

UPSTATE

MEDICAL UNIVERSITY
SYRACUSE, NEW YORK

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CLINICAL UPDATE

September 2009

Heartbeat of the Children's Hospital

The world-class Upstate Golisano Children's Hospital is the perfect platform for showcasing the world-class expertise of its pediatric faculty and staff.

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Downsizing

Pediatric Fellow Nicholas Bennett MB Chir, famous for his kid-friendly communication skills, shares his top strategies for conversing with young patients.

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Gamma Goes Platinum

Now available at Upstate, the new Gamma Knife Perfexion™ offers increased speed and accuracy, plus significantly expanded reach.

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The Heartbeat of the Children's Hospital



Opening the Upstate Golisano Children's Hospital is a major milestone for our region. But world-class pediatric care ultimately depends on world-class pediatric experts. Thanks to Upstate Medical University and University Hospital, many of these experts have been with us for decades. Others have arrived more recently in Central New York, attracted by the promise of the new children's hospital. Their dedication and expertise place the Upstate Golisano Children's Hospital in a league with our nation's premiere providers of pediatric care.



Programs & Services

Adolescent Medicine Program
 Pediatric Designated AIDS Center
 Pediatric Anesthesia Services
 Juvenile Rheumatoid Arthritis Clinic
 Margaret L. Williams Developmental Evaluation Center
 Clark Burn Treatment Center
 Waters Center for Children's Cancer and Blood Disorders
 Cardiac Surgery
 Cardiology
 Center for Behavior, Development and Genetics
 Child Abuse Referral and Evaluation (CARE)
 Child Life Program
 Center for Cleft and Craniofacial Abnormalities
 Communication Disorder Unit

Schwartz Cystic Fibrosis Center
 Diabetes and Endocrinology
 Joslin Diabetes Center
 Ear, Nose and Throat
 Pediatric Emergency Department
 Foster Care Services (ENHANCE)
 Gastroenterology and Nutrition
 General Pediatrics
 Genetic Services
 Immunology and Infectious Disease Center
 Pediatric Intensive Care Unit
 Pediatric Intermediate Care Unit
 Kids Now Off Therapy Clinic (KNOT)
 Lead Poisoning Resource Center
 Nephrology
 Neurology and Neurosurgery

Children's Center for Nutrition and Exercise
 Ophthalmology Services
 Orthopedic Services
 Parent Advisory Council
 Pediatric and Adolescent Center
 Upstate New York Poison Center
 Psychiatric Services
 Pulmonary Center
 Physical Medicine and Rehabilitation
 Social Services
 Spina Bifida Clinic
 Center for Children's Surgery
 Telemedicine
 Transport Program
 Upstate Pediatrics

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Downsizing

Talking with pediatric patients takes planning. An Upstate expert shares his strategies.

1

Children are not just small adults. They have different fears, different levels of understanding and different expectations.

2

Parents are not just adults. They often have deep concerns that must be addressed. Try saying, “I can see from your face that you’re worried. What’s on your mind?”

3

Get down on the child’s level. Imagine you’re stuck in a room with a 12-foot Yeti. That’s how you look to a small child.

By Nicholas Bennett MB Chir,
pediatric fellow at the Upstate
Golisano Children’s Hospital.



4

Pay attention to the child.

Smile. Engage the older child first. Remember that teenagers expect to be treated like adults.

5

Don't do a typical exam.

Play is often a good substitute! For babies, a parent's lap is more comfortable than an exam table.

6

Use open-ended questions.

"Tell me about the pain" gleans more information than "Does it burn?"... especially with kids.

7

Don't ask a child for permission to do a necessary exam.

"I need to look in your ears, which one do you want me to do first?" empowers the child by offering a choice. "Can I look in your ears?" could lead to disaster.

8

Let 'em talk.

Doctors interrupt on average within 15 seconds. Can anyone get a history in 15 seconds?

9

Find out why they're in your office.

According to patients, doctors get the 'presenting complaint' wrong 50 percent of the time.

10

Chunk and Check

shows

you're listening and confirms accuracy.

"So you've had headaches and nausea for a week. Anything else going on?"

11

Don't touch that knob.

Don't wait until your hand is on the door handle to ask, "Are there any other questions?"

