

Community Benefit Report 2007



Children's
Hospital & Regional Medical Center
Seattle, Washington

Our Mission

We believe all children have unique needs and should grow up without illness or injury. With the support of the community and through our spirit of inquiry, we will prevent, treat, and eliminate pediatric disease.



Our Vision

We will be the best children's hospital.

- > We will provide patients and their families excellent care with compassion and respect
- > We will provide superior, accessible, cost-effective service
- > We will attract and retain the best talent at all levels of the organization
- > We will be one of the top five pediatric research institutions
- > We will be the nation's premier pediatric educator
- > We will achieve worldwide prominence by integrating patient care, research, education and advocacy

Children's: Bringing World-Class Care Closer to the Community

At Seattle Children's, we believe young patients enduring illness and injury deserve nothing less than the best medical care available. That's why we want to become the best children's hospital — and to prevent, treat and ultimately eliminate pediatric disease.

Our investments in patient care, research, medical education and advocacy help us deliver exceptional medical care to children and families throughout the Pacific Northwest. In fact, *U.S. News & World Report* magazine named Seattle Children's the ninth-best pediatric hospital in the nation. This ranking reflects the hospital's deep commitment to the health and well-being of children in our region and beyond — a commitment made possible in partnership with our community's tremendous generosity.

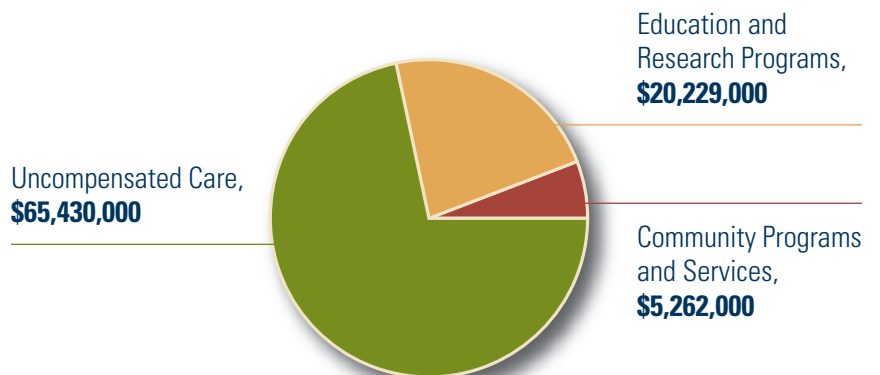
In 2007, Children's teams of skilled and compassionate clinicians treated kids of all ages during 232,569 patient visits, including 12,785 admissions to the hospital and 33,773 visits to our emergency room. We also performed 9,403 day surgeries and cared for children during 176,608 appointments in our outpatient clinics. In addition to caring for kids at our campus in Seattle, our medical teams offered specialty care through [regional clinics, telemedicine and outreach programs](#) in Washington, Alaska, Montana and Idaho. And we offer these services to every child in our region, regardless of a family's ability to pay. In 2007, Children's provided \$65.4 million in uncompensated care, an unprecedented amount that has tripled since 2000.

Children's inpatient care services also grew greatly in 2007. Although demand for inpatient care at children's hospitals nationwide has been projected to increase 3% annually, Children's experienced 25% more growth than national projections during 2007. Because Children's facilities have reached capacity, and the demand for our services continues to rise, the hospital is working with the community to develop an expansion plan that will increase the number of inpatient beds while expanding regional outpatient services. Children's is deeply committed to meeting the unique health-care needs of children in our region. To learn more about Children's expansion plan, please visit <http://masterplan.seattlechildrens.org/>.

The programs and services highlighted in this report demonstrate how Children's benefits communities in the Pacific Northwest — from community partnerships and injury-prevention campaigns to innovative treatments for rare conditions and pioneering research with the promise of cures. We also train new generations of pediatric specialists and advocate for policies that improve child health everywhere. More information is available at www.seattlechildrens.org.

Total 2007 Value to the Community — \$90,921,000

Mission-driven benefits, Medicaid shortfall and charity care



Programs and Services that Make a Difference

Uncompensated care

For more than a century, our caring community has helped Seattle Children's keep one of its founding promises — to care for all children in our region, regardless of a family's ability to pay. During fiscal year 2007, Seattle Children's provided \$65.4 million in uncompensated care, which included \$8.2 million in charity care and \$57.2 million to balance the shortfall of payments from Medicaid.

Medicaid is a government program that provides medical coverage at no cost to qualifying families. Many families arriving at the hospital have no health insurance. Our dedicated team of financial counselors at the hospital helps families apply for this program — a convenience that busy families with sick children sincerely appreciate. About 40% of Seattle Children's patients are covered by Medicaid. However, the program reimburses Children's for only about 80% of treatment costs and just a fraction of physician charges. Children's Uncompensated Care Program covers the difference. More than 85% of the \$65.4 million in uncompensated care provided by Children's in fiscal year 2007 covered shortfalls in Medicaid reimbursements.

Private insurance plans create shortfalls in coverage as well. For example, an increasing number of support services such as physical therapy are subject to coverage limitations. Other types of care, including dental medicine services, may not be covered at all. For families in need, uncompensated care pays when insurers will not. Children's Uncompensated Care Program also helps the growing number of families covered by catastrophic insurance plans — policies with high deductibles and little or no coverage for certain conditions. Even a family with a low deductible and 20% co-insurance can be overwhelmed by a large hospital bill. Children's long-standing commitment to uncompensated care ensures that every child in our region has the opportunity to receive the best family-centered care, regardless of financial circumstances or insurance coverage.

Sari's journey

Submitted to Children's Story Project by Pollyanna Sneden



Sari was diagnosed with melanoma when she was just nine months old. We had taken her to see Dr. Joseph Gruss in plastic surgery regarding the future removal of a very large mole. Upon examination, Dr. Gruss was concerned that the mole was attached to her skull. He did a biopsy. A couple of months later, a lab at Harvard sent a pathology report naming a very rare form of melanoma. The

cancer had spread to local lymph nodes and to Sari's liver. She was given a less-than-5% chance of survival, but Dr. Gruss encouraged us with words of hope. We pursued chemotherapy at Children's and enlisted an army to pray for her. Five rounds of chemo and many surgeries later, Sari, at age 8, is cancer-free and thriving.

I thank God for Children's Hospital. Sari's diagnosis and subsequent hospitalizations and surgeries were handled with incredible care and sensitivity to not only Sari but our entire family. We were educated, empowered, and involved in all aspects of her care. We also received financial aid, which enabled us to focus on Sari's health without extreme financial burden. Children's Hospital became an extension of our home and family. May God bless the hospital and staff.

Sari's story exemplifies the world-class care available at Children's, where skilled and compassionate clinicians provide equal opportunity care.

Patient care

Children's provides family-centered care wherever our clinicians practice medicine. Whether families visit the hospital's main campus or a regional clinic in Bellevue, Federal Way, Everett, Tri-Cities or Olympia, they can expect the same compassionate, expert care. Often, Seattle Children's brings its expertise to families in their own communities through telemedicine and outreach services such as mobile dental care. During 2007, Seattle Children's increased the number of regional outreach visits by roughly 25%.

Telemedicine: echocardiography from afar

Doctors in our Echocardiography Lab diagnose and manage a range of heart conditions in patients who rarely, if ever, come to the hospital. Using an ultrasound machine connected to high-speed telephone lines, doctors or sonographers at five locations throughout Washington transmit real-time echocardiograms to doctors at our lab in Seattle. Nearly 10% of the echocardiograms done each year at Children's — about 750 — are performed through our telemedicine program. With the live hookup, doctors can immediately evaluate potentially life-threatening acute conditions, talk with the family and local health-care provider and create a care plan. Seattle Children's currently receives live echocardiograms from St. Joseph Hospital in Bellingham, Kennewick General Hospital, Central Washington Hospital in Wenatchee, Evergreen Hospital Medical Center in Kirkland and the University of Washington Medical Center.

SmileMobile expands service

The health and development of a child's mouth and teeth are as important as the health and development of any other part of the body, yet tooth decay is the most common chronic childhood disease. Poor oral health in children has been linked to poor performance in school, poor social relationships and less success in later life. [Seattle Children's works to improve kids' oral health](#) by promoting awareness and improving access to care.



For example, dental professionals from Seattle Children's staff the Washington Dental Service Foundation SmileMobile. This service provides dental care to children from limited-income families who would not otherwise have access to dental care. Seattle Children's staffed the SmileMobile for 10 weeks in 2007, serving children in 10 communities throughout the state, including distant locations in eastern Washington and the isolated town of Forks on the Olympic Peninsula.

Garfield High School clinic supports teen health

When Garfield High School students were sent to Lincoln High School while their school underwent renovations, the Teen Clinic staffed by Children's Odessa Brown Children's Clinic followed them. The clinic provides primary care services such as physicals, immunizations and care for sick students. It also offers students the opportunity to receive mental health services. The Teen Clinic is a free and convenient health-care option for students at Garfield High School.

Dr. Mark Lewin performs a fetal echocardiogram on Sarah McElligott to rule out the possibility that her unborn child has a heart defect.



Dr. Ruth McDonald, medical director of Solid Organ Transplant, draws a patient's kidney and bladder to show his family the damage of the organs and treatment options.

New procedures expand options for transplant patients

Two new procedures available at Seattle Children's could shorten the wait for kids in need of organ transplants. One enables kidney transplants to occur between recipients and donors with different blood types — a procedure already performed at Seattle Children's for heart and liver transplants. The second procedure utilizes new immunosuppressive medications to enable patients with extremely sensitive immune systems to be matched with a wider range of donors. Seattle Children's is also participating in two multicenter clinical trials designed to avoid the use of steroids in transplant patients. Steroids help suppress the immune system to prevent the body from rejecting the organ, but they also create side effects such as growth failure, weight gain, diabetes and acne. The hope is that the steroid-free protocols will produce equally successful transplants with improved growth and development.

