

AtlanticView at Goryeb Children's Hospital | Summer 2020

kids

Don't delay care:
We are here with safety
measures in place
(page 3)

#ForwardTogether 🧡



**MOMENTS THAT MATTER:
PARENTS' INTUITION AND
DOCTORS' EXPERTISE**

Read Bryce's Story on Page 6

**3 Myths and Tips Addressing
Family Resiliency**

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CEO's corner

What a year it has been. While our team is always prepared for all sorts of emergencies and unexpected events, no one could have predicted the challenges we've faced during the coronavirus pandemic.

I have never been prouder of the Atlantic Health System team or more grateful to be here for our patients when they need us the most. Every day, I am in awe of our doctors and nurses working tirelessly around the clock; our caregivers preparing hot meals and keeping our facilities safe and clean; those who are transporting patients to our hospitals and home again; and countless others who stand ready to do whatever it takes to heal our community and restore our hope in brighter days soon to come.

You can help us beat the coronavirus by continuing to do a few simple things – stay six feet away from others, wear a mask when you go outside, wash your hands regularly with soap and hot water, and use hand sanitizer when soap is not available. We will get through this together if we all do our part.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Now more than ever before, we thank you for entrusting Atlantic Health System to care for you and your family. Be well and stay safe.

AtlanticView kids

at Goryeb Children's Hospital
Summer 2020

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Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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ATLANTIC HEALTH SYSTEM EARNS SPOT FOR 12TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR' RANKING NO. 89 ON THE PRESTIGIOUS LIST



ATLANTIC HEALTH SYSTEM NAMED TO THE FORTUNE 100 BEST WORKPLACES FOR DIVERSITY LIST

Talk to us

Tell us what you want to read about in *AtlanticView Kids*. Email us at atlanticview@atlantichealth.org. Or write us:

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AtlanticView Kids

Twice a year, Atlantic Health System publishes *AtlanticView Kids*, which includes informative articles on many different health-related topics and events. Issues are available online at atlantichealth.org/atlanticview or email atlanticview@atlantichealth.org to receive a hard copy.



WE WANT TO HEAR FROM YOU

Would you like to share your experience at Goryeb? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

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What You Will See Next Time You Visit the Doctor



Our community has done a great job to help slow the spread of COVID-19, the disease caused by the new coronavirus. Now, it's time to take action so your child can keep as healthy as possible in the months and years ahead.

The experts at Goryeb Children's Hospital are ready to help you do that, beginning with your child's next appointment.

"For good reason, many parents and guardians have spent the last month or two keeping their children away from places where they might get the disease," says Walter Rosenfeld, MD, chair of pediatrics at Goryeb Children's Hospital and medical director of children's health for Atlantic Health System. "During this time, we've learned a lot and made many changes at Atlantic Health System's hospitals, so children can get the important care they need. You can have confidence that your child will be safe here."

EMERGENCY CARE

"It's important not to delay getting emergency care for your child," Dr. Rosenfeld says. "Do not hesitate to call 911 or to come to the ED." Questions? Contact the appropriate emergency department:

Pediatric Emergency Departments

- Goryeb Children's Hospital at Morristown Medical Center: 973-971-6040
- Overlook: 908-522-5660
- Chilton: 973-831-5394

Emergency Departments

- Newton: 973-579-8500
- Hackettstown: 908-850-6800

SURGERY AND OTHER SPECIALTY TREATMENTS.

When surgery or other procedures such as endoscopy are needed, your doctor will determine the right timing with you. Dr. Rosenfeld says, "We'll work with you to treat all health conditions, so they do not become more serious or complicated."

WELL-CHILD AND SPECIALIST VISITS.

"We've also made many, many changes at our doctors' offices in these past months, all to make sure children and their loved ones are safe when they visit us for care," he says.

For example, some of those visits are now "virtual" or telehealth visits, where you use a phone or computer camera to "meet" with your doctor.

"During this time, we've learned a lot and made many changes at Atlantic Health System's hospitals, so children can get the important care they need. You can have confidence that your child will be safe here."

— Walter D. Rosenfeld, MD

If your doctor needs to see your child in person, you'll find many other changes as well. For example:

- Parents and patients preregister and update patient information by phone to minimize wait in the waiting room.
- To minimize the time spent in the waiting room, the child and one parent go straight to a private room when they arrive.
- To maintain social distancing in our waiting areas, we have reconfigured our space and separated seats to maintain a six foot distance.
- If necessary, our staff may ask you to wait in your car until the provider is ready to see you.
- Anyone entering is asked to wear a mask and all of our team members are wearing masks and other personal protective equipment (PPE).
- All visitors will be screened with questions and a temperature check upon entrance.
- Staff regularly cleans all surfaces, beginning at the front door.

