



NeonatalNews.Netsm

From the Section of Neonatology, Department of Pediatrics, Baylor College of Medicine, Houston, Texas

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Spotlight

New Faculty

We welcomed four new faculty members to the Section of Neonatology the past year and are pleased to spotlight each one here.



Chachere

Sheila Chachere, M.D., joins us in July 2004 as Instructor of Pediatrics with a primary appointment at East Houston Regional Medical Center. Dr. Chachere comes to Baylor from the University of Texas Medical Branch at Galveston, where she recently completed her residency. She received her medical degree from the University of Texas Medical Branch at Galveston in 2001.

Dolly Mehta, M.D., joined us in October 2003 as Assistant Professor of Pediatrics and her primary appointment is at Twelve Oaks Medical Center-Sharpstown. Dr. Mehta received her medical degree in 1970 from Madras Medical College in Madras, India, and completed her residency in 1978 at Earl K. Long Memorial Hospital, Baton Rouge, LA.



Mehta



Morris

Sandra Morris, M.D., joined us in February 2004 as Instructor of Pediatrics and with a primary appointment at East Houston Regional Medical Center. Dr. Morris received her medical degree from Baylor College of Medicine in 1999 and completed her residency in 2002 at Orlando Regional Healthcare System in Florida.

Ann Stark, M.D., joined us in April 2004 as Professor of Pediatrics. Dr. Stark received her medical degree from Harvard Medical School, Boston, MA. She completed a fellowship in neonatology at the Joint Program in Neonatology at Harvard Medical Center in Boston. She will be director of our Neonatal-Perinatal Fellowship Program.



Stark

The Front Line

New, state-of-the-art nurseries at Texas Children's



Photo by James deLeon, Texas Children's Hospital

In Texas Children's new level 3 NICU, James M. Adams, M.D., and Amy Harnden, Child Life Specialist, giving bedside care.

In early 2004, Texas Children's Hospital opened a new 138-crib nursery featuring state-of-the-art medical technology that is used to extend and improve the lives of the newborns placed in our care.

The Texas Children's Newborn Center® treated almost 2,900 critically ill newborns in 2003, and the new nursery was part of the

hospital's \$345-million expansion. The new neonatal intensive care unit (NICU) has 76 cribs dedicated to the most critically ill newborns (level 3) and 62 beds for those who are less critical (level 2) and provides numerous new facilities for parent support.

The nursery design promotes a womb-like, peaceful environment for babies. Sound-deadening materials help to decrease noise reverberation to below the minimum re-

see Nurseries, page 2

2004 and beyond

Leonard E. Weisman, M.D. **Head, Section of Neonatology**

During 2004, Texas Children's Hospital celebrates its 50th anniversary. In that time, the neonatal nurseries have grown from humble beginnings to becoming the nation's largest and busiest, caring for newborns needing the most specialized care. This issue of *NeonatalNews.Net* features the new nurseries that opened this spring and chronicles our growth from treating 400 to more than 2900 patients per year. We envision continued growth of patient admissions, complexity, and acuity. Likewise, the range and scope of the Kangaroo Crew® Transport Team will continue to expand across Texas and to adjacent states. The hospital and the Baylor College of Medicine physicians are poised for the future and our mission to extend the lives and improve the quality of life of our newborn patients, through education, research, and patient care.



Nurseries (continued from page 1)

quired standard, and a series of individual lighting controls allows physicians to direct lights so they can efficiently see patients as they care for them while minimizing light stimulation and the babies' stress levels.

"A more efficient, less stressful, less intrusive, high-technology environment will meet the needs for several years to come and improve the outcomes of our patients," said Dr. Leonard Weisman, chief of neonatology at Texas Children's and professor of pediatrics at Baylor College of Medicine (BCM).

The amount of space per patient in the new nursery is increased by 50 percent—larger than the recommended standard. "The increased space and design of each bed improves the efficiency with which care is provided, decreases the stress of the patient and family, and improves the comfort of the

baby and encourages the family to spend more time at the bedside," Dr. Weisman said. The area also allows more technology at the bedside, a necessity for delicate bedside surgeries for some of the most fragile infants. Independent bedside workstations include a computer and a mobile physiologic monitoring system to provide caregivers a focal point for each patient. In addition, partial walls between each patient bed increase privacy for families.



Photo by James deLeon, Texas Children's Hospital

The NICU at Texas Children's Hospital in 1974

Parents of hospitalized infants also have a home away from home nearby at the 20-room Ronald McDonald House. Plus, the nurseries have space at each bedside for parent recliners, storage, and communication needs (telephone, bulletin board, mail boxes).

Texas Children's nurseries are the largest and busiest in the U.S. Of babies admitted in 2003, many were premature with many risk factors that make survival a challenge. "Texas Children's Newborn Center routinely cares for the smallest, most fragile infants while maintaining

Leading newborn treatment

The team of Texas Children's Hospital and the physicians of Baylor College of Medicine are on the leading edge of research and treatment of extremely vulnerable, high-risk newborns.