Innovative program eases pain associated with rare condition

Seattle Children's is one of only three pediatric hospitals in the nation that offer an innovative treatment program for reflex neurovascular dystrophy (RND) — a mysterious and painful condition that causes loss of strength, muscle function and energy. Although many programs treat RND with high doses of pain medications or with nerve blocks, our clinicians rely on the power of the body to heal itself. Patients run, lift weights, swim and stretch their way to relief for the pain associated with RND. This exercise-intensive approach was pioneered at Seattle Children's by Dr. David Sherry, who later developed a similar program at The Children's Hospital of Philadelphia. About 150 children — from as far away as Florida — are referred to the Seattle Children's RND team every year. About 92% of these youngsters become pain-free within months of participating in the program.

Child Life Department helps patients adjust to hospitalization in a variety of ways

- > Our [Child Life Department](#) helps provide a positive hospital experience for patients and their families. Therapeutic play activities such as music therapy, art therapy, animal-assisted activities and “clown care” help children relieve tension, express concerns and fears and experience a sense of control over their environment. Certified Child Life specialists offer support during and after medical procedures by using therapeutic play and medical play. As trained experts, they are able to facilitate developmentally appropriate activities that help normalize the hospital experience. For example, Child Life specialists might facilitate dramatic or active play with young children. Journaling, scrapbooking, songwriting and creating art help older children and teens express their feelings, process their illness and find meaning in the hospital experience.
- > The Child Life Department can also refer patients to a Seattle Children’s staff member who practices Therapeutic Touch (TT), a noninvasive method of healing and relaxation that enhances the patient’s healing potential. TT is a technique used to promote balance, rhythm and energy. Its goal is to reduce pain and anxiety, encourage relaxation, decrease blood pressure and facilitate wound healing.
- > Child Life is always looking for ways to enhance the patient experience. In 2007, the department offered weekly cultural activities for patients and siblings in the inpatient playroom. Child Life staff members researched cultural traditions such as Groundhog Day — a tradition that originated in Germany — and planned special group activities. The Sibling Playroom also hosted cultural activities associated with different holidays, including Chinese New Year.

Through art and crafts, patients and their siblings express their feelings and find meaning in the hospital experience.

Pain Medicine Program launches Comfort Counts campaign

At Seattle Children’s, the comfort of our patients is a top priority in every department. To help clinicians best manage the pain of children in their care, our [Pain Medicine Program](#) launched a hospital-wide Comfort Counts campaign. Through this effort, the pain medicine team and volunteers from Seattle Children’s Pain Committee distributed information to staff on the tools and resources available at the hospital to help manage pain. Child Life also offers many other services that can help children feel more comfortable, including the inpatient playroom, the inpatient teen zone, the clown care unit, animal-assisted activities, music therapy, art therapy and the outpatient sibling playroom.



Animal-assisted activities help patients relieve tension while they are in the hospital.





Occupational therapist Jennifer Foley runs former patient Rachel Kahn through some of the exercises that helped her beat her medical condition.

CARF review reflects outstanding rehabilitation care

The Commission on Accreditation of Rehabilitation Facilities (CARF) recently accredited Seattle Children's [Rehabilitation](#)

[Medicine Program](#) through February 2010 with an outstanding review. Through the accreditation process, CARF identified many program strengths that set national standards for rehabilitation. Surveyors found that our program was "exemplary" in many areas, including infection control, diversity training and support for siblings of children with special health-care needs. They also commended staff for their commitment to improving patient care and their involvement in community-based advocacy for children with disabilities.

After-hours social workers help families in a hospital that never sleeps

For a family coping with a serious medical situation, the help of a social worker at a critical moment makes all the difference. When that critical moment occurs in the middle of the night or on a weekend, families can count on Seattle Children's "after-hours" social workers to navigate the challenges of the situation. Social workers provide much-needed support to families 24 hours a day, seven days a week. After-hours social workers help with the same issues as our day-shift social workers: child abuse and neglect, death and imminent death, drug and alcohol abuse, housing concerns, daily subsistence and adjusting to a child's hospitalization. Social workers also benefit families by using their special skills and knowledge of community support networks to help families' nonmedical needs.

Palliative care consulting service focuses on quality of life

When a child's medical condition appears incurable, families face difficult decisions. At Seattle Children's, the [Palliative Care Consulting Service](#) provides support, information and guidance for families of children with potentially life-limiting illnesses. "There's nothing harder than facing the death of your child. Nothing," says Michelle Frost, RN, palliative care nurse manager. "Our hope is that we can make a positive difference in what is an unimaginably hard process." The palliative care team consists of a nurse, social worker, chaplain and medical director. They help patients and families with poor prognoses to understand their care and treatment options and work through decisions, always with a focus on the child's quality of life. In some cases, that might mean fighting for a cure until the very end, no matter how long the odds. In others, it might mean forgoing further hospitalization to spend time traveling or finishing school.



Nurse Michelle Frost is part of the Palliative Care Consulting Service team at Children's.

Bioethics Consultation Service: the art of medicine

When families and health-care providers struggle with a medical decision, our [Bioethics Consultation Service](#) offers support. Twenty-four hours a day, seven days a week, trained consultants provide a range of services, from guidance on laws and regulations to helping clinicians work through differences of opinion about treatment options. “I don’t hesitate to call the consultation service,” says neonatologist Dr. Craig Jackson, who often sees families when they are facing decisions they never imagined having to make — such as withdrawing life support from their newborn or consenting to an invasive procedure. “The ethicists have a way of framing issues that helps clarify goals and define values.” Patients, families and physicians throughout the region are also welcome to consult the service’s bioethicists regardless of affiliation with Seattle Children’s.

Improving quality of care for patients who speak limited English

Eliminating language obstacles

[Interpreter Services](#) at Seattle Children’s, in partnership with our Center for Diversity, is working toward eliminating language obstacles for families who speak limited English through two pilot programs. The first program involves teleconferencing to improve convenience and accessibility of round-the-clock telephone interpretation. Conferencing phones enable care providers to quickly and easily request an interpreter, then conference in the patient or family member. Our interpreter services are offered 24 hours a day, seven days a week in more than 150 languages.

A second pilot program, “Speak Up/Hablar,” is designed to improve patient care in the intensive care units (ICUs) through increased use of interpreter services to assist families whose understanding of English is limited. Over the next few months, “coaches” will promote the use of interpreter services in these units and will help families surmount language and cultural barriers which may inhibit them from asking questions or communicating with clinical staff. Given that 70% of the hospital’s families with limited understanding of English are

Spanish-speaking, coaches are bicultural and bilingual in Spanish and English.

Sharing best practices

Research shows that when patients have difficulty communicating with their health-care providers, they are far less likely to understand their conditions, adequately communicate symptoms or adhere to treatment recommendations. Seattle Children’s is one of 10 hospitals selected to participate in Speaking Together: National Language Services Network, a program funded by the Robert Wood Johnson Foundation to improve the quality of health care for patients who speak limited English. The Speaking Together initiative will take best practices learned from Seattle Children’s and other partners and share them with health professionals across the nation. This project is one of the first initiatives of Seattle Children’s newly formed Center for Diversity.

Children’s offers new airport shuttle for patients

As the first initiative of its [Guest Services Program](#), Seattle Children’s began providing a free van service to and from the hospital for patients and families traveling through Sea-Tac Airport or through a train or bus station. We provided over 400 rides in the first six months of service. This important service makes the experience at Seattle Children’s more comfortable for patients and families.



Children’s offer free interpreter services all day, every day in more than 150 languages.

Staff from our Guest Services and Transportation departments make up the airport shuttle team.





The new outdoor playground at the hospital serves the special health-care needs of our patients.

Remodeled playground accommodates special needs of patients

Thanks to generous sponsors, Seattle Children's remodeled its outdoor play park to serve families better and accommodate the special health-care needs of patients. The park includes approximately 20 activities, such as a boat with wheelchair access and a freestanding castle with space for IV poles. It also features riding toys, basketball and bocce ball courts, a water fountain, picnic tables and benches. The new park helps patients enjoy play with siblings and other children and thus better cope with the stress of hospitalization.

Seattle Children's clean and green hospital initiative

A strong environmental commitment

Seattle Children's received a grant of \$40,000 from Health Care Without Harm and the Martin-Fabert Foundation to assess the hospital's "green" initiatives and to help identify opportunities for improvement. As part of this grant, Seattle Children's will work to use resources more efficiently, use environmentally friendly products, manage waste more effectively and create a toxin-free environment. Some of the efforts currently underway include:

- > We have composted yard waste since 1980.
- > We recycle cooking fat, cans, bottles and plastics in our kitchen.
- > We are phasing out medical products with DEHP and PVC.
- > We recycled over 21 tons of computer equipment in 2007. In addition, surplus computer equipment — including 200 LCD monitors, 25 keyboards and 150 memory sticks — was sold for "re-use" through our thrift stores, generating proceeds of \$11,400 to benefit the hospital's uncompensated care fund.
- > We have recycled office paper and supplies for years; most recently, we introduced three-bin mixed recycling containers (made of recycled materials).
- > We serve hormone-free dairy products to our patients.
- > We use cleaning chemicals with a low level of toxicity.
- > We have so many dedicated alternative commuters that 60% of all employee trips to the hospital are not in single-occupant vehicles.

Sound Café goes green

As part of Seattle Children's clean and green hospital initiative, our cafeteria, the Sound Café and our Dietary Services Department are improving menu items for patients, visitors and staff. For example, fried foods have been eliminated from patient menus in favor of healthier baked items, and trans fats are being eliminated. Fried foods available in the café are prepared in heart-healthy canola oil, and all food is cooked in either canola oil or olive oil. On the second and fourth Wednesday of each month, the café incorporates organic vegetables from Full Circle Farm into the daily hot menu specials, which feature brown rice and multigrain pasta when appropriate. At the end of the day, hospital food waste is placed into a Cedar Grove composting bin.

Farmers market features local organic produce

Seattle Children's launched a farmers market on the main campus to make it easier for staff and visitors to shop for healthy produce. The market, held on the second and fourth Wednesday each month, features locally grown, certified organic vegetables and fruits from Full Circle Farm.