"For both healthy children and those with injuries or medical conditions, our teams have put these steps in place to make it safe for you to get the care you need," Dr. Rosenfeld says. "Preventive care is critical for infants, children and adolescents, so call your doctor to get regular checkups and immunizations. And when concerns about acute or chronic health issues arise, we want you to have the confidence to know that we've got your back!" ◀



WALTER D. ROSENFELD, MD

Chair of Pediatrics,
Atlantic Health System Children's Health
and Goryeb Children's Hospital



Thank you to our communities for your overwhelming generosity, support and caring - it has truly made a difference to our front line team members and all of us at Atlantic Health System.



#CaringTogether 

3 Myths and Tips ADDRESSING FAMILY RESILIENCY

By Christopher Lynch, PhD
Psychologist and director of Pediatric Behavioral Medicine

During challenging times like these, people often talk about the importance of resilience. However, there are some common misconceptions about what being resilient really means. Understanding the true qualities of being resilient can help families to get through the current pandemic.

MYTH #1:

RESILIENT PEOPLE DON'T EXPERIENCE NEGATIVE EMOTION

► **Reality:** Truly resilient people allow themselves to experience the full emotions, both positive and negative. However, they use emotions as signals or guideposts to what they need to do to cope.

☑ **Tips for Families:** Acknowledge your fear and anxiety, but don't just dwell there. Take in the news via all media sources judiciously so that you are informed but don't wallow in frightening coverage. Instead, use the information to make daily decisions about safety. Also, be aware of how much media your children are exposed to and limit media consumption for younger children. Help your children of all ages to express any concerns they may have regarding something they may have heard.

MYTH#2

RESILIENT PEOPLE "GO IT ALONE" AND HANDLE PROBLEMS BY THEMSELVES

► **Reality:** Truly resilient people embrace their social connections and don't hesitate to go to others to help solve problems.

☑ **Tips for Families:** Keep relying on your social supports in any way that you can. People are being creative in using video-based platforms to keep connected. Encourage your children to do the same (in line with their age and development).

MYTH #3:

RESILIENCY IS A TRAIT – YOU EITHER HAVE IT OR YOU DON'T

► **Reality:** Resiliency is a set of attitudes and behaviors that you can work on at any stage of your life.



Artwork by Chloe R. appears in Atlantic Health System's Creative Expressions calendar

“Develop new recipes together with your children. Take the time to learn a new skill. Be creative. Your children will see that you are making the best out of a difficult situation and that, in turn, will help them to be resilient.”

☑ **Tips for Families:** Find ways to remain optimistic about the current circumstances. Do what you can to keep home and family life as fun and new as possible. Come up with themes for each night such as movie night, board game night or charades. Develop new recipes together with your children. Take the time to learn a new skill. Be creative. Your children will see that you are making the best out of a difficult situation and that, in turn, will help them to be resilient. ▲

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PARENTS' INTUITION AND DOCTORS' EXPERTISE

Rare inherited disease treated by Goryeb Specialists

Today, baby Bryce Ondish's most obvious features are his big, bright smile and full head of hair. "And he's become a flirt," says mom Paige, of Hamburg.

But for the first two months of his life, things were quite different.

"During that time, he was either sleeping or crabby," she says. "There was no in-between."

She and her husband, Chris, suspected something was wrong. But even after several trips to the pediatrician, they had no answer. One night, when Bryce's fever reached over 103° and he was arching his back in pain, they took him to the emergency room at Goryeb Children's Hospital. The staff soon discovered an infection.

"But it became clear once we had an X-ray that Bryce had a bigger issue," says Jennifer Murphy, MD, a specialist in pediatric surgery for Atlantic Medical Group. "His colon (part of the lower intestine) was severely enlarged."

She and other pediatric specialists at Goryeb suspected a condition called Hirschsprung disease. This is an inherited condition, one a child is born with, where part of the intestines cannot function properly to push waste out of the body. It can be life-threatening without surgery.

DIFFICULT TO DIAGNOSE

Symptoms of Hirschsprung disease include swelling of the belly, unexplained fever and vomiting. Bryce had all these symptoms, but these can also be signs of a number of other medical conditions, Dr. Murphy says.