- **Center for Acute and Chronic Respiratory Disease Management** offers specialized team care including

Extra Corporeal Membrane Oxygenation (ECMO) regional center for treatment to support tissue oxygenation in infants with severe respiratory failure due to reversible pulmonary disease.

Bronchopulmonary Dysplasia Care Team treating chronically ventilator-dependent infants who require highly specialized care if they are to realize full recovery potential.

Inhaled Nitric Oxide (iNO) Team participated in the first large clinical trial of nitric oxide for treatment of pulmonary hypertension in newborns 34 weeks' gestation and older. We treat more than 45 infants a year with iNO.

- **Individualized Developmental Care.** First in the world to develop facilities and specific care plans to minimize light and noise in the NICU to improve the care environment for its patients.



Photo by James deLeon, Texas Children's Hospital

Case discussion among a multidisciplinary care team. (L-R) Catherine Montgomery, nutritionist; Shino Thomas, RN, NNP; Leslie Law-Harris, M.D. (neonatology fellow); Erika Garcia, student helper; Lisa M. Adcock, M.D.; and Diana Lopez, RN.

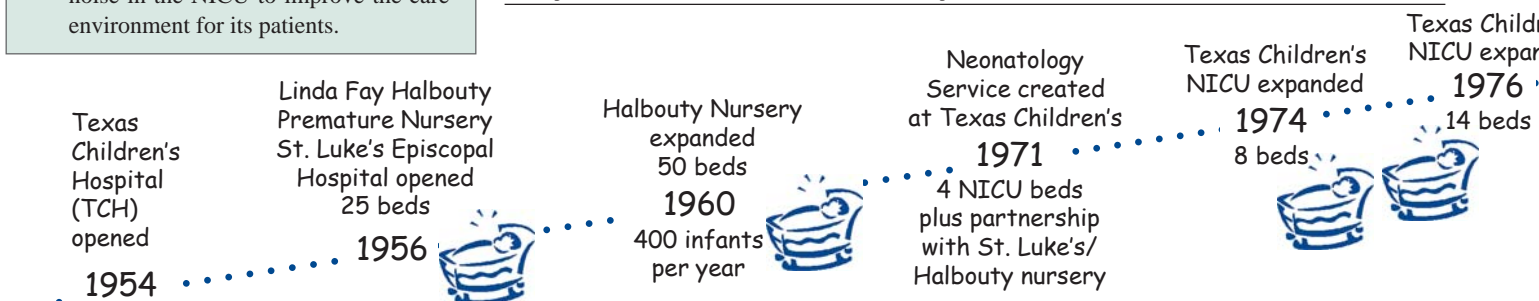




Photo by James deLeon, Texas Children's Hospital

Lisa Beal, RN, and Michael E. Speer, M.D. consult in the new level 3 nursery.

tremendous outcomes,” said Dr. Weisman. Since 1999, the survival rate at Texas Children’s for an infant weighing less than 1,000 grams (less than about 2 pounds) has been 82 percent—a rate that is among the highest in the nation.

But just a few decades ago, many newborn infants did not survive. “A lot of babies had immature lungs, were born

prematurely, and were dying,” said Dr. Joseph A. Garcia-Prats, professor of pediatrics at BCM and a practicing neonatologist at Texas Children’s.

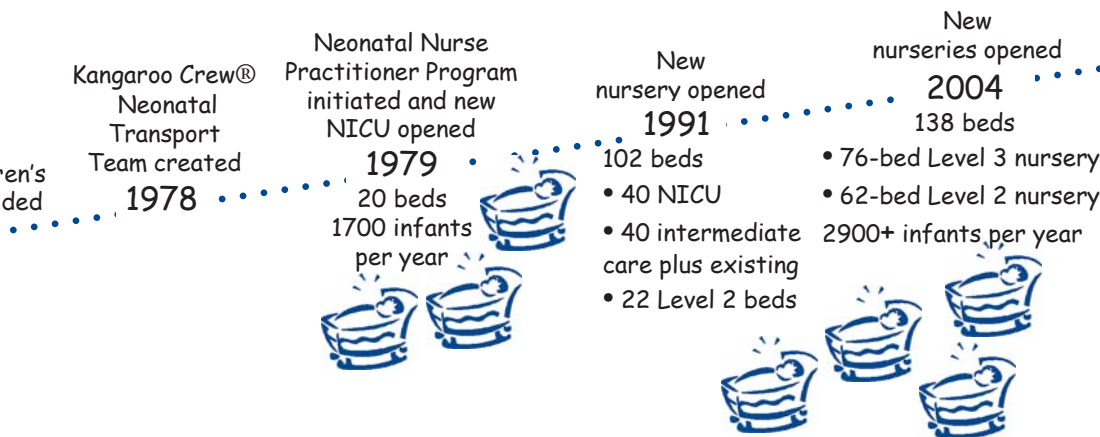
Outcomes improved though as knowledge expanded with the early research and dedication of pioneering physicians such as Murdina Desmond, Arnold Rudolph, Reba Hill, and others.