American Nurses Association recognizes flu vaccine campaign

Seattle Children's was recently honored by the American Nurses Association (ANA) as a Best Practices Organization for its staff influenza immunization program in 2006. Nearly 70% of our employees in direct-patient care areas were vaccinated, well above the national average of 40% for health-care settings. The willingness of staff to receive flu shots reflects their commitment to the health of patients, families and colleagues.

Seattle Children's story project wins national honors

[The Children's Story Project Web site](#) was honored with a national interactive Media Award and the international Summit Award. Both awards recognize Web-based projects that go beyond the expected in engaging online audiences. Children's Story Project



invites community members to share a personal memory or reflection about the hospital. This anecdotal historical archive honors a century of caring for children and families.

Delegation from Ukrainian government visits Seattle Children's

Seattle Children's hosted a group of Ukrainian visitors in connection with a Ukrainian government-sponsored initiative to improve health care for children. The delegation toured Seattle Children's and met with hospital leaders to learn about our experiences in providing pediatric care.

Children's holds a farmers market twice a month in keeping with our green hospital initiative.



Making a Difference

Pinneo honored by CityClub for civic participation

The nonprofit organization CityClub recently honored Seattle Cancer Care Alliance unit nurse Janey Pinneo for her medical relief work locally and globally. A nurse at Seattle Children's for 25 years, Pinneo also uses her professional skills to help children in need in other countries. Working with [Medical Teams International](#) and participating in independent medical missions, she has visited El Salvador, India and Uganda. She also helped victims of Hurricane Katrina, working at a medical shelter.

Special programs and services improve outcomes and quality of life for teens

Better outcomes for cancer care

Higher cure rates and fewer long-term effects from treatment are just two of the benefits for teenagers and young adults up to age 21 when their cancer is treated at pediatric medical centers. For example, cure rates for the most common pediatric [cancer](#) — acute lymphoblastic leukemia (ALL) — are more than 25% higher when teens receive pediatric cancer treatments rather than those intended for adults.

“We’ve learned from years of research that teenagers have far fewer relapses when their treatment is longer and more aggressive than the less-rigorous treatment that middle-agers and seniors receive,” says Seattle Children’s pediatric oncologist Dr. Doug Hawkins. “Yet we still see medical oncologists in the community treating 15-to-21-year-olds with less effective protocols that are sometimes decades out of date.”

In addition to treatments developed specifically for their age group, teens thrive in an environment where teams of skilled clinicians focus on their long-term health concerns and the unique needs of their entire family.

Opportunities for self expression

Part of caring for teens is empowering them to express themselves and their feelings about illness. The Photovoice project, hosted by the Odessa Brown Children’s Clinic, challenged patients with sickle cell disease to portray their interests and dreams through photography and to show how sickle cell disease affects their lives.

“Photovoice was an opportunity for providers — who usually see our patients in the hospital, in pain and on lots of medication — to get a different picture of who these young people are outside of their hospitalizations,” says Seema Mhatre, MPH, MSW, the social worker who organized the project.

Teens and young adults with cancer benefit from being treated at pediatric medical centers.

For some of the participants, the process of taking the pictures was challenging at first because they had never had the opportunity to express their identity in a creative project like Photovoice.

“When I was first thinking about the project, I didn’t know what to do,” said Joe Wilson, a 17-year-old participant. “But then it just came to me because I really do have plans for the future.”

Easing transitions to adult care

The shift from a pediatric setting to adult medical care can be shocking for young adults and their families. The changes in expectations, communication, monitoring and physical settings can be difficult for patients who are accustomed to pediatric care. Seattle Children’s [Nephrology Department](#) has collected anecdotal evidence that suggests pediatric patients can experience significant medical setbacks shortly after transitioning to adult care.

To prepare patients better for the transition, Seattle Children’s hosted a panel discussion to help teen patients with kidney and liver transplants, and their parents, tackle tough issues with the advice of experts from Seattle Children’s and the community.

“We wanted to look at all facets of our teens’ lives and present both teens and their parents with resources and experts who could answer questions, provide support and give them a hopeful message,” says Kathryn Thurber-Smith, LICSW, a nephrology social worker who helped organize the event. “We also wanted them to see that there is a way to be intentional during this time of huge transition.”





Research

Research is the foundation of Seattle Children's mission to prevent, treat and ultimately eliminate pediatric disease. Step inside the newly created [Seattle Children's Hospital Research Institute](#) and you will witness the promise of research at work. Our dedicated teams of investigators — working through nine research centers of excellence — are improving diagnosis, treatment, outcomes and quality of life for children with a broad range of medical conditions. Seattle Children's has invested more than \$18.9 million in the institute to improve the health and well-being of children and their families. The following projects exemplify the breadth of research underway at Seattle Children's:

Tumor paint revolutionizes fight against cancer

A “tumor paint” developed by researchers at Seattle Children's and [Fred Hutchinson Cancer Research Center](#) will help surgeons see more precisely where cancerous tumors begin and end by illuminating the cancerous cells. The paint — developed by pediatric

oncologist Dr. Jim Olson and neurosurgeon Dr. Richard Ellenbogen — is made of chlorotoxin, a chemical derived from scorpions, and Cy5.5, a fluorescent, light-emitting molecule. This illumination gives surgeons a better chance of removing cancerous cells during surgery without injuring surrounding healthy tissue. This is particularly significant in the brain, where approximately 80% of malignant cancers recur at the edges of the surgical site. Current technology, such as magnetic resonance imaging (MRI), can distinguish tumors from healthy tissue only if more than one million cancer cells are present. But the tumor paint can identify tumors with fewer than 2,000 cancer cells, making it 500 times more sensitive than MRI under operating conditions. The tumor paint research team believes that chlorotoxin: Cy5.5 has the potential to be used in the future as a screening tool for early detection of skin, cervical, esophageal, colon and lung cancers. It will also be useful in identifying cancerous lymph nodes, which could significantly advance care for breast, prostate and testicular cancers.

Infant hearing test results may predict sudden infant death syndrome

The solution to one of the greatest medical mysteries of our time may have taken a leap forward when anesthesiologist Daniel Rubens revealed the results of research concerning babies who died of sudden infant death syndrome (SIDS). SIDS causes sudden death in approximately one in 1,000 newborns world-wide, making it the largest cause of death in young infants. Dr. Rubens' research found that all babies in a Rhode Island study group who died of SIDS shared the same distinctive difference in their newborn hearing-test results for the right inner ear, in comparison to infants who did not have SIDS. (Rhode Island has a particularly robust database of newborn hearing-test data.) It is known that the inner ear contains tiny hairs that are involved in both hearing and vestibular function. Rubens proposes that vestibular hair cells are important in transmitting information to the brain regarding carbon dioxide levels in the blood. He postulates that injury to these cells will disrupt respiratory control, playing a critical role in predisposing infants to SIDS. This discovery creates the possibility of identifying babies at risk for SIDS by means of a routine hearing test — before tragedy strikes.



Dr. Daniel Rubens' research suggests a possible link between SIDS and an injury to the inner ear and the brain.

Studies expose benefits and drawbacks of television programs and DVDs

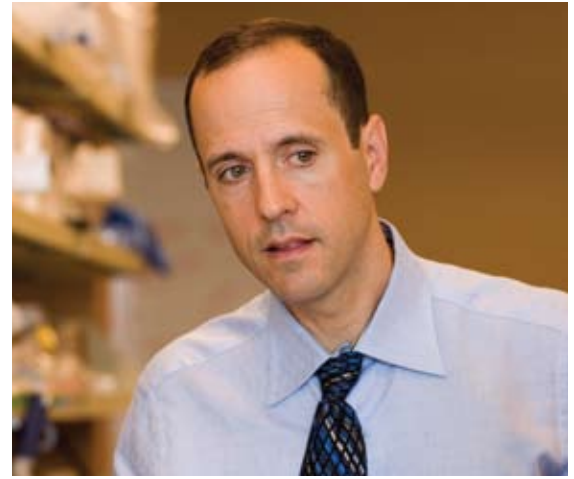
Television can positively or negatively impact child development, depending on the type of program and the age of the child, according to studies led by Dr. Dimitri

Christakis, director of the Center for Child Health, Behavior and Development at Seattle Children's. For example, research conducted by Christakis and his team demonstrated that educational television programs such as "Sesame Street" and "Mister Rogers" are successful in broadening young children's knowledge, affecting their racial attitudes and stimulating their imaginations. Christakis and his team also studied the value of videos such as "Baby Einstein" and "Brainy Baby," which claim to boost learning and language in infants and toddlers. They found that children who watch TV and videos before age 3 are more likely to develop attention problems by age 7. A related study revealed that, for every hour per day spent watching baby DVDs and videos, infants under 16 months of age understood an average of six to eight fewer words than infants who did not watch them. Christakis concluded that overexposure to these videos can potentially harm children by overstimulating their brains at a critical point in development. Christakis's research supports the American Academy of Pediatrics (AAP) recommendation of no screen time (television, video or computer) for children under age 2. This research is also helping families make better educational choices for their kids. Christakis encourages parents to stimulate their child's cognitive attention and imagination by reading, visiting the zoo or a museum, or playing with simple toys such as building blocks.



The research of Dr. Dimitri Christakis, here with 21-month old Cael Scanlon, has shown that parent-and-toddler play — rather than TV viewing — stimulates the child's attention and imagination.

Left to Right:
Dr. David Rawlings and
Dr. Andrew Scharenberg



Researchers discover biological signs for self-harm by teenage girls

Seattle Children's and University of Washington researchers discovered that adolescent girls who engage in self-harming behaviors have lower levels of serotonin in their blood, an indicator of impulsivity. Their levels of respiratory sinus arrhythmia — a measure of respiration and flow of heart rate as well as a biological marker for lacking control of emotion — are also reduced. These findings reinforce the theory that self-harming adolescents are impulsive and have more trouble controlling their emotions. The research also uncovered sharp differences in the number of self-harming events and suicide attempts reported by the girls and those reported by their parents. Although this finding came as no surprise to those who work with self-harming adolescents, it confirms the secretiveness of self-harming behavior. The study was led by University of Washington psychology doctoral student Sheila Crowell and co-authored, among others, by Dr. Elizabeth McCauley, Associate Director of Child Psychiatry at Seattle Children's.

