CAM Therapies in Children’s Hospitals: Are We Ready?

General Pediatrics

Lawrence D. Rosen, M.D.
Director, Integrative Pediatrics Service
Maria Fareri Children’s Hospital
Westchester Medical Center
Valhalla, NY

NICHQ: March 16, 2006
NICHQ PRIORITIES

- Preventing overweight/obesity
- Reducing antibiotic use for URI’s
- Reducing asthma hospitalization
- Improving ADHD/LD care
- Improving cultural care
- Improving patient satisfaction
CAM Integration in Pediatrics
Holistic Philosophy

“Under our holistic approach, Mr. Wyndot, we not only treat your symptoms, we also treat your dog.”
The Medical Home

- Accessible
- Family centered
- Continuous
- Comprehensive
- Coordinated
- Compassionate
- Culturally effective
Integrative Pediatrics Principles

- The Whole Child ideal
- Family-centered care
- Focus on wellness and prevention
- Individualized therapies
- Relationships are the key
- Respectful, multidisciplinary collaboration
- Complementary approach
General Pediatrics CAM Surveys

Integrative General Pediatrics

- Models
  - Primary care
  - Consultative care
  - Mixed

- Ambulatory /Outpatient care

- Inpatient care
The Children’s Hospital

- Children with complex, chronic illnesses
- Diverse populations
- Academic affiliation
- Inpatient and outpatient consultations
- Work with existing resources
Community Pediatrics

- Primary care practice
- Community Hospital (PVH)
- Complements Children’s Hospital work
The Integrative Pediatrics Service

- Planning Phase
- Launch Phase
- Operational Phase
Start-up Issues

- Structure
- What services to provide?
- Primary care vs. Consultation
- Space and Time
- Financial
- PR and community-relations
- Technical issues
New kind of growing pains

Stress plaguing many youngsters

By MARY JO LAYTON
STAFF WRITER

A kindergartner worried so much about school, she suffered chest pains and had to be rushed to the emergency room.
A 5-year-old was plagued by anxiety attacks that left the child gasping for breath.
A 12-year-old complained of intense abdominal pains and chronic headaches. His pediatrician blamed the disagreeing pace of the boy’s life — band practice, the travel soccer team, private piano lessons, tennis lessons, homework, and hours spent preparing for his bar mitzvah.

“It’s spinning out of control and it’s starting at younger and younger ages.”

DAVID N. SKEINS
PSYCHOCOLOGIST

Increasingly, physicians across the region are seeing patients as young as 5 suffering from stress-related health problems typically found in burned-out adults. Pediatricians are reporting a rise in chronic fatigue, stomachaches, and sleep disorders. Therapists say they’re treating more and more children for anxiety and depression.

“We’re overprogramming and overscheduling.”

The stress of multiple activities, the hectic rhythms of household, the pressure to succeed academically, athletically, and socially is literally making children sick.
Clinical Services/Programs

- MFCH
  - Consultation Service
  - Pain and Palliative Care
  - Music Therapy Program
  - Cardiothoracic Surgery Preop Program

- Community
  - Primary care and consultative
  - Hospital and office-based services
Educational Services

- Providers/Faculty
- Residents/Students
- Community
Research Projects

- Autism Survey
- Music Therapy
Music Therapy Program

QuickTime™ and a H.263 decompressor are needed to see this picture.
Future Directions

- Program Development
- Building Bridges, “Forging Connections”
CAM Therapies in Children’s Hospitals: Are We Ready?

General Pediatrics

Lawrence D. Rosen, M.D.
Director, Integrative Pediatrics Service
Maria Fareri Children’s Hospital
Westchester Medical Center
Valhalla, NY
NICHQ: March 16, 2006