2012 has been a year of momentum for children’s health in Richmond and at Children’s Hospital of Richmond at VCU (CHoR). CHoR broke ground on a new Children’s Pavilion, opened a Children’s Garden and established the Healthy Lifestyles Center, focused on managing childhood obesity. CHoR also welcomed many new doctors, ensuring families in Central Virginia have access to the right expertise.

You’ll read about these and other new developments in this issue of Early Edition, and these milestones are important to celebrate. But even more important is what’s ahead. We are fully dedicated to advancing children’s health in Central Virginia, and we show this dedication through multi-year investments in people, programs and facilities. Through a shared vision with our pediatricians, specialists and partners like you, we will take children’s health to the next level. The future is bright as we look to 2013 and beyond.

Leslie G. Wyatt, RN, MS
Vice President of Children’s Services
Executive Director
Children’s Hospital of Richmond at VCU (CHoR)

Children’s Pavilion ➤ OPENING 2015

Construction of a new Children’s Pavilion that will be the largest and most advanced outpatient facility dedicated to children in the Central Virginia region began at CHoR in September 2012. The $168 million, 640,000-square-foot facility will house 72 exam rooms; a surgical area with two operating rooms and two procedure rooms; and areas for diagnostic testing, imaging and laboratory services. It is being built adjacent to CHoR’s existing Children’s Pavilion and will consolidate the majority of outpatient pediatric services currently spread throughout the MCV campus under one roof.

The new specially designed pavilion (rendering on right) will have clinic pods organized for efficient multidisciplinary care and an attached parking garage with more than 600 spaces. At the groundbreaking ceremony (pictured), Sheldon Retchin, MD, Vice President for Health Sciences at VCU and CEO of the VCU Health System, said the pavilion speaks to VCU’s long-term investment in the people, programs and facilities that support the specific needs of children. Other milestones in this regard include VCU Health System and Children’s Hospital joining to form CHoR, the region’s only full-service hospital dedicated to enhancing the comprehensive, coordinated care of children, and CHoR’s recent increase in medical/surgical faculty.

Perioperative Unit ➤ OPENED NOVEMBER 2012

Existing space in the MCV Campus Gateway Building was recently renovated to create a Perioperative Unit dedicated to children. CHoR’s new seven-room, 3,610-square-foot Perioperative Unit (pictured) offers a supportive and caring atmosphere during a stressful time for children and families. All rooms have space for parents to be at their child’s bedside during recovery and a waiting area is part of the unit so that family members can remain close by. Patients receive both pre- and post-operative care in the unit, which promotes a consistent care experience and allows family members to stay in one location before, during and after surgery. From major surgeries to dental procedures, this new pediatric unit provides comfort and continuity of care for children and their families.
Healthy Lifestyles Center

**OPENED NOVEMBER 2012**

At CHoR’s new Healthy Lifestyles Center (HLC), a team of dietitians, exercise specialists, psychologists, pediatric medical and surgical specialists, and nurses provide comprehensive lifestyle-management care for the treatment and prevention of obesity and weight-related medical conditions. Through specially designed multidisciplinary programs and services, team members work closely with children/adolescents and their families to promote healthy weight-management, eating, exercise and lifestyle habits with a focus on lifelong change.

The Healthy Lifestyles Center is housed in a 4,000-square-foot space adjacent to CHoR’s Center for Endocrinology, Diabetes and Metabolism. It has a gym (pictured), exercise testing facilities, consultation rooms and research space. The establishment of this unique facility – the first of its kind in Central Virginia – reflects CHoR’s commitment to promoting healthy lifestyles and to expanding multidisciplinary clinical research endeavors started at VCU in 2003 to combat the problem of childhood obesity.

**Programs & Services**

**Healthy Lifestyles Clinic** - This clinic offers comprehensive assessment by a physician, behavioral psychologist, dietitian and exercise physiologist, all of whom have expertise in weight management. The HLC team partners with families to develop individualized treatment plans that may include: nutrition therapy, psychological support/counseling, fitness goals established with a personal trainer, group-based treatments, weight loss surgery evaluations, participation in research studies, and referral to additional physician specialists.