Gene repair offers hope for genetic diseases of the immune system and blood

Dr. Andrew Scharenberg and Dr. David Rawlings of Children's Center for Immunity and Immunotherapies are leading an interdisciplinary effort to potentially cure single-gene diseases of the immune system and blood through a form of gene therapy known as gene repair. The National Institutes of Health (NIH) awarded the research team \$23.7 million for the project, which includes investigators from Seattle Children's, the University of Washington and the Fred Hutchinson Cancer Research Center. Gene repair involves manipulating a defective DNA sequence in a targeted gene to change it to the correct sequence, thus restoring the gene to normal function and eliminating the cause of the patient's inherited disease. While gene repair ultimately may be useful against a wide range of diseases, Scharenberg and Rawlings believe disorders such as immune deficiencies are the best place to start. The target cells that will be manipulated by the gene-repair process are blood stem cells, and they are readily accessible through the process of stem cell transplantation, also known as bone marrow transplantation. "We hope it will be possible to remove a patient's existing blood stem cells, repair defective genes in these cells, and return them to the patient once corrected," says Rawlings. By working with disorders of the immune system and blood, the research team will build upon Seattle's strong regional expertise and reputation in stem-cell transplantation.

Research finds link between asthma and depressive disorders in children

A study conducted by a Seattle research team including physicians from Seattle Children's Hospital Research Institute found that young people with asthma are twice as likely to suffer from depressive and anxiety disorders as children without asthma. The study was conducted by researchers at Seattle Children's, the University of Washington School of Medicine and Group Health Cooperative. Researchers tested for several depressive and anxiety disorders, including depression, the mood disorder dysthymia, panic disorder, generalized anxiety disorder, separation anxiety, social phobia and agoraphobia. These disorders are somewhat common in youth and are associated with high risk for school problems, early pregnancy, adverse health behaviors such as smoking or lack of exercise, and suicide. In addition to exploring the link between asthma and depressive and anxiety disorders, researchers found other variables that increase the risk of such disorders. Female respondents were at greater risk for depressive and anxiety disorders, as were youth living in a single-parent household, those who had been diagnosed with asthma more recently, and those with more asthma-related impairments. Because the primary care system correctly identifies only about 40% of asthmatic children with a depressive or anxiety disorder, the research team hopes results of their study will foster improved screening techniques and treatment programs for affected patients.

Web-based information improves child health

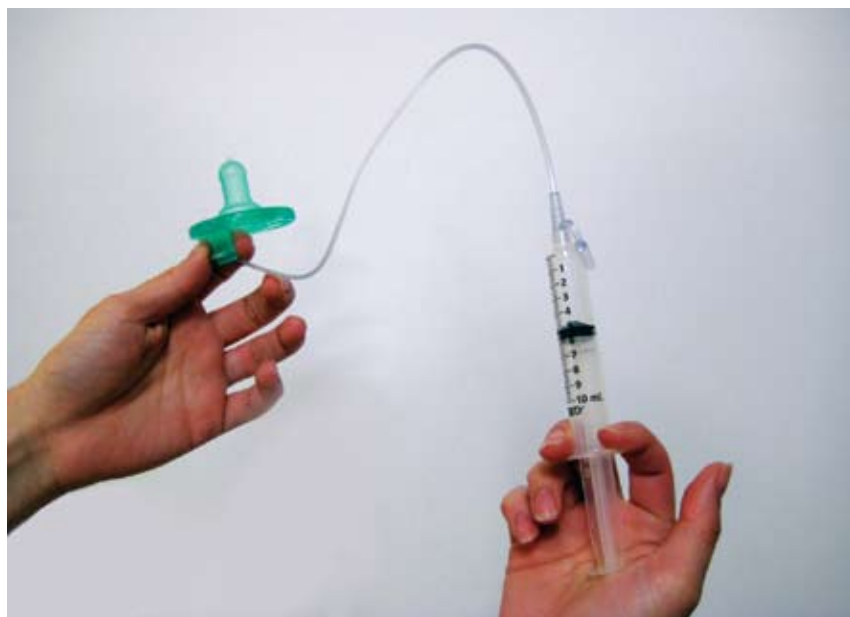
A study led by Dr. Dimitri Christakis, director of the Center for Child Health, Behavior and Development at Seattle Children's, found that parents with access to accurate online health information can improve the health of their children. In this first-of-its-kind study, investigators created a password-protected Web site called MyHealthyChild. When parents logged on, they found a list of health and safety topics tailored to their child's age — such as flu vaccinations, bike-helmet and car-seat use,

hot-water-heater temperature, TV viewing patterns and ADHD screening. Researchers found that parents who used the Web site were more likely to discuss these topics with their providers during well-child checkups and more likely to implement important prevention practices.

"Binky trainer" invented by employees now used nationally

It all started more than 15 years ago when Seattle Children's occupational and physical therapists were trying to figure out a way to feed babies who had trouble eating. For some babies with complex medical conditions, the flow from a bottle was just too fast. Fortunately, the occupational therapy/physical therapy infant team took the initiative to find a solution. "We saw that they were sucking away on their pacifiers, so we just slipped a feeding tube through the nipple of the pacifier and controlled the flow of the milk into the tube with a syringe," says occupational therapist Lynn Wolf, who has worked at Seattle Children's for 25 years. "Over time, different people on our team thought of little improvements, so it kept evolving." Providers can use binky trainers to give babies expressed breast milk or formula one drop at a time, increasing the amount based on the baby's ability to eat. This small invention makes a big difference for babies who have had surgery or who have breathing problems or hypersensitive gag responses. The binky trainer is now available nationally to help babies with special feeding needs.

An occupational therapist demonstrates how a "binky trainer" is used.





Making a Difference

Dr. Elizabeth McCauley: Intervening for children at risk of depression

Elizabeth McCauley, PhD, has dedicated her career to better understand childhood anxiety and depression. In fact, her research has helped establish the study of adolescent depression as a discipline and change how depression in children is understood and treated.

That research is making a difference for adolescents in Seattle. Together with Ann Vander Stoep, PhD, a child psychiatric epidemiologist at the University of Washington — and in partnership with Seattle Public Schools — McCauley created the Developmental Pathways Research Program to screen middle-school students for signs of emotional distress. The program also provides early interventions that address the issues causing the distress.

“We decided to screen students in sixth and eighth grades, because these years lead to significant transition in their lives, and times of transition are always times when stress increases,” says McCauley. “Initially, we were concerned that we’d uncover a vast need for mental health services that we wouldn’t have the clinical resources to handle. What we found is that most of the children have specific, practical needs such as homework support or a sense of connectedness. Many of the schools have the resources to meet these needs right in their buildings.”

IMPROVING EARLY DETECTION

Seattle Children's is pushing to expand the number of disorders newborns are screened for — and to improve the tests that diagnose them

A drop of blood can save a child's life. That's all it takes to screen newborns for dozens of dangerous but highly treatable inherited metabolic disorders.

"The goal is prevention," says Dr. Sihoun Hahn, director of the [Biochemical Genetics Program](#) at Seattle Children's. "These children can lead healthy and normal lives if we detect these disorders early enough to provide effective treatment."

The problem is that many disorders remain beyond the current scope of screening. Since coming to Seattle Children's in 2006 from the Mayo Clinic in Minnesota, Hahn has led the hospital's push to expand newborn screening in Washington state, worked on new tests to diagnose more disorders and built a model biochemical genetics team to serve greater numbers of patients.

Like all states, Washington requires newborns to be screened for a number of disorders. Before babies leave the hospital, their heels are pricked and several drops of blood are collected on filter paper. The blood then goes to a state lab, which looks for metabolic abnormalities associated with various conditions.

The difference is that Washington currently screens for only 12 disorders — fewer than many other states. But that could change. Hahn represented Seattle Children's on a Washington State Department of Health technical advisory committee that looked at 16 additional disorders that may be added to the screening program.

Dr. Sihoun Hahn leads the hospital's push to expand newborn screening in Washington state.

Caused by genetic mutations that disrupt a baby's metabolism, metabolic disorders allow toxins to accumulate and/or prevent the processing of essential nutrients. Though rare, these conditions can be devastating if left untreated, causing slow growth, blindness, brain damage and even death.

Early screening is vital because the disorders typically exhibit no outward signs. The sooner children are diagnosed, the sooner their diets can be modified and they can begin taking supplements to stop the disorders from causing permanent damage.

Screening is just the first step, though. If screening produces an abnormal result, the Seattle Children's biochemical genetics team provides the clinical exam and sophisticated molecular and genetic tests required to confirm the diagnosis for children throughout Washington. "We are the experts and have the only biochemical genetics lab in the state," says Hahn.

Once Hahn recruits two new biochemical geneticists, Seattle Children's will have the largest program nationwide that combines clinical and laboratory components — they are typically separate — and the only one in the Pacific Northwest that provides a one-stop experience for patients and families.





Alternative modes of transportation such as biking are used for more than 60% of staff commuting trips.

Partnerships

Partnerships with families, employees, government agencies, community health-care providers, media outlets and many others enhance Seattle Children's ability to promote health and prevent injury. The following examples represent the breadth of collaborative efforts at Seattle Children's in 2007:

Enhancing cancer care for children in Alaska

Northwest families living far away from pediatric cancer care must weigh receiving treatment at home against traveling to Seattle Children's, which has some of the best outcomes for cures in the nation. Thankfully, patients in Alaska no longer have to make that choice. After receiving an initial evaluation at Seattle Children's, patients can get their treatment from a pediatric oncologist

practicing at Providence Children's Hospital in Anchorage via a program set up by Seattle Children's, the Alaska Native Medical Center, Providence Children's and the state of Alaska. Patients receive exactly the same protocols and rigorous safety standards followed at Seattle Children's, with one exception — each step of their treatment plan is double-verified by fax instead of in person. Patients are also encouraged to join a dedicated survivorship program, affiliated with Seattle Children's after-care program, after treatment. Our Guest Services Program, together with Alaska Native Medical Center, Stone Soup Group and Providence of Alaska, developed a packet of information tailored especially for families traveling to Seattle for the first time. We also partnered with [Ronald McDonald House](#) to offer siblings of cancer patients daily free bus rides to the Hutch School.

