Special Page 4 Feature

Twists and Turns

Spine Center treats teen on path to recovery from severe scoliosis

Chart Topper
Children’s ranked among nation’s 10 best

New Asthma Study
Local researcher explores potential link with vitamin D

Center of Excellence
Children’s medical imaging recognized for quality care
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The SUMMER 2017 issue of Pediatric INSIGHTS

Cover story: For 18-year-old Kateryna Kocelko, the five-year journey from debilitating spinal condition to dancer was full of twists and turns. With specialized treatment from the Spine Center at Children’s Hospital of Pittsburgh of UPMC, Kateryna’s back is straightened and the road ahead is bright.

In addition:

> Children's Hospital is the lead site for the national Vit-D-Kids Asthma Study exploring a potential link between asthma and vitamin D. Read about the significant impact this study could have and learn how to enroll pediatric patients on page 3.

> Andy Urbach, MD, medical director of Patient Experience and Development, highlights the contributions of Basil Zitelli, MD, as he prepares to retire from his 15-year tenure as chief of the Gaffney Diagnostic Service at Children’s Hospital of Pittsburgh of UPMC.

> The American College of Radiology has designated Children’s as a Diagnostic Imaging Center of Excellence in recognition of the superior care offered at the main campus in Lawrenceville, Children’s North, Children's East, and Children’s South.

We welcome your feedback, thoughts, and story suggestions. Please share them with one of our physician liaisons, whose contact information you can find on page 7.
Children’s Hospital of Pittsburgh of UPMC has once again been recognized as one of the top pediatric hospitals in the country, earning a spot on this year’s *U.S. News & World Report* Honor Roll of America’s Best Children’s Hospitals.

It is the eighth consecutive year Children’s Hospital has appeared on the Best Children’s Hospitals list, which was released in June.

“We are proud to be consistently recognized as one of the best children’s hospitals in the country,” says Christopher Gessner, president. “It is rewarding for our physicians, nurses, and support staff, who every day work together with skill and passion to provide the best care for children and adolescents with the most complex medical conditions.”

The Best Children’s Hospitals rankings highlight the top 50 U.S. pediatric hospitals in each of 10 specialties: cancer; cardiology and heart surgery; diabetes and endocrinology; gastroenterology and GI surgery; neonatology; nephrology; neurology and neurosurgery; orthopedics; pulmonology; and urology.

Children’s is ranked 9th on the honor roll and is ranked in all 10 specialties.

The 2017–18 Best Children’s Hospitals rankings are available online and will be published in the “Best Hospitals 2018” guidebook, available in September.

The Best Children’s Hospitals rankings were introduced in 2007 to help families of children with rare or life-threatening illnesses find the best medical care available. The rankings open the door to an array of detailed information about each hospital’s performance.

*For more information on Children’s specialty rankings, visit [www.chp.edu/usnews](http://www.chp.edu/usnews).*

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**Pittsburgh’s Best Doctors**

Children’s Hospital of Pittsburgh of UPMC salutes our physicians honored in *Pittsburgh Magazine*’s 2017 “Best Doctors” issue. These doctors represent the best medical professionals in various specialties.

The list was compiled by Best Doctors® and derived from the Best Doctors in America® database which includes the names and profiles of more than 50,000 of the best doctors in the United States.
Refined Process Streamlines Transfer

Call One Number for Children’s Transfers, Referrals, and Consults

Children’s Hospital of Pittsburgh of UPMC’s yearlong initiative to improve the timeliness and ease of transfers and admissions to Children’s from other hospitals has increased the number of direct admissions and decreased the time required to make a transfer since it was implemented in February 2017.

Know the number

Aims of the project include increasing Children’s responsiveness to referring providers, increasing access to subspecialty services, and improving patient and family satisfaction. As a means of accomplishing these goals, some of the changes that have been put into place include:

> All calls for patient triage and transfer are directed to one phone number — 412-692-5000.

> Children’s Hospital’s patient flow coordinator participates in all non-trauma referrals in order to expedite direct admission to a unit or to the Emergency Department (ED).

> UPMC MedCall agents facilitate nurse-to-nurse report prior to patient transfer, better preparing for an organized direct admission.

> Medical or surgical referrals that do not meet ICU criteria are now managed by the accepting service line, which may be the ED, the Gaffney Diagnostic Service, Hematology/Oncology, Blood and Marrow Transplant, Intestinal Care, General Surgery, or Transplant Surgery.

Enhanced services

“We’ve developed an organization-wide process to better facilitate direct admissions, expedite our response to requests for transfer, and provide better access to our pediatric subspecialty groups,” says Brad Kuch, MHA, RRT-NPS, FAARC, director, Respiratory Care Services and Transport Team.

The referral processes for trauma, neonatology (<44 weeks’ corrected gestation or from a nursery), and PICU have not changed.

During the call, the physician at Children’s will work closely with the referring physician, providing additional clinical and diagnostic recommendations, assisting with the admission location, and helping to identify the safest mode of transportation.

If you have questions about the process or ideas for improvement, contact Brad Kuch at 412-692-5119 or bradley.kuch@chp.edu.