12

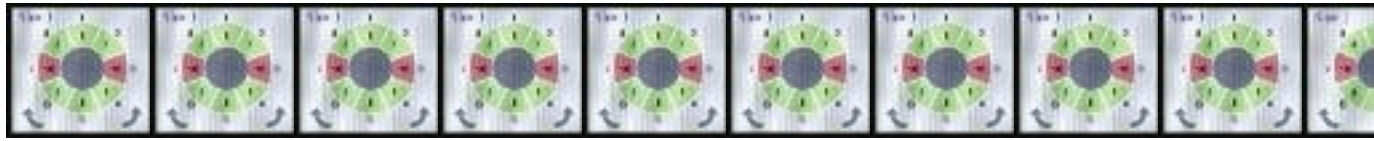
Watch the patient's body language.

Control yours. Read a book on interpreting human behavior. It's enlightening!

13

Time the sex and drugs talk.

Approach issues of sex, drugs, alcohol and other risky behaviors with adolescents after the physical exam, when they are comfortably back in street clothes. (Exams are intimidating.) There's no reason why all the patient history has to come before the physical.



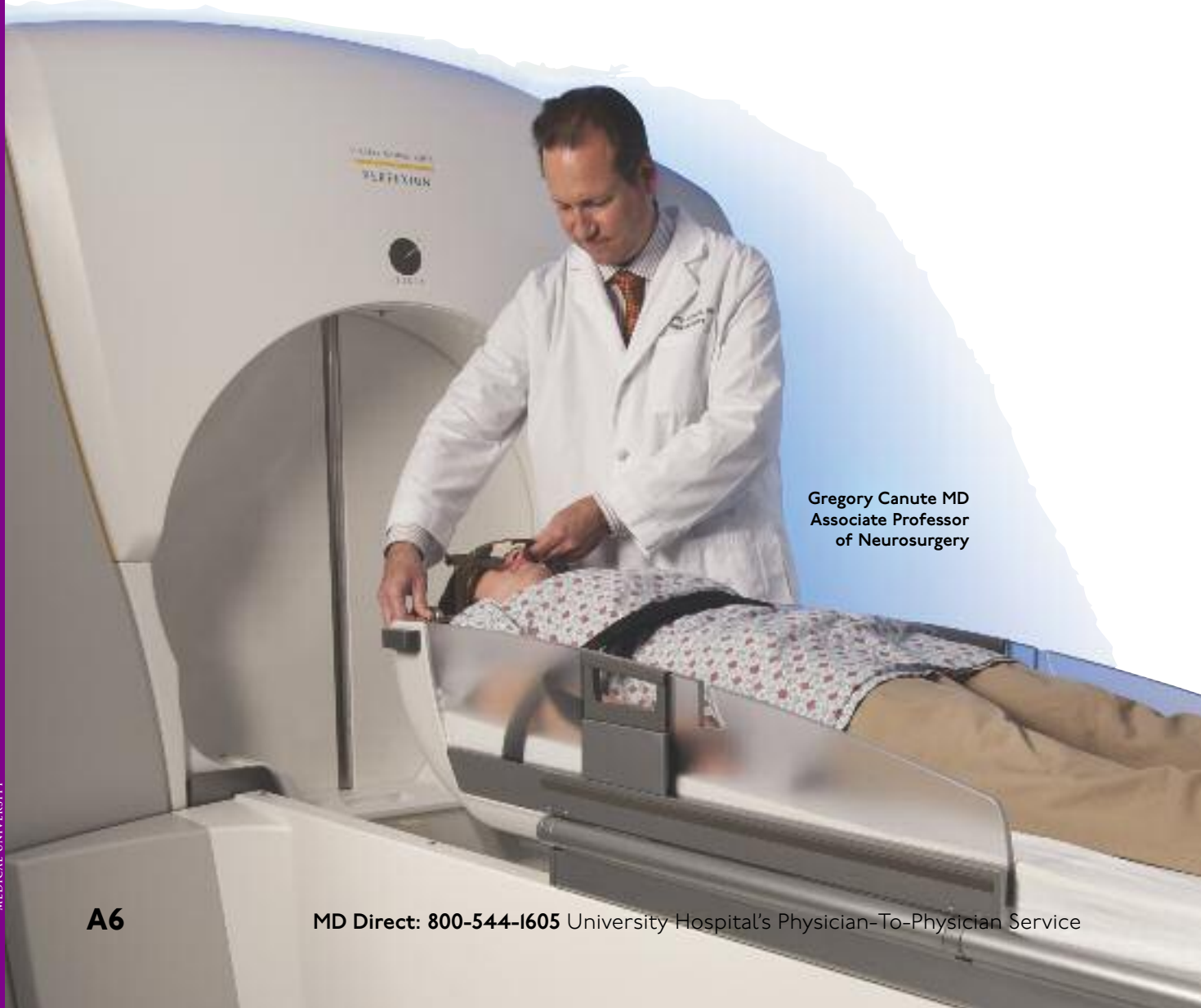
Ground-Up Redesign for

UPSTATE GAMMA KNIFE

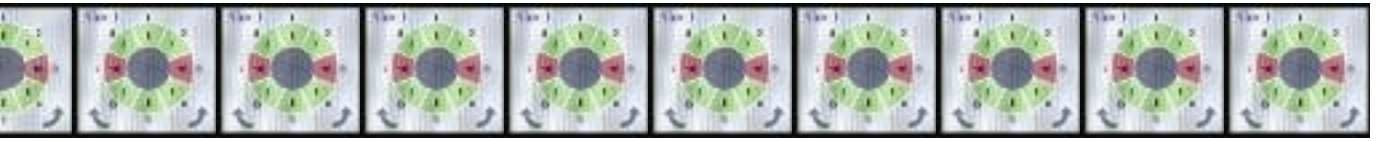
Radiosurgery's Gold Standard Goes Platinum

The Gamma Knife® Perfexion™ – the latest generation of the tool that revolutionized radiosurgery – is now available in Central New York, only at the Upstate Gamma Knife Center.

“The new Perfexion has the accuracy of our previous Gamma Knife with increased speed and efficiency. We can now treat multiple targets much faster and with unprecedented conformality,” reports Gregory Canute MD, associate professor of neurosurgery at Upstate Medical University.



Gregory Canute MD
Associate Professor
of Neurosurgery



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“We can now target brain tumors and vascular malformations in the cervical spine as well as the brain,” he reports. “The Gamma Knife Perfexion offers unlimited cranial access and has the potential to treat a broader array of conditions than was possible with Upstate’s original – and highly effective – Gamma Knife, which was installed in 1998.

“In our first 10 years, we treated close to 2,000 patients and established ourselves as one of the busiest Gamma Knife Centers in the United States,” reports Dr. Canute.

The new Gamma Knife, while clinically compatible with previous procedures, can also treat tumors at the base of the skull, high spinal tumors, extra-cranial head and neck cancers and high spinal arteriovenous malformations. It may also treat multiple metastatic tumors in a single treatment session.