Leading the way in alternative commuting

Thanks to the dedication of our employees, more than 60% of employee trips to Seattle Children's are made in alternative transportation such as vanpooling, carpooling, bussing and biking. These commute methods reduce stress and expense for staff, ease parking congestion at hospital facilities and mitigate traffic and environmental impacts in the region. The following activities completed in 2007 exemplify Seattle Children's efforts to support alternative transportation:

- > Sponsored "Bike to Work Day" commuter stations that served more than 800 commuters
- > Partnered with the Washington State Department of Transportation to repave critical streets near the main hospital campus and add striped bicycle lanes
- > Worked with King County Metro to convene a Commute Trip Reduction task force of area employers to reduce Single Occupancy Vehicle (SOV) employee commuting in neighborhoods near the hospital
- > Donated bicycle racks for the entire Metropolitan Park West building in downtown Seattle to encourage bike commuting among all tenants
- > Funded additional Zipcar (formerly Flexcar) vehicles on the main hospital campus and the research institute campus to make more vehicles available to the broader community of Zipcar members
- > Provided funds to Community Transit to help print Snohomish County bicycle maps
- > Supported the South Lake Union Buzz In program to reduce SOV commuting in the neighborhood, which is home to Seattle Children's research institute campus

Expanding bus service to the hospital

King County Metro Transit and Seattle Children's partnered to expand bus service to the hospital. The new service, which runs at least every 30 minutes seven days a week, will serve patients and families better while making it significantly easier for staff to bus to work. The additional bus trips will cost about \$700,000 each year. Seattle Children's will contribute approximately \$235,000 annually to help fund the service expansion — an investment matched two-to-one by Metro, thanks to the Transit Now initiative approved by voters in November 2006.



Seattle Children's and King County Metro partner to increase bus service.



Seattle Storm player Lauren Jackson teaches kids strengthening exercises at a "Be Fit" clinic.

Promoting healthy lifestyles

Encouraging kids to be healthy

In conjunction with Seattle Children's, the Washington Health Foundation, the Washington State Nurses Association and the Seattle

Storm professional women's basketball team offered "Be Fit" clinics to promote healthy eating, fitness and self-confidence to 122 kids in the Seattle metropolitan area. During the clinics, Seattle Storm players such as Betty Lennox and Janell Burse helped kids with strengthening exercises and, of course, a few basketball drills. The Seattle Storm's Be Fit clinics are part of the WNBA's Be Smart, Be Fit, Be Yourself project aimed at helping kids be physically active, healthy and feel good about themselves.

Addressing obesity

[Children's Obesity Action Team \(COAT\)](#) provides education and culturally responsive, age-appropriate resources for families and providers in an effort to decrease childhood obesity. Community partners help COAT deliver effective outreach programs:

- > Strong Kids Strong Teens is a YMCA-based program for overweight children ages 8-14 and adult family members. The 18-week program includes physical activity, nutrition education and motivational coaching to encourage and support healthy lifestyles.
- > COAT has partnered with the American Heart Association since 2003 to provide free healthy-eating and physical-activity education materials in English and Spanish. The latest, "Love Them With All Your Heart!" helps families change eating habits and activity levels.
- > COAT offers workshops and helpful tools for physicians and health-care providers who may not be comfortable talking about obesity with their patients.

COAT is also involved in research aimed at discovering the best approaches for managing and preventing childhood obesity.

Preventing underage drinking

In some areas of Seattle, the rate of underage drinking is higher than state averages. Dr. Ray Hsiao, attending psychiatrist and co-director of Children's Center for Adolescent Substance Use, Intervention, Treatment, Education and Research, hopes to change that. As a member of the Northeast Seattle Community Coalition to Prevent Underage Drinking, Hsiao is helping the coalition develop strategies to address the problem among students at Eckstein Middle School and elsewhere in northeast Seattle. Parent education is among those strategies. Thanks to a partnership between the coalition, Seattle Children's and the YMCA, parenting classes will be offered at Seattle Children's and at the University District YMCA to raise awareness of the problem and provide support to parents.

Providing employment opportunities for people with disabilities

Seattle Children's was named Large Non-profit Employer of the Year by the Washington State Governor's Committee on Disability Issues and Employment. The award recognized Seattle Children's for the success of Project SEARCH, a program committed to recruiting and placing individuals with developmental disabilities in entry-level positions throughout the hospital. Project SEARCH is a collaborative effort between Seattle Children's, the Northshore School District, Eastside Employment Services, O'Neill and Associates and King County Developmental Disabilities Division. Currently at Seattle Children's there are 20 permanent positions and seven student internships filled by Project SEARCH participants.

Promoting health and safety in the community

Injury Free Coalition for Kids of Seattle

Data have shown that children living in central and south Seattle neighborhoods are at an increased risk of injury, compared to children living in other areas of the city. As a partner in the [Injury Free Coalition for Kids® of Seattle](#), Seattle Children's is committed to reducing childhood injury in high-risk communities in partnership with Harborview Medical Center, the region's only Level 1 pediatric trauma center, and Public Health Seattle & King County. The coalition's work currently focuses on the following initiatives:

- > Child pedestrian safety and strategies to promote walking to school safely
- > Bicycle safety and helmet promotion, distribution and education
- > Drowning prevention and water safety for diverse communities
- > Promoting safe and accessible playgrounds and recreational facilities

The Injury Free Coalition for Kids of Seattle is part of the Injury Free Coalition for Kids®, a national program of the Robert Wood Johnson Foundation.



Bicycle Safety

- > Volunteers from Seattle Children's, Kohl's department stores and Cascade Bicycle Club fitted and gave away more than 1,000 helmets at four events around the Puget Sound region, thanks to a \$25,000 grant from the Kohl's Cares for Kids® program.
- > The Sand Point Metropolitan Market teamed up with Seattle Children's and the Cascade Bicycle Club to offer a summer bicycle helmet clinic. Volunteers sold more than 240 helmets at cost while Metropolitan Market employees held a barbecue and root-beer float sale to benefit Seattle Children's. Seattle Mariners baseball team mascot Mariner Moose signed autographs, posed for photos and encouraged kids to wear their bike helmets.

Volunteers fitted and gave away more than 1,000 bike helmets.



Through our child passenger safety program, we provide training and free or low cost car and booster seats to families.

Booster seat safety

The Seattle Mariners and Schuck's Auto Supply continue to support Seattle Children's passenger safety outreach program. Working with Head Start in central and south Seattle, Seattle Children's helps low-income families learn how to use a car or booster seat and provides educational information for families in their native languages. Families can obtain a seat at reduced cost or no cost. The program also provides booster seats to families at the Odessa Brown Children's Clinic. The Mariners and Schuck's have donated approximately \$40,000 to the program in the past five years, helping provide nearly 1,000 car and booster seats. Studies suggest car and booster seat use in central and south Seattle has increased as a result of the safety program.

Educating families, encouraging healthy lifestyles through media partnerships

Partnering with Seattle-area media outlets gives us the opportunity to increase public awareness about health and safety issues that are important to children and families. Some of our partnerships include:

"Good Growing" TV segment

Seattle Children's and KING 5 TV run a weekly segment offering timely news, tips and information for parents about child health and safety. Topics include immunizations, oral health, sports injury prevention, fire prevention, water safety, drug use in teens, breastfeeding, nutrition, diabetes and temper tantrums. The Good Growing segment has an estimated audience of 780,000. The program airs Tuesdays on the KING 5 morning news on KONG TV.

"Children's HealthLink" TV segment

KING 5 features breakthroughs in pediatric research, medical treatments and news on child health and safety in its "Children's HealthLink" segment, which airs Saturday mornings. This year, KING5 also broadcast two hour-long "Children's HealthLink" specials. Both specials, "Mending Our Kids" and "Inside the OR" featured the stories of several young and inspiring patients who received care at Seattle Children's Hospital. Combined, the two specials attracted over 75,000 viewers.

Your Ticket for Summer Fun

Seattle Children's, the Seattle Mariners and KOMO TV teamed up again last year to produce and distribute 40,000 copies of Your Ticket for Summer Fun, a health-promotion program that helps children find creative ways to be physically active. The program included an activity guide for families with children between the ages of 2 and 14. It also featured the opportunity to win free tickets to a Mariners game and a family trip for four to Legoland.

Good Growing newsletter and Pathways lecture series

Seattle Children's and *ParentMap* magazine partner to provide families with timely information on child health, safety and parenting. Through the Pathways lecture series, parents listened to renowned experts discuss contemporary issues in child development. In 2007, 1,500 people attended the Pathways lectures. Parents also benefited from the *Good Growing* newsletter, published three times a year in *ParentMap*. It reached 78,000 families with each issue. *Good Growing* is also posted to Seattle Children's Web site.

Seattle Children's car passenger safety program partners with Seattle Police Department to train officers

Our Child Passenger Safety Team has partnered with the Seattle Police Department's Victim Support Team to provide information and training on proper car seat installation, types of car seats and the correct seats to use for children at all stages of development. The Victim Support Team, composed of volunteers and police cadets, is usually the first responder in domestic violence situations where children need to be transported or when Child Protective Services is unable to respond to the situation in a timely manner. To date, 69 volunteers and cadets have participated in the four-hour training offered semi-annually by Seattle Children's Hospital's certified child passenger safety technicians. In addition to the training we provide, Seattle Children's Hospital also donates safe, new car and booster seats to all five Seattle Police precincts.

Seattle Children's reaches out to our communities

Seattle Children's promoted injury prevention, fitness and nutrition and other child health and safety topics at more than 60 events. We reached out to more than 648,000 individuals from diverse and multicultural communities in Western Washington.