The infographic (right) shows great improvement during the winter months, Children’s busiest time of the year.
The Link Between Asthma, Vitamin D
Pittsburgh-Area Children With Asthma Needed to Participate in Clinical Trial

Can an inexpensive, over-the-counter vitamin supplement help kids avoid asthma attacks? That’s the premise behind the Vit-D-Kids Asthma Study currently underway at Children’s Hospital of Pittsburgh of UPMC and other sites across the country.

Juan C. Celedón, MD, DrPH, a pulmonologist and researcher at Children’s Hospital who is leading the clinical trial, says the study could lead to a dramatic change in the treatment of severe asthma.

“Asthma is a serious problem, but we haven’t seen a new treatment that is both effective and affordable in the last 20 years,” says Dr. Celedón, chief of service, Division of Pediatric Pulmonology, Allergy and Immunology.

A serious problem
According to the Centers for Disease Control and Prevention, asthma is a major public health problem affecting almost one in 10 children in the United States. It is the most chronic disease of childhood. And, many of these children will go on to have asthma as adults.

Asthma flare-ups can be unpleasant, frightening, and sometimes life-threatening for children. “Despite using the best medications we have now, about half of the kids who have an asthma attack will have another one within the next year,” says Dr. Celedón. “If a child has had an attack, that’s our best predictor of another one occurring.”

The Vit-D-Kids Asthma Study — the only study of its kind funded by the National Institutes of Health — is the culmination of years of investigation by Dr. Celedón. Previous observational studies found that low levels of vitamin D — an essential nutrient found naturally in our bodies — are associated with worsening asthma symptoms.

“It’s time for a clinical trial to test that role,” he says.

About the study
Dr. Celedón now wants to know if taking vitamin D supplements can help kids with asthma fight off viruses and avoid asthma attacks that lead to increased dependence on medication or even hospitalization.

At Children’s Hospital in Pittsburgh — the lead site for the national study — doctors are looking for 200 participants, ages 6 to 14. Another 200 children will be recruited for the study at other hospitals across the country.

To participate, children must be diagnosed with asthma and must have had at least one severe asthma attack in the past year. If they are also found to have low vitamin D levels, they would receive either a daily dose of vitamin D or a placebo and be followed for about a year. The study will include nine visits — the majority conducted in the child’s home — a few blood draws, and breathing tests.

“We want to make it as easy as possible for the children and their families. Home visits minimize the burden,” says Dr. Celedón.

Benefits for participating families include compensation for time and travel, expert advice and asthma education, and free clinical breathing and vitamin D level testing.

If vitamin D proves to play a role in asthma, it offers an inexpensive and easy way to administer a solution. The impact would be significant.”

Juan C. Celedón, MD, DrPH

The Vit-D-Kids Asthma Study is now enrolling boys and girls who:
> Are 6–14 years old
> Are diagnosed with asthma and a vitamin D deficiency
> Have had at least one severe asthma attack in the past year

Qualified participants receive:
> Compensation for time and travel
> Study visits conducted at home
> Expert advice and asthma education
> Free clinical breathing and vitamin D testing

To learn more, please call 877-296-9026 or visit www.chp.edu/Vit-D-Kids.
Twists and Turns

Spine Center Treats Teen on Path to Recovery From Scoliosis

Ask 18-year-old Kateryna Kocelko about the best day of her life so far, and there’s no hesitation: the day in October 2014 when she was able to rejoin her dance team and perform in the group’s annual fall recital … without her scoliosis brace.

“I was so excited when I got on stage,” says Kateryna, who has held a passion for dance since age 3. “Not just to perform, but to realize that I was finally stronger than my scoliosis.”

Five-year journey

Her journey with scoliosis began when she was diagnosed at age 10 and ended with life-changing surgery at Children’s Hospital of Pittsburgh of UPMC. Like the double curve of Kateryna’s spine, the path to recovery was neither easy nor straight.

Kateryna’s diagnosis didn’t come as a surprise. Her condition, idiopathic scoliosis, had been in her family for generations. Kateryna’s grandmother dealt with it all her life. Her older sister had moderate scoliosis and was treated with a brace which prevented the progression of her curve.

Scoliosis doesn’t always result in a lifelong struggle or prolonged brace wear. The doctors at Children’s Hospital held hope that Kateryna’s curve would not progress. But a year later, hope
gave way to the realization that Kateryna’s spine was going to need help. Her curve increased to 43 degrees, so at age 11, as she was entering seventh grade, Kateryna needed to be fitted for a brace.

The Spine Center: Everything in one place
The care offered at Children’s made it easier for Kateryna to deal with this unexpected turn. The Spine Center at Children’s offers a complete set of resources all in one location, under the supervision of Timothy Ward, MD, chief of the Division of Pediatric Orthopaedic Surgery at Children’s and executive vice chairman, Department of Orthopaedic Surgery at the University of Pittsburgh School of Medicine.