"Hirschsprung disease is a rare condition, affecting only one in 5,000 newborns," she says. "It's usually diagnosed in the first few days after birth. But Bryce was 2 months old, which made diagnosis more difficult."

A biopsy of the intestine confirmed the disease. Over many days, the team at Goryeb worked to treat Bryce's infection and get him ready for surgery.

SPECIALIZED TRAINING, INTRICATE TOOLS

For Bryce's surgery, Dr. Murphy and her team removed the diseased part of his intestine using laparoscopy, which requires specialized training to use very small cuts and tiny tools. The team sees inside



"I don't have the words for what they did for Bryce. I'd follow Dr. Murphy anywhere for what she's done for him."

— Paige Ondish

the body using a tiny camera that projects images on a large video monitor in the operating room.

"This technique gives us a much better view inside the body compared to other options, and the smaller instruments give us excellent precision," Dr. Murphy says.

Even with advanced training and tools, Bryce's delicate surgery took seven hours. It was a success.

GETTING BACK TO NORMAL

He's now back at home, gaining weight and doing fine. He'll need special treatments at home for a few years. But over time, like most babies with his condition, he's expected to lead a normal life.

"I don't have the words for what they did for Bryce," mom Paige says. "And I'd follow Dr. Murphy anywhere for what she's done for him."

Bryce also now has an unusual fan following. Besides his parents and sister Georgia, age 3, staff at Goryeb know him well.

"The last time he went there for care, four nurses were standing behind the swinging doors, waiting for us with smiles and with open arms," Paige says. "They're like family." ▲

ATLANTIC MEDICAL GROUP

Jennifer Murphy, MD, is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at 908-522-3523.

Skilled Surgery

Specialized Capabilities for the Tiniest of Patients to Teens

Rare tumors, birth defects, injuries and disease –
the surgeons your child needs are at Goryeb, close to home

When a child from infancy to early adulthood needs surgery, pediatric specialists at Goryeb Children's Hospital offer a broad range of care. For a newborn's tiny body, a teen's growing bones and every child in between, a team of surgeons offers the training, experience and advanced techniques they need. "Our surgeons use minimally invasive techniques wherever appropriate, and perform diagnostic and surgical treatment of the head, neck, chest, abdomen and spine. A full range of endoscopic, laparoscopic and thoracoscopic services are also available," says Walter D. Rosenfeld, MD.

NO CHILD IS TOO TINY

One of the most recent advances at Goryeb is special laparoscopy techniques for ever-smaller children. (See the "Moments" story about baby Bryce.) This allows surgeons to use smaller incisions, or cuts, compared to some types of surgery, and gives them exceptional control over tiny tools.

"With our equipment and training, no child is too tiny to give them the advantages these techniques offer," says Jennifer Murphy, MD, a pediatric surgeon for Atlantic Medical Group who has special expertise in these techniques.

Other advances at Goryeb involve robot-assisted devices for children's surgery.

"We're fortunate to have a team of pediatric physicians, nurses and operating room staff dedicated to robotic urology," says Michaella Prasad, MD, pediatric urologist for Goryeb. She's a specialist in the urinary tract system, including the kidneys, genitals and testicles. "We're often working in a space that's only about the width of a pencil, and it can't be overstated how important this team and their experience are for our patients."

PEDIATRIC SPECIALISTS WORKING TOGETHER

For many children and their families, it's finding a broad range of specialists in one location that offers other important benefits.

"When infants through teens need orthopedic, or bone surgery, for example, their care can be complicated," says Bensen Fan, MD, a Goryeb specialist in orthopedic surgery for children. "We consult regularly with pediatric specialists in neurology (nerves), breathing, genetics and many other areas. It's clear to me that everyone here is working toward what's best for each child."

SOME OF THE MOST ADVANCED CARE IN THE COUNTRY

That teamwork and specialization in pediatric care is important, too, for children with cancer. For example, there are only a handful of centers in the country where specialists solely practice surgery for cancer that is in or starts in the bone, muscle and other soft tissues, says James C. Wittig, MD, chairman and medical director of orthopedic surgery, orthopedic oncology and sarcoma (cancer) surgery for Morristown Medical Center.

"We are one of those highly specialized centers," he says, "and we're bringing new treatments to our patients to save more lives as well as patients' arms and legs, and reduce scarring, pain, risk of infection, and even the need for future surgery."

"We consult regularly with pediatric specialists in neurology (nerves), breathing, genetics and many other areas."