Supporting our partners in the community

Seattle Children's Hospital also supports community organizations through sponsorships and community events. The following list features some of the organizations we sponsored this year.



- | | | |
|---|--|--|
| American Cancer Society | Eastside Domestic Violence Program | PATH |
| Cancer Action Network | Federal Way Festival Days | Pediatric Brain Tumor Consortium |
| American Heart Association Heart Walk | Federal Way Parks and Recreation Department | Programs for Early Parent Support |
| American Heart Association Heart Ball | Fred Hutchinson Cancer Research Center | Pike Place Market Foundation |
| American Lung Association of Washington Puget Sound Asthma Walk | Foundation for Early Learning | Providence Hospice of Seattle |
| Arthritis Foundation, Pacific Northwest Chapter | Group Health Foundation | Seattle Mental Health |
| Asian Counseling and Referral Service | Greater Seattle Chamber of Commerce | Seattle Parks and Recreation Department |
| Association for Commuter Transportation | International Community Health Services | Seattle Supersonics Scoutreach Breakfast |
| Austin Foundation | International Exstrophy Conference | Seattle Storm |
| Bastyr University | Institute for Family-Centered Care Conference | Seattle-Sweden Childhood Diabetes Awareness Day |
| Bellevue Botanical Gardens | Issaquah Salmon Days | SeaMar Community Health Clinic |
| Bellevue Rotary Walk | Juvenile Diabetes Research Foundation | School of Acrobatics and New Circus Arts |
| Boeing Greater Seattle Classic | Kindering Center | Stroum Jewish Community Center Baby and Toddler Fair |
| Business and Economic Development Council | King County Sexual Assault Resource Center | Sound Mental Health |
| Cascade Bicycle Club Education Foundation | Living Legacy Foundation and Lifecenter NW | Starlight Starbright Children's Foundation |
| Child Care Resources | Little People of America | St. James Cathedral |
| Childhaven | March of Dimes | United Way of King County |
| Children's Alliance | Medic One Foundation | Urban League of Metropolitan Seattle |
| CityClub | Mercer Island Summer Celebration | Washington Health Foundation |
| Columbia City Walk | Minority Executive Directors Coalition | Washington Poison Center |
| Columbia City Farmers Market | Moyer Foundation | Washington Biotechnology & Biomedical Association Governor's Life Science Summit |
| Colors NW | National Association for the Advancement of Colored People | Women, Infant and Children Conference |
| Costco Scholarship Breakfast | National Alliance for Mental Illness | Within Reach (formerly Healthy Mothers, Healthy Babies) |
| Crohn's and Colitis Foundation | National Initiative for Children's Healthcare Quality | Wonderland Development Center |
| Cure Autism Now Foundation | Northwest Adaptive Sports Golf Tournament | Youth Eastside Services |
| Cystic Fibrosis Foundation | Northwest Hospital Foundation | YWCA Isabel Coleman Pierce Awards |
| Denise Louie Education Center (Head Start) | NW Immunization Conference | |
| Epilepsy Foundation Northwest | | |



Making a Difference

Elizabeth 'Tizzy' Bennett: 25 years of leadership in advocacy and education

For 25 years, Elizabeth "Tizzy" Bennett, Seattle Children's director of Guest Services, Partnerships and Advocacy, has led numerous efforts to improve the health, safety and well-being of children and families in our region. Her work has made a significant difference in the state of Washington, where partners like Public Health Seattle & King County, Washington State Department of Health, Seattle Parks and Recreation, Harborview Injury Prevention and Research Center, Safe Kids and Head Start collaborate with Seattle Children's to educate families about health concerns, to prevent injuries and to advocate for the needs of children.

"I am constantly inspired by the people I work with in the community and at Seattle Children's," she says. "I feel so fortunate to have the opportunity to help families with the resources and tools they need to care for their children."

Bennett is perhaps best known for her work to increase the use of booster seats and life jackets in families. She collaborated with Seattle Children's emergency medicine physician Dr. Linda Quan to gain passage of legislation requiring children in Washington to wear life jackets in boats and to develop the first open-water drowning prevention campaign in the country. As a result of this successful campaign, more than 10 other states have developed open-water drowning prevention coalitions and programs.

At Seattle Children's, Bennett has improved parent education through classes, lectures, Web sites and special programs. She also helped lead a comprehensive hand hygiene campaign that significantly increased hand hygiene among physicians and staff. Most recently, she helped launch the Children's Safety Center in the hospital gift shop and Guest Services, a new program providing personalized assistance with transportation, housing and other needs for patients and families coming to Seattle Children's.

SEATTLE CHILDREN'S, COMMUNITY ORGANIZATIONS PARTNER TO PREVENT OPEN-WATER DROWNING

Innovative outreach programs emphasize water skills and promote safety measures

In Washington state, drowning is the second major cause of injury-related death to children. The majority of children drown in open water such as lakes and rivers while swimming, playing in or near the water, or boating. Contrary to national trends, teenagers in Washington have the highest rate of drowning, even higher than the rate for toddlers.

The risk of drowning is higher among nonwhite populations, including Asian-American children. This disparity may be due in part to cultural lack of experience with recreational water activities and related safety measures, such as swimming in lifeguarded areas and wearing personal flotation devices.

In partnership with many community organizations, Seattle Children's offers programs that teach vital [water safety](#) skills to children and their families. As part of these efforts, Seattle Children's promotes the use of properly fitting life jackets. We also reach out to populations at increased risk of drowning. In 2007, Seattle Children's participated in 20 water safety events, including the following:

Outdoor Washington Sportsmen's Show

In partnership with the U.S. Coast Guard Auxiliary, Washington State Parks and O'Loughlin Trade Shows, Seattle Children's helped provide free life jackets to children ages 12 and under at the Washington Sportsmen's Show. Parents or guardians were required to attend a presentation on water safety and drowning prevention as part of the free giveaway. Seattle Children's employees helped conduct presentations and properly fit the 4,500 life jackets distributed at the show.

April Pools Day

April Pools Day is an annual event of the Washington State Drowning Prevention Network that gives children and families the opportunity to learn valuable water safety skills and knowledge through hands-on instruction at local pools. More than 4,000 children and family members participated in 2007.

Summer Splash-tacular

This statewide water safety event is for families, children and all those who want to be safe and prepared at the beach, at outdoor water facilities and on open water.

Life jacket fittings and sales

Seattle Children's teamed up with Seattle Parks and Recreation, Rehab without Walls, the U.S. Coast Guard Auxiliary and Mustang Survival to host five events throughout the summer where families could purchase properly fitted, low-cost life jackets.

Promoting water safety among diverse populations

Seattle Children's and Seattle Parks and Recreation co-sponsored three swims and water safety sessions for Vietnamese families and three for Somali men and boys. An average of 150 people attended each session. Families appreciated the on-site interpreters, who helped ensure clear communication and instruction.



Life Jacket Loan

Since 1992 Children's facilitates a life jacket loan program at lifeguarded beaches in King County. Under the program, parents select and borrow life vests for their children while playing at the beach.



UW pediatric residents and fellows train with world-class clinical teams at Seattle Children's.

Education

Education is a core component of Seattle Children's work. We teach families how to care for their children through every stage of development — and how to protect kids from illness and injury. As the regional leaders in pediatric care, we offer a broad range of continuing medical education courses, seminars and conferences for clinicians. We also train nurses, resident physicians and fellows who will care for future generations of children. For some clinicians in training, attending a Seattle Children's career day or camp may have inspired their career in pediatrics. Here are some of the educational programs that Seattle Children's provides:

Training new leaders in pediatric medicine

- > During the academic year (July to June), 469 students had educational experiences at Seattle Children's. Students in medical school, college and high school

participated in a broad range of educational activities, including pediatric medicine curriculum courses, tutorials, job shadows and research projects.

- > Seattle Children's is the site of the [University of Washington's](#) pediatric residency and fellowship training programs. At Seattle Children's, physicians in training gain invaluable experience and skills working with world-class clinical teams in dozens of specialty areas. During the 2006 – 2007 academic year, more than 683 residents and fellows rotated through Seattle Children's, and 30 pediatric residents (including three chief residents) completed their training. Given the national shortage of pediatric specialists in many areas, Seattle Children's is an important training ground for the next generation of doctors who care for children with serious illnesses and injuries.

> Commonly referred to as the “WWAMI experience,” rural community training sites in Washington, Wyoming, Alaska, Montana and Idaho (WWAMI) have been a unique part of Seattle Children’s pediatric training program for decades. Physicians in training spend eight weeks at one of four WWAMI practice sites, learning from community pediatricians about primary care in a rural setting. In 2006 – 2007, Seattle Children’s coordinated WWAMI rotations for 26 pediatric residents and 106 medical students. As an integrated member of a rural clinic, participants have the opportunity to work with experienced physicians to care for children with simple to complex medical conditions. This unique opportunity provides residents and medical students with a first-hand understanding of what it’s like to practice medicine away from the resources of a tertiary care center such as Seattle Children’s. Rural communities also benefit by gaining the resources of an academic medical center through their partnerships with Seattle Children’s and the University of Washington School of Medicine.

Addressing the national shortage of pediatric kidney specialists

Pediatric nephrologists (specialists who deal with the kidney and its diseases) are in short supply nationwide. Thanks to a nationally recognized fellowship training program, Seattle Children’s is helping address that shortage. Every year, two pediatric nephrologists complete their three-year fellowships at Seattle Children’s. Founded in 1989, the program has trained 27 nephrologists who now practice throughout the country.

Seattle Children’s hosts national conferences

Family-centered care conference

Nearly 1,000 health-care professionals and patient and family leaders came together to discuss strategies for partnering to improve quality of care at the third International Conference on Patient and Family-Centered Care held in Seattle. Seattle Children’s, University of Washington Medical Center and the Seattle Cancer Care Alliance were

leadership sponsors for the event, which was convened by the Institute for Family-Centered Care. Seattle Children’s played a leading role in organizing and staffing the conference.