The Gamma Knife’s ability to create conformal dose plans makes it ideal for small brain tumors and vascular lesions which are irregular in shape. The new Gamma Knife Perfexion uses 192 beams of highly focused Cobalt 60 radiation to target brain tumors and vascular malformations in the brain and cervical spine. At the exact point of intersection, the beams release potent doses of radiation. Before they intersect, the beams are harmless and ineffectual, thus sparing damage to structures surrounding the lesion.

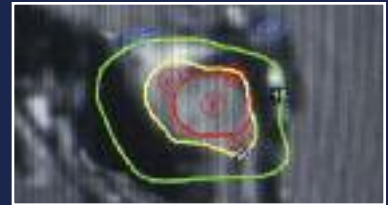
Patient-First

The new system also has the capacity to reduce treatment time by optimizing its robotic component. “All of this translates into minimal patient discomfort,” according to Dr. Canute. “This is an outpatient procedure. Patients may be lightly sedated but are awake throughout the procedure. They go home the same day and often return to work the next day.”

Referring Physician Role

Referring physicians remain critical partners in the Gamma Knife process, according to Dr. Canute. “All follow-up studies and treatment plans are performed in conjunction with the patient’s physician.”

More information about Gamma Knife radiosurgery can be found at: www.upstate.edu/gamma/ or www.upstate.edu/neurosurgery/



Treatable Disorders

Gamma Knife treatment is especially suitable for treating intracranial lesions such as:

- ♦ Metastatic Brain Tumors
- ♦ Arteriovenous Malformations
- ♦ Deep-seated Intracranial Tumors
- ♦ Meningiomas
- ♦ Neoplasms
- ♦ Partially Resected Tumors
- ♦ Pituitary Tumors
- ♦ Trigeminal Neuralgia
- ♦ Vascular Malformations
- ♦ Skull-based tumors
- ♦ Glomus Jugulare
- ♦ Optic melanoma

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