– Bensen Fan, MD

“Our surgeons use minimally invasive techniques wherever appropriate and perform diagnostic and surgical treatment of the head, neck, chest, abdomen and spine. A full range of endoscopic, laparoscopic and thoracoscopic services are also available.”

– **Walter D. Rosenfeld, MD**
Chair of Pediatrics, Children’s Health and Goryeb Children’s Hospital


For example, for a child who needs part of a bone in the leg removed due to cancer, one exciting advancement is a device Dr. Wittig implants in the leg, which adjusts as the child grows. “We gradually increase it in length during a simple office visit, to keep the legs the same length,” he says. Otherwise, the child might need a dozen additional surgeries over his lifetime to accomplish the same thing. Besides Goryeb, a very limited number of other hospitals offer it today.

Atlantic Health System’s pediatric specialists offer some of the very latest procedures in spine care, too. One example is a new technique, called tethering, that holds huge promise for patients with severe scoliosis, or curvature of the spine, says Jason Lowenstein, MD, director of the Scoliosis & Spinal Deformity Center for Morristown Medical Center. He recently became one of the first 75 surgeons in the nation to learn this technique (see page 12).

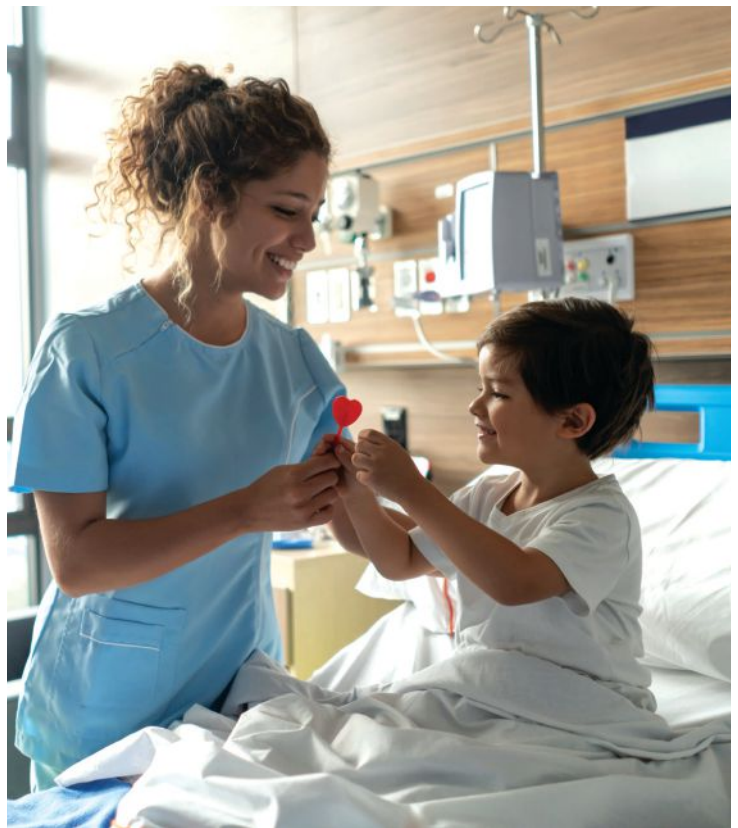
“This is a big advancement, and it’s exciting that our patients can benefit from it,” he says.

FOR ONE TIME OR A LIFETIME

Many children at Goryeb who need surgery return home after treatment, fully cured and healed. Some need ongoing care for months or years. Others, like those with multiple sclerosis, need care for a lifetime.

At Atlantic Health System, the team of pediatric specialists ensures each child has the best care possible, and the best quality of life. 

For more information, visit atlanticealth.org/pediatricsurgery.



ANESTHESIA SPECIALISTS MOVE OUT OF THE OPERATING ROOM

Anesthesiologists at Goryeb Children’s Hospital have advanced training in caring specifically for children. In addition to their work in the operating room, did you know that these specialists take their expertise to patients throughout the hospital, too?

“We regularly visit children in several locations throughout the hospital,” says Pheodora Shin, MD, director of pediatric anesthesiology. “For example, we help the child who cannot hold still for a 45-minute exam, those who need pain management for chemotherapy, and more.”

Without this specialized type of care, some treatments or exams would be much more stressful – or even impossible – for kids, she says.

“It’s had a great impact on their care,” Dr. Shin says.

