



WHOLE CHILD

PEDIATRICS

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- **Services new to our patients are:**
- **Availability of two Registered Dieticians for our practice**
- **Secure electronic communication with the practice using relay health.**

Dr. Sevilla addresses Health Care Leaders

Dr. Sevilla was one of the featured speakers on December 6th 2007 at the 2nd Annual Policy Conference on the Patient Centered Medical Home hosted by the National Committee of Quality Assurance. The event was attended by Health Policy



leaders, Health Plan administrators, Patient advocacy groups and other stakeholders in the health care industry. Our own Dr. Sevilla presented on how patient cen-

tered medical homes are working in communities." This pres-

entation had a special focus on respecting and promoting empowered and active patients that are viewed as partners in the practice and not simply as passive pa-

tients. The presentation included several references to Whole Child Pediatrics as a "real life example" on how Patient Satisfaction scores increase when families are the

center of the practice. Visit the conference website at <http://web.ncqa.org/tabid/623/Default.aspx>

New Services for Our Patients to Welcome the New Year

Happy New Year !!! With the fireworks and celebrations bringing in 2008, we are proud to introduce two exciting new services to our patients :

We are very fortunate at Whole Child Pediatrics to

have received a grant from Healthy Start to be able to offer to all our patients the services of nutritionists (Registered Dieticians) for FREE nutrition consultations . (see inside for more info) . Also were are ex-

cited to have now enabled secure electronic communication for our patients with the practice through relay health. Please see inside for further information on relay health.

Whole Child Nutrition Program

With generous funding from Healthy Start Manatee, we are starting a program to support our philosophy that it is much better to prevent disease early than to treat it later on. We received a grant to give our patients nutritional support with two Registered Dieticians. Did you know that some Cancers take 30-40 years to develop. It means that for tumors that present in our 50s, actually started during childhood. There is a lot of evidence showing

that prostate, colon and breast cancer have very strong relationships with what we eat during our lifestyle. Childhood is the ideal time to foster good eating habits and to start preventing cancer and other conditions such as diabetes, heart disease, hypertension. We can now offer to all our families a free nutritional consultation and screening by one of our Registered Dieticians, Mallie Shirk and Christine Gerbstadt. They will meet with you

and answer any nutritionist questions you might have. This service is totally free to patients from Whole Child Pediatrics. To make an appointment with them you can contact Mallie or Christine directly:
 Mallie Shirk R.D
 Phone: 706-3118
 Email: malshirk@hotmail.com
 Christine Gerbstadt R.D.
 Phone: 814-571-2369
 Email : crgerberstadtmd@aol.com

“Our greatest compliment is the referral of your family and friends to the practice, Thank you”

Total patients:
 November: 137
 December 246

New patients:
 November : 45
 December: 66

Practice Performance Measures

Average Waiting Time from appointment time:
 November: 10.8 minutes
 December : 6 minutes

Average Waiting time for next appointment:
 November 0 days
 December 0 days

Patient Satisfaction:
% of responses 5 (great)
 Ability to be seen 91%
 M.D. listens to you 95%
 M.D takes enough time with you 95%
 Staff is friendly 100%
 Likely to recommend the practice 97%

Our practice is online

- Our office now offers electronic communication for all our families. You will be able to communicate with the practice, schedule appointments by email, discuss lab results, request for medication refills and even have web visits

for established patients. If you would like to use this service please go to www.relayhealth.com.



- You will be asked to

register

- The practice then confirms that you are a patient and you can start using this service. It also allows you to have a personal medical record that you can use for future reference.

How to Raise Child that is a Healthy Eater

“Never reward or bribe with food. Instead choose fun activities as rewards for good behavior”

- Be a positive role model for your child by establishing good eating habits on your own. Eat breakfast, eat your fruits and vegetables, and eat proper portions of food.
- Let your child decide how much he or she wants to eat. You decide what and when to offer the food. Children naturally will stop eating when they are full and will eat when they are hungry. So does this mean I am saying it is okay to not finish your plate? Yes.
- Mix things up-have breakfast for dinner, breakfast foods are not just for morning eating!
- Never reward or bribe with food, instead choose activities. Rewarding or bribing with food may lead your child to eat for emotional reasons or for comfort, even when they many not necessarily be hungry.
- Let your child participate in grocery shopping. Let them create a list with you before you go shopping and participate in picking out the prettiest vegetables and fruits in the produce section. Also, let them participate in picking out their healthy snacks.
- When eating meals, eat as a family at the dinner table. It is important that there is no television or computer interfering with meal time. This disrupts mindful eating.
- Eat with your children. If your children never see you eat then they may never learn table manners and social skills that are associated with eating meals together. Remember they are looking at you for guidance.
- Do not worry if your child does not finish his or her plate. Children are very intuitive to fullness and hunger. Let them decide when to stop eating.
- Only give your child 4 to 6 oz of juice daily. Introduce fresh fruits and water as a replacement. Too much juice can lead into too many calories and also into tooth decay.
- Offer healthy snacks throughout the day. Children tend to graze and receive most of their nutrition through healthy snacks.
- Make it easy for children to make healthy food choices. Have a special spot for their pre-cut vegetables and fruits available for them in the fridge so that they can dig into them when ever they feel the need to eat.

Mallie Shirk R.D.

Patient Advisory Board

We are still looking for volunteer parents to join our parent advisory board. This is a group of volunteer parents in the practice that want to be involved and active in what happens in the

practice. It give our families a chance to have ownership in the practice and to let their voices be heard. The parent advisory board meets



about once every 3 months. Please let me know by emailing me at drsevilla@wholechildpediatrics.com if you are interested in joining the PAB.

Well Baby Check up Schedule

This is our recommended schedule for Well Child checkups. There is a star * on the check ups where vaccines are given according to the standard CDC and AAP guidelines.

Newborn Visit : 2 to 4 days of birth

2 week old Check up

1 month old Checkup

2 month old Checkup *

4 month old Checkup*

6 month old Checkup*

9 month old Checkup

12 month old Checkup*

15 month old Checkup*

18 month old Checkup

24 month old Checkup

30 month old Checkup

36 month old Check up

4 y old Check up *

5 year old Check up

Yearly until 21 years old .



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drsevilla@wholechildpediatrics.com

Event and Practice Calendar

January

- 1 New Years day Office Closed
- 17 Grand Opening of Whole Child Pediatrics 4 pm to 7 pm
- 27 Parent Chat Event :
Vaccines “An open minded look” 6 pm
Lakewood Ranch Medical Center Conference room # 1

February

TBA Parent Chat Event:
The effects of the environment in children
Lakewood Ranch Medical Center Conference room # 1