Collaboration is key in the advancement of medical science as well as to relationships between institutions at the Texas Medical Center. During the mid 1950s, Texas Children’s neonatologists treated newborns in collaboration with St. Luke’s Episcopal Hospital, in a 25-crib nursery that admitted about 400 patients each year. In 1971, Texas Children’s created its own neonatology service with 4 NICU beds, and by 1974 the two institutions had joined their nurseries for a combined total of 69 cribs.

In 1975, the field of neonatology became a subspecialty of pediatrics and the American Board of Pediatrics established subboard certification in neonatal-perinatal medicine. BCM established an accredited fellowship program in neonatal-perinatal medicine in the early 1970s and, with Texas Children’s as its primary teaching institution, has since graduated a great proportion of the new neonatologists in the U.S.

The 1970s saw vigorous growth in Texas Children’s nurseries. Greater understanding of infant mortality and morbidity led BCM physicians to develop and implement the Neonatal Transport Team (Kangaroo Crew®) in 1978 and the Perinatal Outreach Program and Neonatal Nurse Practitioner Training in 1979.

By 1979, Texas Children’s nurseries treated about 1700 infants each year—400 percent more in 20 years. The Kangaroo Crew transported babies to Texas Children’s from hospitals in a 100-mile radius from Houston. Today the radius of the Kangaroo Crew continues to expand, as do the services and vision of BCM physicians in the Texas Children’s nurseries.



Contact Us

The Baylor College of Medicine Section of Neonatology has staff at hospitals in Houston’s Texas Medical Center and in the local community.

To request a neonatal consultation at any of our locations, call

**1-877-NEONATE
(1-877-636-6283)**

Texas Medical Center locations

Texas Children’s Hospital

6221 Fannin Street, Houston TX 77030

Director of Nurseries: James M. Adams, MD

For neonatal transport, call the Kangaroo Crew:

In Houston: 832-824-5550
Toll-free: 1-877-770-5550

St. Luke’s Episcopal Hospital

6720 Bertner Avenue, Houston TX 77030

Director of Nurseries: Michael E. Speer, MD

The Methodist Hospital

6565 Fannin Street, Houston TX 77030

Director of Nurseries: Michael E. Speer, MD

Ben Taub General Hospital

1504 Taub Loop, Houston TX 77030

Director of Nurseries: Joe Garcia-Prats, MD

Community locations

East Houston Regional Medical Center

13111 East Freeway, Houston TX 77015

Director of Nurseries: Dilcia A. McLenan, MD

St. Luke’s Community Medical Center - The Woodlands

17200 St. Luke’s Way

The Woodlands TX 77384

Director of Nurseries: Charles T. Hankins, MD

Twelve Oaks Medical Center - Sharpstown

6700 Bellaire Blvd, Houston TX 77074

Director of Nurseries: Tommy Leonard, MD

Woman’s Hospital of Texas

7600 Fannin Street, Houston TX 77056

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2004 Rudolph Award Winners

Doctors Drifa Freysdóttir and Alexander Kenton are co-recipients of the 2004 Arnold J. Rudolph Fellows Award. The award was presented February 20 by Dr. Joseph A. Garcia-Prats, following the 9th Annual Arnold J. Rudolph Memorial Grand Rounds at Texas Children's Hospital.

The award winners are recognized for following the example of Dr. Arnold J. Rudolph (1918-1995) in their work as effective and understanding teachers, deeply respectful physicians and individuals of utmost integrity.

Dr. Freysdottir's primary research involves hyperoxic lung injury, while Dr. Kenton focuses on genetic screening for patients with left-ventricular noncompaction (a form of cardiomyopathy). Both are third-year fellows in Baylor College of Medicine's Neonatal-Perinatal Fellowship Program.



Freysdottir and Kenton



Baylor Perinatal Outreach Program 28th Annual Perinatal Nursing Symposium

October 28–29, 2004
Hilton University of Houston

For registration information, contact:

E-mail: rlopez1@bcm.edu **Telephone:** 713.873.3515

Web site: www.neonate.net (click Educational, then Symposia)

Texas Children's Hospital is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity meets Type I criteria for mandatory continuing education requirements toward relicensure as established by the Board of Nurse Examiners for the State of Texas.

Baylor College of Medicine Neonatal Fellowships

Neonatal-Perinatal Medicine Fellowship Program

accepts applications year-round

For information

- visit our Web site: www.neonate.net
- E-mail: fellowship-program@neo.bcm.tmc.edu
- telephone: 832.826.1309
- mail: write to the address at the top of this page

Neonatal Nutrition Fellowship Program

for Registered Dietitians with clinical experience;
accepts applications year-round for two training
periods (January–March and April–June).

For information

- visit our Web site: www.neonate.net
- Or contact Diane Anderson, PhD, RD
- E-mail: diane@bcm.edu
 - telephone: 832.826.1346
 - mail: write to the address at the top of this page

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