A HELPING HAND

Providers partner to ease transition from pediatric to adult care for chronically ill children

Ten to 20 million children and adolescents suffer from a chronic illness that can last a lifetime. For these children and their families, going to the doctor is a way of life. When chronically ill adolescents reach adulthood, usually age 18 to 21, they begin to transition from a pediatrician to an adult physician. According to Simona Nativ, MD, a pediatric rheumatologist for Atlantic Medical Group, the goal of transitioning is “to help maturing children or adolescents become confident young adults who are able to understand their disease, advocate for themselves, and have the ability to streamline their care from the pediatric to adult world.”

Dr. Nativ says transitioning care can be a complex process. “It involves coordination between the patient, the pediatrician, the pediatric subspecialist, the adult primary care physician and adult subspecialist. It’s constantly preparing and educating the patient about things they need to manage in the adult world.”

Some of the issues that need to be addressed include insurance benefits, prescriptions, making doctor visit appointments, and knowing what to do in an emergency. In addition to logistical matters, patients should be prepared for a different approach to their medical care. “Pediatric and adult medicine are different from one another and, therefore, it is important to transition both primary and specialty physicians in patients with chronic illness,” says Dr. Nativ. “For instance, the pediatric rheumatologist is in charge of seeing these patients more frequently than the pediatrician and handles some of the more general medical issues as well as manages the condition. In the adult world, the paradigm is much different. It’s more the internist or family practitioner stepping in to make sure that all the different subspecialty needs are being met.”

To help patients make the move, an electronic medical record-based tool, developed at the Baylor College of Medicine, allows the physician, patient and family to track the patient’s level of



readiness to manage their chronic condition. The tool is designed to be used over a several-year period and assesses children’s responses to transition readiness questions.

Once a determination has been made that the child is ready to transition, Dr. Nativ says there is a process for moving the patient. “In pediatric rheumatology, we have chosen specific dates where we do a physical handoff to the adult specialists. We have partnered with adult rheumatology and continue to work with them closely to provide the best care for these patients.” Dr. Nativ says the ultimate goal of the transition process is to prevent morbidity and mortality of the patient. “This is the most vulnerable time in any chronic illness. Patients should not be lost to care, lose access to medications and potentially have flares with negative outcomes.” ▲

“In pediatric rheumatology, we have chosen specific dates where we do a physical handoff to the adult specialists.

We have also created a Transition Committee within our health system and have a partnership between the pediatric and adult subspecialists.”

– Simona Nativ, MD

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Simona Nativ, MD, is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at 973-971-4096.

Ideas for Staying Safe While Embracing the Joy

by Dr. Mary Ann LoFrumento

Congratulations, you just had a baby. Whether this is your first or fourth, all new parents have a mix of emotions – intense joy, love and nervousness about caring for a totally dependent bundle of joy. Today, with COVID-19 in the community, parents have added concerns. Just remember, there are experienced, compassionate and capable pediatricians and pediatric nurses to help you.

With the right precautions, like hand-washing and social distancing, chances increase that your family will remain healthy. When someone goes out for supplies, food and medicine, be sure to wear a face mask and practice social distancing. When returning home, wash hands and clean off products brought in.

NEW BABY FOLLOW-UP VISITS

To protect yourself and baby, follow the advice of your pediatrician about how long to isolate and when and how to schedule follow-up visits. Ask what they are doing to minimize risks for office visits. Many pediatricians have special times set aside to check newborns and are expanding telehealth.

PARENTAL LEAVE AND CLOSED SCHOOLS

A lot of us are likely working from home due to COVID-19 and schools are closed. Embrace this time and think of it as time creating a new family, as it allows more time to spend with the baby.

VIRTUAL BABY REVEAL

In normal times, we advise limiting visits to healthy relatives and friends, washing hands, and no kissing the face or hands. Right now, even this is too dangerous. There are so many ways you can connect virtually. Use video chat apps, get the baby dressed up, and allow loving grandparents to treasure close-ups of the baby.



NATURE IS SAFE

Now that the weather is warmer, there is no harm in taking your baby outside, as long as you follow guidelines on social distancing. Sitting in your backyard and getting fresh air will be good for everyone.

SIBLINGS

Toddlers and preschoolers can be sources of unwelcome infection and must be carefully supervised around the baby for safety. Introduce the baby from a safe distance, and do not be surprised if older siblings lose interest. For physical contact, have them wash their hands and then press a finger on the bottom of the baby's foot and watch the baby's toes curl. Your older child will surely smile. Remember to wash your hands between caring for the sibling and the baby.

