

# Sibling Support Program

**ANOTHER GROUP STARTS SEPTEMBER 13**



After seeing great success with our first sibling support program, PHS is excited to announce another group will begin on September 13, 2016.

Monica Handlos,

clinical social worker at PHS, will be leading six siblings of medically complex patients - ages 6-11 years old - through a

12 week program focused on helping them process thoughts, work through feelings, and express themselves in a safe and supported environment. Sessions will be held at the PHS office in Roseville each Tuesday from 5:30 - 6:30 p.m.

“Some kids talk a little bit directly about their siblings, but more than that just talk about regular kid things,” said a mom to a previous participant. “To know she’s in a group of kids who have a similar experience has meant a lot, and it’s really been great to get to know families like ours too.”

**If you know a family who could benefit from this service, direct them to [PHSSiblingSupport.com](http://PHSSiblingSupport.com)**



2800 Cleveland Avenue North  
Roseville, MN 55113



Be sure to visit the Thrive blog at  
[PediatricHomeService.com/blog](http://PediatricHomeService.com/blog)

**INSIDE THIS ISSUE**

## The MDA is on Clara's team

**PLUS:**

Sibling support program starts September 13,  
Advocating for health care needs all year,  
and the future of home care nursing



# Thriving at Home

## SUPPORT FROM THE MDA SINCE DAY ONE



Clara, far right, with her younger sister and parents

Aside from an emergency C-section, Becky's daughter Clara was born seemingly healthy at 41 weeks - but as she grew and didn't reach milestones, the now six year old began seeing a physical therapist to address the issues at hand.

finally received a diagnosis for their daughter two-and-a-half years after her birth – merosin-deficient congenital muscular dystrophy.

The Muscular Dystrophy Association has been part of their support network since the day of Clara's diagnosis to provide supplies, genetic test funding and fun activities – like the camp she went to earlier this summer – that make their lives at home easier. And PHS provides equipment to keep her lungs and heart healthy to making their lives at home safer.

After seeing a number of doctors for answers and showing signs of hypotonia as well as hip dysplasia, Becky and her husband

**To meet Clara, visit [PediatricHomeService.com/blog/clara-thrives](http://PediatricHomeService.com/blog/clara-thrives)**



PHS patient Austin gets care from his nurse



Bill Amberg and Susan Wingert speak with Representative Dean



Roy Maynard, MD

### The future of HCN HOW (AND WHY) THERE ARE CHANGES TO OUR NURSING

As you know, advances in technology have led to a growing medically complex population in Minnesota. And although many patients could receive the care they need at home, they are in the hospital due to a lack of home care nurses available.

Recognizing this growing problem, PHS took the time to reevaluate how our home care nursing department has functioned since it started in 2011. From this, a new process was developed to ensure our nurses are best serving the most complex patients in Minnesota while also bringing your patients home who no longer require hospital care.

To address common questions we've heard from families, we're creating a 3-blog series with answers to these frequently heard concerns.

**To follow along as we answer FAQs, visit: [PediatricHomeService.com/blog/category/home-care-nursing](http://PediatricHomeService.com/blog/category/home-care-nursing)**

### Year-round legislation ADVOCATING BEYOND THE SESSION

There is an old adage around the Capitol that "no two legislative sessions are the same" – and this year certainly fit that bill.

While the session was unusually short (lasting two-and-a-half months), we saw a number of bills pass that were beneficial to our population while they're in the hospital and at home.

The opportunity to educate our legislators on the health care needs of medically complex children across the state stands all year.

PHS Government Relations Counsel Bill Amberg works each day to build relationships with legislators and ensure they're knowledgeable on the needs of the population we serve – and families can be an indispensable part of that education process as well.

**Learn more about bills that passed and how we're encouraging families to get involved at [PediatricHomeService.com/blog/legislative-advocacy](http://PediatricHomeService.com/blog/legislative-advocacy)**

### Message from Our Medical Director PHS TO CONDUCT NG FEEDS STUDY

As children with medical complexities are being discharged from hospitals, a substantial portion of these patients still require some level of medical technology to thrive at home. Adequate nutritional support for children is crucial in successful growth and healing - making enteral nutrition support through a gastrostomy tube (GT) or nasogastric (NG) tube an important technology for many patients.

In 2017, PHS will be conducting a prospective observational study of pediatric outpatients using NG feedings to document the standard of care in our community as well as safety and outcomes of children discharged from hospitals with NG feedings.

Families of patients with home NG feedings and utilizing PHS services will be asked to consent to provide information - an authorization that will be completely voluntary.

**To learn more about NG studies, visit [PediatricHomeService.com/blog/ng-study](http://PediatricHomeService.com/blog/ng-study)**

Pediatric Home Service can serve you **24 hours a day, 365 days a year.**  
Call **651-642-1825** or visit **[PediatricHomeService.com](http://PediatricHomeService.com)**.