Oncology social work conference

Seattle Children’s hosted the 31st annual Association of Pediatric Oncology Social Workers (APOSW) Conference. The event focused on sharing ideas about improving psychosocial care and finding concrete ways to put them into practice. It also highlighted the needs of adolescent and young adult cancer patients and survivors and the unintentional service gap this population often experiences. A record 175 association members representing eight different countries attended.

Regional anesthesia conference

Seattle Children’s held a conference on pediatric regional anesthesia — the first of its kind in the world — in fall 2007. Regional anesthesia offers considerable advantages for children because less general anesthesia is needed when a specific area of the body is anesthetized. That means kids wake up faster with less pain, and clinicians can avoid, or at least decrease, the use of traditional pain medications. About 115 physicians came from across the United States and throughout the world to attend the meeting, which featured sessions led by internationally renowned experts Dr. Adrian Bosenberg from South Africa and Dr. Peter Marhofer from Austria.

Drs. Andrew Pittaway and Brenda McClain perform an ultrasound exam on a model during the regional anesthesia conference.





The annual bioethics conference provides a forum to explore ethical issues in pediatric health care.

Annual bioethics conference

[Children's Treuman Katz Center for Pediatric Bioethics](#) held its third annual conference, "Navigating Conflicts: When Parents and Providers Disagree about Medical Care." Approximately 250 physicians, nurses,

social workers, medical ethicists, hospital administrators and parents from across the nation engaged in the conference, which is free of commercial sponsors. The nation's leading bioethicists presented thought-provoking medical cases but provided no concrete answers; instead, presenters encouraged dialogue about medical controversies in pediatric care and explored some of the tough questions currently facing physicians, parents, courts and state governments.

Continuing medical education enhances provider knowledge

Seattle Children's provides high-quality [continuing medical education \(CME\)](#) for community pediatric providers. CME events include seminars covering a broad range of topics and offering practical diagnostic and treatment updates. Seattle Children's CME offerings attract providers from around the state of Washington. Weekly Grand Rounds presentations typically draw more than 100 local participants to presentations on everything from complementary medicine and bioethics to surgical breakthroughs and innovative cancer care. Most Grand Rounds presentations are available for viewing at Seattle Children's Web site — making it easy for practitioners throughout the region to stay informed of the latest research, trends and issues in pediatrics.

Community education

Children's offers a [variety of classes and seminars](#) to the community, with topics including parenting, potty training, baby sitting and teen issues — everything from body odor to having a period.

CPR classes

In partnership with Great Starts Birth & Family Education, Seattle Children's offers infant and child cardiopulmonary resuscitation (CPR) classes for parents, child-care providers and health-care professionals. In 2007, 103 people participated in the English-language version of the course and 108 people participated in the Spanish-language version.

Personalized e-newsletter offers age-appropriate tips and information

Four times a year, Seattle Children's free e-mail newsletter, [My Good Growing](#), offers families health information tailored to the ages of their children and any areas of special interest.

Seattle Children's launches updated child health and safety site

Seattle Children's redesigned the Child Health and Safety section of its Web site to make it easier for parents, children and teens to access health information and support materials. The comprehensive site provides in-depth information about pediatric health topics and parenting tips for children of all ages. The site also includes health-related events, classes and Spanish-language resources for children and families.

New book helps parents at the end of a child's life

When a child nears the end of life and parents are facing life's toughest moments, health-care providers may find it difficult to answer some of their questions. Seattle Children's [Social Work Department](#) is now providing *Life's Toughest Moments*, a book by Seattle Children's nurse Jennifer Smith, to provide support and guidance with difficult decisions and experiences. *Life's Toughest Moments* is available for staff and families at Seattle Children's, thanks to funding from the nonprofit organization Global-HELP (Health Education using Low-cost Publications). Founded by former Seattle Children's orthopedic surgeon Dr. Lynn Staheli and his wife, Dr. Lana Staheli, Global-HELP will provide copies of this book to hospitals around the country.

Seattle Children's hosts nurse from Iraq's ministry of health

On May 17, Seattle Children's hosted Intisar Abdul-Husein, the highest-ranking nurse in Iraq's Ministry of Health. She was invited by the University of Washington School of Nursing with the goal of improving nursing education in Iraq. Although Iraq has several dedicated pediatric hospitals, Intisar said supplies and equipment are very scarce. Leah Kroon, clinical nurse specialist for nursing quality at Seattle Children's, coordinated an effort to send donations to Abdul-Husein's hospital.

Unique camp exposes teens to rewards of a career in nursing

Seattle Children's fourth annual Summer Nursing Camp gave 10 high-school students the opportunity to experience nursing at Seattle Children's. After participating in a general orientation and a preview of the many roles nurses play in a pediatric hospital, the students enjoyed seven different shadow experiences over four days. Although the camp focused on nursing, clinical staff from Laboratory Medicine, Pharmacy and Radiology shared education requirements and career opportunities in these fields during lunchtime presentations. Inspired by their camp experience, two to three students who attend camp each year choose nursing as their career.

Connecting regional providers to Seattle Children's expertise through telemedicine

The Children's Health Access Regional Telemedicine (CHART) Network links Seattle Children's Hospital with regional outreach clinics and rural hospitals in Washington, Alaska, Montana and Idaho. The network also provides patients and families with echocardiograms and consultative medical visits with Seattle Children's specialty physicians through telemedicine technology. The service enables patients to be seen in their communities and provides savings in travel time, hotel, food and other costs associated with a Seattle visit. The CHART Network provides approximately 60 monthly telemedicine encounters.

Seattle Children's holds career day for youth

As part of Seattle Children's health-care career day, staff members from areas such as Nursing, Radiology and Child Life met with 25 high school juniors and seniors. The goal of the program is to encourage youth from minority groups underrepresented in health care to consider it as a career option. Participating students came from three programs — the King County Work Training Program, Seattle Youth Employment Program and Youth Care.



Pharmacist Hyacinth Wilson invites high school students to consider health care as a career option.



Making a Difference

Dr. Russ Geyer receives mentoring award

Dr. Russ Geyer, clinical director of Hematology/Oncology, received the first Department of Pediatrics Faculty Mentor Award. Geyer was described as a thoughtful and compassionate physician who inspires by example. He was also praised by those nominating him for providing guidance in their clinical oncology research and for encouraging them to apply their findings to improve patient care. “Russ is the perfect choice for the very first Faculty Mentor Award,” says Dr. Bruder Stapleton, Seattle Children’s chief academic officer. “His clinical skills, medical knowledge and humanistic values are truly inspirational.”

SEATTLE CHILDREN'S FAMILY RESOURCE CENTER: PROVIDING INFORMATION AND SUPPORT

Remodeled space and expanded benefits make a difference for families

Seattle Children's is committed to providing the best family-centered care to children in the Pacific Northwest. That means partnering with parents in every aspect of a child's care — and supporting parents with valuable services, such as those available through Seattle Children's [Family Resource Center \(FRC\)](#).

The FRC's mission is to support and educate families as they manage their child's health and medical care. Seattle Children's recently remodeled the FRC and expanded its services to better meet the needs of patients, families, hospital staff and the community. For example, free and easy-to-use patient Web pages help families stay connected during their child's hospital stay. This service is provided through the nonprofit organization Caring-Bridge. With patient Web pages, families can keep their loved ones informed about a child's condition, share photos of the child's progress, get emotional support and save time by updating the site instead of sending multiple e-mails or making phone calls. Families may borrow a digital camera or scan photos in the FRC to enhance their Web pages.

Other FRC improvements include a family library with more health information, computer stations and wireless Internet access, a family education conference room, a private phone booth and enhanced seating and play areas. FRC staff members provide expert assistance to families looking for reliable information about their child's health. Families can access print and Web-based education resources on diseases, growth and development, grief and loss, safety, parenting and more. A resource cart goes to the inpatient units daily to provide resources and services to families who can't leave the bedside.

Families also benefit from FRC services that make their stay at Seattle Children's more comfortable. There are neck and back massages for parents, basic services such as showers and laundry facilities, a vending area with free coffee and hot beverages, a fax and copy machine, and sleeping rooms for parents of children in intensive care. Low-cost car seats are also available through the FRC to patients who qualify.

As the hub of family activity, the remodeled FRC is home to several hospital-wide programs, including Patient and Family Relations, the Family Advisory Council and the Families as Advisors Program, which are part of the hospital's initiatives to position parents as partners in the health-care experience. The areas of Patient and Family Education and Information have also been integrated into the FRC.



The remodeled Family Resource Center and its expanded services allows the hospital to better meet the needs of patients and families.



Sen. Maria Cantwell

Child Advocacy

Beyond providing outstanding patient care, Seattle Children's improves the health of children and their families through [advocacy](#). These efforts are based on the documented needs of Seattle Children's patients and families in their communities. Seattle Children's advocacy initiatives fall into three major categories:

- > Achieving access to quality health care for all children
- > Promoting safe and healthy child development
- > Meeting the health-care needs of children with chronic conditions in the community

Achieving access to quality health care for all children

Center for Diversity working to overcome health disparities

Overcoming disparities in health care is a new frontier in pediatrics, but Seattle Children's Hospital's newly formed [Center for Diversity](#) is working toward this lofty goal by integrating research, education, advocacy and service quality to improve the care we provide to diverse families.

In 2007, the center helped promote health and well-being to underserved populations and promoted child safety as a participant in community events, providing one-on-one interaction with approximately 700 families.

Seattle Children's hosts congressional field hearing

U.S. Senators Maria Cantwell (D-Wash.) and Max Baucus (D-Mont.) conducted a Senate Finance Committee field hearing at Seattle Children's aimed at improving the way Medicaid and the State Children's Health Insurance Program (SCHIP) partner to cover uninsured low-income children across the nation. Seattle Children's CEO Dr. Thomas Hansen recommended consideration of a separate health-care program dedicated to children that would improve access, coverage and quality and would protect funding for child health. More than 40% of patients who receive care at Seattle Children's are covered by Medicaid.

Promoting safe and healthy child development

Pinwheel-planting event raises awareness about child abuse prevention

As part of Child Abuse Prevention Month, families and children from the community joined Seattle Children's leadership and staff to plant hundreds of pinwheels to raise awareness about child abuse and prevention. Seattle Children's also encouraged visitors and community partners to "plant" pinwheels outside their homes and offices to promote safe and healthy families.