SHARE YOUR FEELINGS

The birth of a baby brings on strong emotions in both parents in normal time. But now, feelings of anxiety, fear, sadness or grief can be magnified. Share your feelings and be honest with your health care professionals. Do not skip checkups with your OB/GYN. If you feel overwhelmed, anxious, depressed, or have obsessive thoughts, please contact your doctor. We are here to help you.

Most important – enjoy this time with your baby. Years from now, we can hope to remember this as a rare moment when the world slowed down and gave you the gift of time and space to bond with and love your new baby. ▲

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Newborn nursery care is provided by our community pediatricians and family medicine physicians as well as by the Atlantic Medical Group pediatric hospitalists, led by Eberechi Nwaobasi-Iwuh, MD. For more information, visit atlanticealth.org/pediatrics.

Scoliosis Advances: Getting It Straight

For children with a severe curve of the spine caused by scoliosis, the best option for treatment has long been surgery: to implant a stiff, stabilizing rod. Since late last year, however, surgeons at Atlantic Health System can offer an exciting, new treatment. And the benefits over the traditional surgery are significant.



"We're now able to offer a novel procedure to correct the severe curves of the spine and still allow the child to move, bend and twist naturally," says Jason Lowenstein, MD, director of the Scoliosis & Spinal Deformity Center for Morristown Medical Center. "New techniques like this don't come around that often in the field of spine surgery, and it's exciting that our patients can benefit from it."

The new procedure is called "tethering," and the FDA approved it for children just last year. Dr. Lowenstein, a nationally recognized scoliosis specialist, was invited to become one of the first 75 surgeons in the country to receive the training necessary to perform it.

KEEPING THE SPINE FLEXIBLE

Scoliosis is when the spine curves from side to side in an "S" or "C" shape. When the curve gets greater over time and is not improving with other treatments, surgery is the best option.

Traditional surgery to correct the curve is called "fusion." It works by stiffening the spine into the right shape using a metal rod. Screws attach the rod to the vertebrae (bones in the spine). Over time, vertebrae grow together, or fuse, in place. Recovery can take several months.

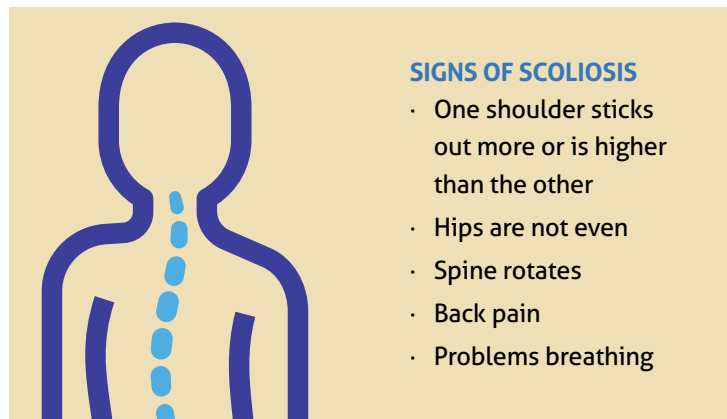
With the new Tethering Surgery, Dr. Lowenstein uses a strong, flexible cord to pull the spine into the proper position. After the procedure, children have an immediate and permanent correction of the spine, he says, and great range of motion compared to fusion surgery.

Recovery takes just a few weeks, and the child can return to sports and other activities.

"Typically, no further treatment or other surgery is needed," Dr. Lowenstein says. "This is a big advancement that holds huge promise for our patients with severe scoliosis." ▲

For more information about Dr. Lowenstein and Atlantic Health System affiliated providers, visit atlanticealth.org/doctors.

Dr. Lowenstein can be reached at 973-538-0900.





Peace of Mind

Paul's Law ensures the safety of children with epilepsy while in school

For parents of children with epilepsy, the fear of the child having a seizure is always there. That fear is amplified when the child goes to school, but a new New Jersey law is designed to put parents' minds at ease. It's Paul's Law, named after Paul St. Pierre, a 13-year-old boy from Maple Shade who has epilepsy.

According to Bernard Maria, MD, chief of the division of Child Neurology and Development Medicine for Atlantic Health System, "historically, parents have been burdened with having to communicate to the school and teacher. Paul's Law assists families with an advocacy effort and training of school personnel, so they are more aware and informed about seizures and epilepsy and are better prepared to manage."

