning. To become an independent Board Certified Pediatric Hematologist-Oncologist, trainees must complete four years of college, four years of medical school, three years of pediatrics residency, and finally three years of pediatric hematology-oncology training. These last three years of training are termed “fellowship” and in the medical community these trainees are referred to as “fellows.” By the time a doctor advances to fellowship, they have a great deal of medical training and are Board Certified in General Pediatrics. Fellows are expected to teach medical students and residents, while they are perfecting their skills in Hematology/Oncology. As is the case with all trainees, they are still required to be supervised by a Board Certified Pediatric Hematology/Oncology attending physician.

## Introducing our Fellows:



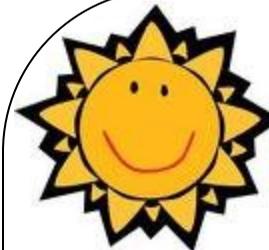
Maria Falcon, MD



Aaron Sugalski, D.O.



Emily Moses, MD



## CAMP CELL-A-BRATION!!!!



It is only 6 months away!!! Can you believe it!!!

We have FIVE, CINCO, CINQ, 5, V, scholarships for camp this year. This means no registration fee (\$25.00). This is for ages 6-14 years of age, usually in the 2<sup>nd</sup> week in the month of August - dates to be determined. Remember there are nurses and doctors at the camp to make sure your child is well! You may go online to the camp website: [www.campforall.org](http://www.campforall.org).

### Rules of competition:

Attended regular clinic visits (2-3 per year).  
Between the ages of 6 - 14.  
Have Sickle Cell Disease.  
Want to go to camp!  
Write or email to let us know why you should be a winner!!

**Deadline is June 1, 2011.**

For more information, please call Nurse Donna at 704-3110 or email: [Doulton@uthscsa.edu](mailto:Doulton@uthscsa.edu)

Camp Team members:  
Beku Chavaria, RN  
Jace Balzen, MD

Counselors:  
Christopher Pinkerton  
Dr. Melissa Frei-Jones will also be present at camp.





## BULLETIN BOARD

MARK YOUR  
CALENDAR!



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A reminder from Brenda Brock, Admissions Clerk, CHAA: "Instead of being sent to Kidstop for registration for scans & tests, patients who are coming in for procedures (MRI/MRA, TCD/ECHOCARDIOGRAM) need to arrive 30 minutes prior to their appointment time to the **8<sup>th</sup> floor clinic**. This is to allow enough time to register, get vital signs (if needed,) enter the orders into computer system and to report on time for the procedure."

**PAIN MEDICATIONS:** Due to safety issues we cannot refill pain medications after hours, holidays or weekends. Make sure that you have at least a week's supply!!! Poor planning on your part does not mean a medical emergency. Please leave your refill request at 704.3110.

**PHONE NUMBERS:** it is critical that we have a working phone number in order to get in touch with you with critical values/tests results or any other information that we need to urgently communicate.

**COURTESY CALLS:** At the Sickie Cell Clinic we are happy to be able to offer the service of a courtesy call to confirm clinic appointments. It is important that if you cannot make that appointment that you let us know at that time. This will help us decrease our "no show" appointments and be able to give another child the appointment time.

**PAPERWORK:** All paperwork will need 7-10 working days to complete.



 **SCDAA MEETING:** At the April 7<sup>th</sup>- SCDAA Parent Meeting we have invited camp health members to attend this meeting so that they can answer your questions about sending your child to Sickie Cell Camp. It is now located at the Center for Children & Families on the 5<sup>th</sup> floor, usually first Thursday of the month starting at 6:30 p.m. Your contact person is Crystal Lozano at 315-7473.

Please watch for fliers in the mail!

**QUOTE of the day:**

*It is better to know us and not need us than to need us and not to know us.*

## 2010 Christmas Party - What a Success!

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**TREATING YOUR PAIN IN HOSPITAL**

We would like to give you the best care when you are admitted to the hospital for pain.

We will do:

1. The nurse and doctor taking care of you will increase your medicine until you are comfortable.
2. If you are older than 5 years old and you have an IV, you can help yourself feel better by giving yourself your medicine by pushing the PCA (patient controlled analgesia) button. Your family can also help you decide if you need to push the button.
3. If you are younger than 2 years old and have an IV, the nurses/doctors will give medicine to make you feel better with help of your parents.
4. Your IV pain medication will not be decreased during your first day in the hospital unless you are too sleepy.
5. Your medication should only be decreased in the morning time if you have slept overnight.
6. You will not be sent home unless your pain is better with medications you can take at home. We may not be able to take all your pain away but we sure will try hard to make it so you can go home.
7. We will try very hard to have your pain medications that you are going home on ready for you when you leave the hospital.



Things for you to do:

1. Lights /TV/computers and phones off at 9:00 p.m. if you are under 12 years old and 11:00 p.m. if you are over 12 years old during the school year. We understand this may be not your normal schedule at home.
2. Use your incentive spirometer/pinwheels or blow bubbles while you are awake. This is the ONLY thing that you can do to help yourself.
3. After your first day in hospital you will need to get out of your room and walk around the floor a few times each day.
4. You will need to **TALK** (with words!) to the nurses and doctors to tell us how you are feeling, so that we can give you the best medicine to help you feel better faster.

**Taking care of you at CHRISTUS Santa Rosa Regional Sickle Cell Clinic**

We would like to work together with you to help take better care of you.

Things we will do:



1. Teach you about your disease.
2. Teach you how best to take care of pain.
3. Explain any new medications.
4. Communicate x-ray and blood tests in a timely manner.
5. Work with you and your school to help him/her do their best.
6. Assist with insurance issues.
7. Help teach you how to use public transportation or Medicaid transportation.
8. Coordinate appointments and other tests to help limit the number of school and work days missed.

Things for you to do:



1. Come to all scheduled appointments.
2. If you cannot make an appointment, please call and let us know so that we can give the time to another patient.
3. Bring your pain medications to your appointment
4. Call us with fever, pain, swelling or cough.



**Our goal is to decrease your pain to the best of our ability with your help and cooperation .**

The Sickle Cell Team