Specialty license plate helps prevent child abuse and neglect

Since the “Keep Kids Safe” license plate became available in January 2006, more than 1,000 license plates have been purchased to help safeguard children in Washington state from abuse, neglect and unintentional injury. Proceeds from the license plate sales and renewals benefit the Children’s Trust Fund of Washington, a special fund administered by the Washington Council for Prevention of Child Abuse and Neglect (WCPCAN). The license plate was created through legislation sponsored by Seattle Children’s and WCPCAN.

Employees march in gay pride parade

Seattle Children’s staff marched in the 2007 Seattle Pride™ Parade to demonstrate our commitment to respecting all patients, families and staff since the hospital’s founding in 1907 — and our promise to continue doing so for the next century. The Seattle Children’s contingent distributed bubble pens, stickers, hand-hygiene tattoos, band-aid dispensers and balloons during the event.

Safety Center offers low-cost safety products

Seattle Children’s introduced a new Safety Center in the hospital gift shop. The Safety Center was made possible by a \$10,000 gift from Discount Tire Company’s Driven to Care program and from the National Association of Children’s Hospitals and Related Institutions (NACHRI). The Safety Center offers information and low-cost safety products such as safety gates, cabinet locks, door locks, toilet locks, outlet covers and more. To celebrate the grand opening, Seattle Children’s gave away home child-proofing kits to the first 100 people to visit the Safety Center. In 2007, more than 800 items were sold through the Safety Center. Each item sold includes instructions and related safety tips.



Seattle Children’s annual community health fairs

- > Seattle Children’s annual Health Fair attracted more than 500 people who visited 21 stations staffed by enthusiastic volunteers. Stations ranged from the ever-popular teddy bear clinic to a water-safety station complete with an inflatable boat and life jackets. One of the highlights for many families was a visit to the “operating room,” where future surgeons could practice their skills on a special doll. Families also purchased specially fitted bike helmets for both adults and children.
- > The [Odessa Brown Children’s Clinic](#) (OBCC) reached more than 150 families during its Health & Fitness Fair. OBCC staff and volunteers offered bicycle helmet fittings and provided information about healthy lifestyles with a focus on nutrition and fitness. OBCC serves diverse populations in greater Seattle.

Children attending our annual Health Fair “operate” on a doll at the Surgical Unit station.

LOK-IT-UP campaign encourages safe storage of firearms

As an ongoing sponsor of the [LOK-IT-UP](#) campaign, Seattle Children's encourages safe firearm storage to help prevent gun-related deaths, injuries, suicides, theft and school-based threats. The campaign informs the public about safe storage options and promotes the availability of safe storage devices.

Meeting the health-care needs of children with chronic conditions

Advocacy for sickle cell disease

Odessa Brown Children's Clinic (OBCC) staff, patients and families of children with sickle cell disease (SCD) met with government officials and SCD advocates on Sickle Cell Awareness Day to announce legislation to change the way patients are diagnosed and treated for SCD. In conjunction with patients and caregivers, OBCC, the Northwest Sickle Cell Collaborative, the Metropolitan Seattle Sickle Cell Task Force and Novartis Pharmaceuticals worked with legislators and Governor Christine Gregoire to emphasize the need for increased attention and funding for SCD and the thousands of people affected by this life-threatening disease.

Stanley Stamm Children's Hospital Camp celebrates 40 years

The Stanley Stamm Children's Hospital Camp celebrated its 40th annual summer camp by hosting 100 children with terminal or chronic medical conditions. The week-long event provides a medically supported overnight camp experience in an outdoor wilderness setting. Children accepted to the Stanley Stamm Camp are not able to attend other camps due to their complex medical needs. More than 200 volunteers — many of whom attended the camp as children or who have medical backgrounds — staff the camp each summer. The camp is subsidized by annual fundraisers and private gifts that ensure low participation fees and scholarship assistance. Former patient and camper Jason Lane, for example, organized a Wheelchair-A-Thon to raise money for the camp he attended while growing up.

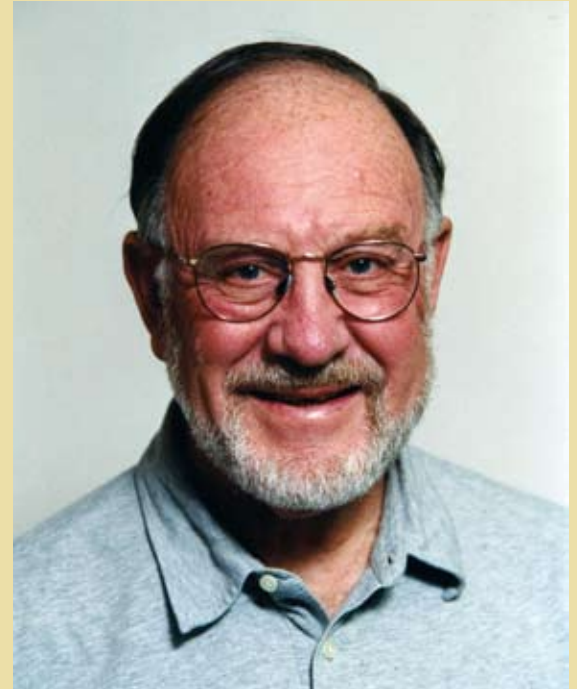
Peer support for parents of children with special needs

Seattle Children's Parent Support Program connects families who are in the beginning stages of learning about their child's diagnosis with trained volunteer parents who have been through a similar experience with their own child. One-to-one support makes an important difference when parents learn they are not alone as they adjust to caring for a child with special health-care needs. Support groups, educational meetings, social events, sibling support events and fathers' groups are among the activities facilitated by parents and Seattle Children's staff for a broad range of conditions.

Making a Difference

Children's Alliance honors Dr. John Neff with Voices for Children Award

Dr. John Neff received a Voices for Children Award from the Children's Alliance — a public policy advocacy organization in Washington state that works at the local, state and federal level to ensure that all children have the things they need to thrive. Neff was honored for his extensive work as chair of the Health Coalition for Children and Youth — the driving force behind a decade-long effort to secure health-care coverage for all children. The coalition's efforts on this issue culminated in the passage of the children's health bill, which provides affordable, comprehensive health coverage options to all children in Washington state. The Voices for Children Awards were established by the Children's Alliance to recognize those who have dedicated extraordinary amounts of time and energy to making Washington a better place for kids. Awardees are those who have dedicated volunteer hours or gone above and beyond mere job descriptions to ensure that laws, policies and programs serve children.



Kim Korte receives first OBCC Ken Feldman Award

Kim Korte, manager of Child Life, received the first OBCC Ken Feldman Award. The award, presented by the Odessa Brown Children's Clinic and the Center for Diversity, honors a staff member for distinguished service in diversity. Korte was nominated because of her work to improve services for diverse children and families. She was praised for providing equitable, culturally competent care for all families — including those with limited English proficiency — and for incorporating the families' perspective into her decisions. She was also commended for encouraging her staff to try new approaches and empowering them to be experts and leaders. "Kim inspires those who work with her and models cultural competency in all her interactions. She appreciates differences, builds on individuals' strengths and cultivates supporting each other among her team," said those nominating her.



*Seattle Children's CEO
Dr. Thomas Hansen presents
at advocacy day 2007 in
Olympia, Wash.*

Seattle Children's advocacy efforts helped secure health coverage for kids in Washington state

Giving children an equal opportunity for hope and healing is the cornerstone of Seattle Children's service to the community. For 100 years, we have honored our promise to provide the best pediatric medical care to every child in our region, regardless of a family's ability to pay. But Seattle Children's long-standing commitment to safe and healthy children extends far beyond the hospital's doors. We improve the health of children and their families through advocacy.

Seattle Children's advocates for all children to have access to quality health care. Regular health care, immunizations and early diagnosis reduce the likelihood of more costly, disabling, or life-threatening health needs. Access to early and preventive care keeps kids healthy, and this approach is much more cost-effective than delaying care and requiring emergent care or hospitalization.

The cost of delaying care is far greater than the cost of covering children. For example, regular preventive care for children enrolled in Medicaid decreases emergency room use and hospitalizations. Although children make up 64% of Medicaid enrollees, they account for less than 25% of Medicaid expenditures. Children's health care is an inexpensive investment with an enormous payoff.

Recognizing this reality, Governor Christine Gregoire signed Senate Bill 5093, which ensures comprehensive, affordable health-care coverage for every child in Washington state. Seattle Children's is a leading member of the Health Coalition for Children and Youth (HCCY), which worked with the governor and legislators to develop the policy proposal that laid the foundation for this bill. Dr. John Neff, director of Seattle Children's [Center for Children with Special Needs](#), chairs the coalition. HCCY is spearheaded by the Children's Alliance with the participation of many other organizations, including the Washington chapter of the American Academy of Pediatrics.

"Seattle Children's can take great pride in the passage of this legislation and the potential it holds for improving access to the continuum of health-care services children need," says Suzanne Petersen, vice president, External Affairs and Guest Services at Seattle Children's.

Our Commitment

We envision a future where children in our region live healthy, full lives. To that end, Seattle Children's will continue working to fulfill its bold mission: to prevent, treat and eliminate pediatric disease. As part of this focused effort, we will invest in facilities, technologies, programs, services and people that help us to:

- > Provide the very best medical care to children in our region, regardless of a family's ability to pay. We have honored this promise for more than a century.
- > Accelerate our research efforts to discover new treatments and cures that significantly improve the health of children everywhere.
- > Educate clinicians in training, community health-care providers, families and patients.
- > Partner with other organizations committed to the health and well-being of children and families in the Pacific Northwest.
- > Advocate for children and families — especially underserved populations — so that all children in our region have opportunities to experience optimal health and quality of life.

Seattle Children's deeply appreciates our community and the community partners who help us honor and expand our commitment to caring for children, year after year.



For more information or to get a printed copy of this Community Benefit Report, please contact:

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