Approximately 12,000 children in New Jersey have been diagnosed with epilepsy. Epilepsy is characterized as having two or more seizures on different days. "The brain is powered by very synchronized electricity, about as much as it takes to power a 10-watt light bulb," says Dr. Maria. "When we lose that synchronization or when there's an electrical short in the brain, it produces a seizure. Approximately one in 20 children will have a seizure by age 20, and one in 200 will have recurring seizures or epilepsy."

Physicians at Atlantic Health System – designated a Level Four Center by the National Association of Epilepsy Centers – are

"The plan details instructions on what to do in the event of a seizure such as letting the child lie flat on the ground, turn to one side, and not putting anything in the mouth. If a seizure lasts more than five minutes, the school nurse may administer rescue medicine."

– Bernard Maria, MD

equipped to take care of children with seizures and epilepsy across the pediatric age spectrum. "There may or may not be a family history of seizures or epilepsy. We have diagnostic services with genetics that look at epilepsy genes. Our team does everything from evaluation and observation, all the way to medications, special diets, and various surgical options."

Dr. Maria says Paul's Law will allow parents to request that the school complete a seizure action plan. "The plan details instructions on what to do in the event of a seizure such as letting the child lie flat on the ground, turn to one side, and not putting anything in the mouth. If a seizure lasts more than five minutes, the school nurse may administer rescue medicine." ▲

ATLANTIC MEDICAL GROUP

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WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?

Atlantic Health Virtual Visit is a fast, convenient and affordable way to see a board-certified doctor online in minutes using your computer or mobile device.



When you're traveling or on vacation

You can't take time off from work

You have kids at home and don't want to take them all to the doctor

It's difficult to get to the doctor's office

You live in an area with limited access to health care

You need a prescription refilled (when appropriate)

You aren't sure whether you should go to urgent care or wait until your doctor's office reopens

You don't feel well enough to leave the house

It's after hours, the weekend, or a holiday

Your doctor's office is closed

Why Online Visits?

- For only \$20 (for a limited time), it's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are. No need to wait or take time off. Follow-up care can take place with your primary care physician.

Common Conditions Treated

- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting

Download the app at atlantichhealth.org/telehealth



Atlantic Health System
Telehealth 

SPECIALTY REFERRAL INFO

GORYEB CHILDREN'S HOSPITAL

Adolescent Medicine	973-971-5199
Brain Tumor/Neuro-Oncology Program	973-971-5700
Cardiology	973-971-5996
Child Development and Autism Center	973-971-5227
Craniofacial Program	973-971-8585
Eating Disorders Center	908-522-5757
Endocrinology/Diabetes	973-971-4340
Gastroenterology and Nutrition	973-971-5676
Hematology/Oncology – Valerie Center	973-971-6720
Infectious Disease	973-971-6329
International Adoption	973-971-4252
Kid-FIT™ Program	973-971-8824
Nephrology and Hypertension	973-971-5649
Neurology	973-971-5700
Physical Medicine and Rehabilitation	973-971-6505
Pulmonary/Respiratory Center	973-971-4142
Rheumatology	973-971-4096
Scoliosis and Spinal Deformity Center	973-971-6879
Spasticity and Gait Disorder Center	973-971-5901
Surgery	908-522-3523
Urology	973-828-4300

KEY PHONE NUMBERS

ADMISSIONS
973-971-6718

EEG
973-971-5124

EMERGENCY ROOM
973-971-6102

LABORATORY
973-971-7805

RADIOLOGY
973-971-4163

OUR FOUNDATIONS

Supporting the growth of services benefitting children and adults in our communities

MORRISTOWN MEDICAL CENTER

As a part of Morristown Medical Center's renovation and expansion, supported by the Growing Forward Campaign, this past February, donors and former patients gathered together for a ceremonial beam signing and hard hat tour of the Valerie Fund Children's Center at Goryeb Children's Hospital. When complete, the Valerie Center will feature eight open and private infusion bays, four new exam rooms, a private family lounge, playroom and much more.

To watch video testimonials by grateful patients and cancer survivors Jessica Carter and Zippy Cimino or donate to the project, visit f4mmc.org/valerie-patient-stories.

OVERLOOK MEDICAL CENTER

With more than 3,000 lawn signs purchased and displayed in some 30 towns, the Overlook Auxiliary has raised over \$100,000 to fund the purchase of a XENEX machine that can sanitize an entire hospital room in just 20 minutes. Nine-year-old Zoe Berliner of Summit and 11-year-old Ashleigh Andrews of Millburn provided the "Hope & Gratitude" rainbow-inspired artwork for the signs, intended not only as a fundraiser but also as a show of community support for our health care professionals.