**Surgery** - Weight loss surgery may be considered as an adjunct treatment option for older adolescents with severe obesity and significant weight-related medical conditions who meet established criteria and participate in at least six months of medically supervised lifestyle intervention. The center currently offers several weight loss procedure options as part of comprehensive treatment.

**Research** - Programming at the Healthy Lifestyles Center includes research dedicated to increasing understanding of effective weight-management treatments for children and adolescents. Current studies focus on: a multidisciplinary weight-management treatment program for adolescents (ages 11 to 16) and their families; group-based intervention for parents of 5 to 11-year-old children focused on helping encourage children to lead healthy, active lives; group-based treatments for 13 to 18-year-old girls struggling with overeating, loss of control eating or emotional eating; and a novel weight loss surgery (laparoscopic gastric plication) for adolescents with severe obesity and weight-related health problems.

The Healthy Lifestyles Center is located at 2303 N. Parham Road in Henrico, Va. Initial appointments are scheduled with a physician specialist in pediatric endocrinology. If appropriate, patients are informed about opportunities for participation in relevant research studies during their visit. Call (804) 628-7337 to refer. For information about ongoing research studies, call (804) 527-4756.

Liver Care Center

**NEW PROGRAM STARTED OCTOBER 2012**

Treatment of liver disease in children often requires a multidisciplinary approach involving both medical/surgical intervention and specialized care for nutritional, psychological, social and developmental complications. To fully address these needs, CHoR’s new Liver Care Center provides a team-based program with physician specialists in hepatology, gastroenterology, transplant surgery and general pediatric surgery working with nurses, dietitians, social workers, psychologists and other CHoR subspecialists as needed. Robert E. Kane III, MD, a pediatric hepatologist with 30 years of experience caring for children with liver disease and over 24 years of experience in liver transplantation (see profile on page 3), recently joined CHoR’s Division of Gastroenterology and Nutrition and is leading the center’s comprehensive team.

**Services**

The Liver Care Center offers consultation, evaluation and treatment with an emphasis on involving the family and referring physician throughout the course of treatment. Services are available for a variety of liver and biliary disorders ranging from conditions that originate in infancy to those acquired later in life. Often reasons for referral for evaluation include:

- Acute liver failure
- Alpha-1-antitrypsin deficiency
- Autoimmune liver disease
- Biliary atresia
- Elevated liver function test
- Fatty liver diseases
- Gall bladder diseases
- Neonatal cholestasis (jaundice)
- Viral hepatitis (acute and chronic)
- Wilson’s disease

**SPECIAL FOCUS: FLD Evaluation & Treatment**

Recently, it has been recognized that many children and at least 10 percent of adolescents have fatty liver disease (FLD). Typically a complication of obesity, this condition has a significant chance of progressing to chronic liver disease, cirrhosis and the need for liver transplantation in adulthood. FLD in childhood also increases an individual’s chance of developing diabetes, hypertension and cardiovascular disease as an adult. CHoR’s FLD evaluation process addresses these health concerns as well as the identification of children at higher risk of more serious liver disease. Comprehensive treatment plans include weight loss and increased activity to help with long-term weight-management goals.

The Liver Care Center is an integral part of VCU's Hume-Lee Transplant Center. Appointments are offered at the VCU Medical Center at Stony Point, 9000 Stony Point Parkway in Richmond, Va. Appointments are typically scheduled within 1-2 weeks or within 48 hours if medically necessary. For information and referrals, call (804) 828-9614.
Thirty new physicians and surgeons have been hired since Children’s Hospital and VCU Children’s Medical Center joined operations in 2010 to create CHoR. The following physicians have joined our staff since July 2012:

**New Provider Profiles**

**Susanne Appleton, MD**
Asst. Professor, Division of General Pediatrics

- **Board certified:** Pediatrics
- **Medical degree:** University of Cologne, Germany
- **Residency:** CHoR
- **Practice location:** MCV Campus - Children’s Pavilion
- **Appointments:** 804-828-9338
- **Email:** sappleton@mcvh-vcu.edu
- **Membership:** American Academy of Pediatrics
- **Professional interest:** Chronic care
- **Research interests:** Outpatient quality improvement

**Joseph Chaker El Khoury, MD**
Asst. Professor, Division of Neonatal Medicine

- **Board certified:** Pediatrics
- **Board eligible:** Neonatology
- **Medical degree:** American University of Beirut, Lebanon
- **Residency & Fellowship:** Women & Children’s Hospital of Buffalo
- **Practice location:** MCV Campus - Critical Care Hospital
- **NICU:** 804-828-9956
- **Email:** jelkhoury@mcvh-vcu.edu
- **Professional interests:** Neonatal intensive care, pulmonary disease, respiratory care
- **Research interests:** Lung development, neonatal lung microbiome

**Robert E. Kane III, MD**
Professor, Division of Gastroenterology and Nutrition

- **Board certified:** Pediatrics
- **Medical degree:** St. Louis University School of Medicine
- **Residency:** Case Western Reserve University School of Medicine
- **Fellowship:** University of California, San Francisco Medical Center
- **Practice location:** MCV Medical Center at Stony Point
- **Appointments:** 804-628-7337
- **Email:** rkane@mcvh-vcu.edu
- **Membership:** American Association for the Study of Liver Diseases, North American Society for Pediatric Gastroenterology, Hepatology and Nutrition
- **Professional interests:** Comprehensive liver care, pediatric hepatology, gastrointestinal reflux disease, cystic fibrosis

**Navita Kumar, MD**
Asst. Professor, Division of Hospital Medicine

- **Board certified:** Pediatrics
- **Medical degree:** St. George’s University School of Medicine, Grenada, West Indies
- **Residency:** VCU Medical Center
- **Fellowship:** Children’s Hospital of the King’s Daughters
- **Practice location:** MCV Campus - Main Hospital
- **Hospitalist on-call:** 804-828-0951
- **Email:** nkumar2@mcvh-vcu.edu
- **Membership:** American Academy of Pediatrics
- **Professional interests:** Evidence-based hospital medicine, medical student/resident education, family-centered care, patient safety/quality improvement
- **Research interests:** Bacterial infections in infants, hypothermia

**Rajanya S. Petersson, MD**
Asst. Professor, Division of Otolaryngology - Head and Neck Surgery

- **Board certified:** Otolaryngology
- **Medical degree:** Albany Medical College
- **Residency:** Mayo Clinic
- **Fellowship:** University of Minnesota/Children’s Hospitals and Clinics of Minnesota
- **Practice locations:** MCV Campus - Nelson Clinic
- **Appointments:** 804-628-4368
- **Email:** ENT@vcu.edu
- **Membership:** American Academy of Otolaryngology - Head and Neck Surgery, American Academy of Facial Plastic and Reconstructive Surgery
- **Professional interests:** Pediatric ear, nose and throat disease, cleft lip and palate, airway reconstruction, head and neck tumor/malformations
- **Research interests:** Clinical outcomes research; surgical training

**Samantha Pollard, MD**
Asst. Professor, Division of General Pediatrics

- **Board eligible:** Pediatrics
- **Medical degree:** University of Tennessee, Memphis
- **Residency:** CHoR
- **Practice location:** MCV Campus - Children’s Pavilion
- **Appointments:** 804-828-9338
- **Email:** scardone@mcvh-vcu.edu
- **Membership:** American Academy of Otolaryngology - Head and Neck Surgery, American Academy of Otolaryngology - Head and Neck Surgery, American Academy of Facial Plastic and Reconstructive Surgery
- **Professional interests:** Newborn care, lactation support

**Syndi Anne Seinfeld, DO**
Asst. Professor, Division of Child Neurology

- **Board certified:** Pediatrics
- **Medical degree:** University of Tennessee, Memphis
- **Residency:** CHoR
- **Fellowship:** New York College of Osteopathic Medicine
- **Practice location:** MCV Campus - Children’s Pavilion
- **Appointments:** 804-828-0442
- **Email:** sseinfeld@mcvh-vcu.edu
- **Membership:** American Academy of Neurology, American Epilepsy Society, Child Neurology Society
- **Professional interests:** General pediatric neurology, epilepsy
- **Research interests:** Febrile seizures; status epilepticus
Children’s Hospital of Richmond at VCU provides services at the two main campuses listed below and at several satellite and outpatient therapy centers in the Central Virginia region.