To find out more, visit overlookfoundation.org or call 908-522-2840.

NEWTON MEDICAL CENTER

A 7-year-old Green Township resident is proof that heroes come in all shapes, sizes and ages. While staying home due to the COVID-19 pandemic, Emma Van Haste had a brilliant idea to give back. She told her parents, Ashley and Rick, if she paints rocks and gives them to people as a gift, they in turn could give a donation to the hospital. After promoting on Facebook and creating signs in their driveway, Emma raised over \$1,000 from members of the community and also delivered cases of water, snacks, candy, hand lotions and shoe guards to Newton Medical Center. She also inspired team members by creating a mailbox, where friends and neighbors could drop off words of encouragement and letters of thanks.

To learn more about Newton Medical Center Foundation, visit atlantichealth.org/newtonfoundation or call 973-579-8309.

CHILTON MEDICAL CENTER

High school sophomore Duaa Raza usually supports Chilton as a volunteer. When social distancing made that impossible, she turned to GoFundMe to raise money to support its response to the COVID-19 crisis. The Passaic County Technical Institute student—who attends the Diana C. Lobosco STEM Academy in Wayne—promoted her efforts on social media and by partnering with her school, raising hundreds of dollars for supplies that kept Chilton's team members healthy and safe on the front lines. Chilton's Junior Board—comprising area high school students who are committed to high-quality health care in their community—announced their current funding initiative: the Soothing Paws Pet Therapy program. Calendars featuring Chilton's therapy dogs will be sold on the Chilton Medical Center Foundation's website.

To learn more about the Chilton Medical Center Foundation, please call 973-831-5497 and visit atlantichealth.org/chiltonfoundation.

HACKETTSTOWN MEDICAL CENTER

Hackettstown Medical Center has received tremendous support from young people who have stepped up to the plate in big and creative ways. Many masks, 3-D printed ear savers, thank you notes and personal care items have been donated by area youth. Fifth graders at Great Meadows Middle School created a slide show of personalized "Thank You HMC" messages set to music, and the HHS Lady Tigers Basketball team also held a fundraiser to purchase snacks for staff. This is just a small sampling of young philanthropists at work – keep up the great work.

To find out more, visit atlantichealth.org/hmcf or call 908-850-6876.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

For a referral to a
pediatric specialist,
call 1-800-247-9580
or visit atlanticehealth.org/doctors.



Actions We Are Taking To Keep You Safe

Emergency Medical Care

Do not delay getting the care you need. We have implemented many safety measures to keep our patients and caregivers safe in all our pediatric emergency rooms for both COVID-19 care and general emergency services. We will care for you when you know it's time to come to the ED.

The Following Precautions Are Being Taken at All Our Hospitals



Everyone wears a facemask at all times.



COVID-19 patients are treated in special rooms.



Care Team wear personal protective equipment (PPE).



Hand hygiene with soap and water or hand sanitizer gel is strictly enforced.



Frequent sanitization of all public and patient care areas and equipment.



Everyone is given a health screening before entering, including a temperature check.



Visitors are restricted. Visit atlanticehealth.org/visitor for the most up to date information. At time of publication, one parent or guardian is allowed in the NICU, in-patient pediatrics and the pediatric ED.



Accidents, appendicitis and concussions do not stop during a pandemic, so please...
as directed by your pediatrician or your parental instinct, call 911 when you have an emergency.

All EDs at Atlantic Health System have 24/7 phone lines for calling ahead, and to answer safety questions.

Pediatric EDs at:
Goryeb Children's Hospital
at Morristown Medical Center:
973-971-6040

Overlook: 908-522-5660

Chilton: 973-831-5394

EDs at:
Newton: 973-579-8500

Hackettstown: 908-850-6800

Pediatric ED Process

IMPORTANT: All patients are treated with the utmost precaution for safety and rooms are rigorously cleaned in between uses. Special rooms are designated for treating COVID-19 patients.

- All patients and their parent or guardian are screened outside of the ED.
- Patients with COVID or symptoms are escorted directly to specialized treatment rooms. All other patients register and are then escorted to their treatment room.
- All care team members, patients over the age of 2 years and their parent or guardian are required to wear masks at all times.
- Discharges from the ED will be expedited so that the patient will walk or be transported in a wheelchair directly from the room to outside the hospital.