MCV Campus
1001 E. Marshall Street
Richmond, VA 23219

Leslie G. Wyatt, RN, MS
Vice President of Children’s Services
Executive Director
Children’s Hospital of Richmond at VCU
804-628-2943

Bruce K. Rubin, MD, MEng, MBA, FRCP
Physician-in-Chief
Children’s Hospital of Richmond at VCU
Jesse Ball duPont Professor and Chair
Department of Pediatrics
804-828-9602

David A. Lanning, MD, PhD
Surgeon-in-Chief
Children’s Hospital of Richmond at VCU
Associate Professor
Division of Pediatric Surgery
804-828-3500

William B. Moskowitz, MD, FAAP, FACC, FSCAI
Vice Chairman of Clinical Affairs
Department of Pediatrics
804-628-4787

Barry V. Kirkpatrick, MD
Vice Chairman of Academic Affairs
Department of Pediatrics
804-827-1692

William B. Moskowitz, MD, FAAP, FACC, FSCAI
Vice Chairman of Clinical Affairs
Department of Pediatrics
Professor and Chief
Division of Pediatric Cardiology
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Shira E. Pollard
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www.chrichmond.org

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New Developments at CHoR

Rooftop Children’s Garden

OPENED NOVEMBER 2012

CHoR’s new open-air rooftop Children’s Garden is a unique outdoor environment designed for inpatient pediatric patients and their siblings and families. Located on the 7th floor of VCU Medical Center’s Main Hospital, the 4,000-square-foot garden (shown on right) features beautiful landscaping, comfortable sitting areas, an accessible playground and specialized equipment for physical therapy.

Approximately 5,300 children are admitted to CHoR’s acute care pediatric units each year, and the garden is close enough to inpatient rooms that children connected to IVs, monitoring devices and other medical equipment can enjoy time outside. The space is designed to accommodate the special needs of all children, including those in wheelchairs and beds. The 48th Annual Children’s Hospital Foundation Ball, organized by the Foundation’s Junior Board, raised $217,000 to help renovate the rooftop garden. Junior Board members and other hospital supporters joined CHoR faculty and staff at the garden’s dedication ceremony held in November (pictured).

CONTINUING EDUCATION SEMINARS

March 9
Clinical Challenges in Pediatric Primary Care
8 a.m. to 3 p.m., Lewis Ginter Botanical Garden
For details: sblack@chva.org or (804) 228-5971
Co-sponsor: Virginia Chapter, American Academy of Pediatrics

April 12-13
2nd Annual Feeding Conference: A Transdisciplinary Approach to Pediatric Feeding Disorders
8 a.m. to 4 p.m., CHoR - Brook Road Campus
For details: spatterson@chva.org or (804) 228-9231

COMMUNITY EDUCATION SEMINARS AT BELMONT (FREDERICKSBURG, VA)
The seminars listed below will take place from 6 to 7 p.m. at the Gari Melchers Home and Studio at Belmont, 224 Washington Street in Falmouth, Va. Featured speakers are CHoR physicians.

Belmont seminars are free and open to the public, however registration is recommended. Call (804) 828-0123 or email seminars@mcvh-vcu.edu to register or for more information.

February 28
Lyme Disease in Virginia

March 28
The Prevention & Treatment of Pediatric Obesity: Where Do We Currently Stand?

April 30
The ABCs of Pediatric Ear, Nose & Throat

May 14
What is ADHD?