The Spine Center brings together radiology, physical therapy, surgery, clinical services, orthotics, and research for children, adolescents, and young adults with scoliosis, kyphosis, and other spinal deformities. Orthopaedic surgeons joining Dr. Ward at the Spine Center are Patrick Bosch, MD, and Stephen Mendelson, MD. In addition to their expertise, the Center features innovative treatments such as the EOS low-dose radiology equipment which provides information with less exposure over the lifetime of young patients. It’s capable of full-body, three-dimensional scans that emit microdoses of radiation approximately one-eighth that of traditional x-rays.

In addition, the Center offers research-based Schroth therapy which consists of individualized postural exercise routines that assist in decreasing curve progression and potentially decreasing the need for surgery. This treatment is most effective in conjunction with bracing. To arrest curve progression and prevent potential surgery, conservative treatment such as scoliotic bracing can be utilized. Some of the options include the Boston Brace, the Woods Rigo® Cheneau® brace, and the GOSS brace. These braces provide treatment matched to each individual patient, with orthotic specialists on site to help with fitting, adjustments, and recommendations.

Ongoing research at the Spine Center helps advance the field’s knowledge in surgical versus non-surgical intervention for spine problems.

“...The Spine Center is staffed and equipped for the latest in innovative treatment,” says Dr. Ward, “but what’s more important in treating kids with these long-term, very individual conditions is that we’re set up for physicians to spend more time with their patients. A huge part of a successful outcome in this field is patient education. The better a family understands the condition and treatment options, the better we are at finding the best path forward.”

18 months of bracing
For Kateryna, the path forward was challenging. “It was a hard, hard adjustment,” she recalls. “The brace felt like a corset, and I had to wear it 22 hours a day. I had to cut down on my dancing. I had to get new clothes that would fit over it, and I couldn’t do all the things I loved at summer camp.” Although patients with scoliosis in general do not have activity restrictions, Kateryna and her family chose to make these adjustments. She wore the brace for a year and a half. Through the hardship, Kateryna held on to the hope that the brace would maintain her curve, as it had her older sister, and avoid surgery. She credits encouragement from her mom and the staff at Children’s with helping her get through the process.

But then came another twist. Six months after her brace was removed, the doctors at Children’s saw that her condition, rather than improving, had deteriorated. Her spine’s double curve had progressed to 54 and 49 degrees. “We usually recommend surgery when curves are in the 50-degree range, and when skeletal growth has stopped,” says Dr. Ward. “So in Kateryna’s case, the indications were clear, and it was time to decide about surgery.”

Continued on page 6
Moving forward

Before committing to surgery, Kateryna and her family sought a second opinion, which confirmed the diagnosis and recommendations from Children’s. “Once we decided on surgery,” Kateryna says, “it had to be Dr. Ward. And the people at Children’s — the therapists, the nurses, and the people in orthotics — everyone was amazing.”

Dr. Ward attached metal rods to Kateryna’s spine at multiple levels, with multiple screws, to straighten the curves. “The technique we use eliminates the need for a brace or body cast post-surgery,” says Dr. Ward. Typically, surgery lasts about three hours, followed by a four-day hospital stay. Patients usually are able to return to school in four weeks, can have limited sports participation in four months, and reach complete recovery in six months.

For Kateryna, a six-month wait would be cutting it close. Her dance team’s annual recital was just six months after her surgery, which left little time to prepare. “It was a long, hard recovery,” she recalls. When she was approved to return to dance practice, she threw all her passion into the effort. “I pushed myself to practice harder than I’d ever practiced before,” she says, “and I was able to dance for my recital, perform with my friends, and do what I wanted to do.”

“I don’t have to worry.”

Kateryna’s performance was followed by a normal senior year at high school, her first in a long time. “I was able to perform with my team the whole year,” she says, “I’m so happy I made the decisions that I did because now my back is straight, I don’t have any problems with it, and I don’t have to worry about it in the future.”

Today, Kateryna is a premed sophomore at the University of Pittsburgh, hoping to become an orthopaedic surgeon. “My experience with scoliosis showed me that this is what I really want to do.”


For a consultation or referral to the Spine Center at Children’s Hospital of Pittsburgh of UPMC, please call 412-692-5530. Learn more at CHP.edu/spine.
Andy’s INSIGHTS

Basil Zitelli’s Personal Brand of Transformational Medicine

Basil Zitelli loves Christmas. He’s known throughout Children’s for appearing at his division’s annual holiday party in full Santa regalia, delivering gifts to the children and belly laughs to his staff.

Behind that good-hearted spirit is a brilliant clinical mind that has won him the unwavering trust of his patients and their families, the fierce dedication of his staff, and numerous professional accolades. During his nearly 40 years at Children’s, Dr. Zitelli has saved the lives of countless young patients. And by bringing excellence and humility to all he does, he has inspired legions of pediatricians (myself included) to be better doctors … and better people.

In August, Dr. Zitelli will step down after 15 years as chief of the Gaffney Diagnostic Service at Children’s. It is the first move in a year-long, phased-in retirement, during which time he will focus exclusively on patient care on a reduced schedule. And beyond the next year, he’ll continue to impact the next generation of pediatricians by continuing to teach at the University of Pittsburgh School of Medicine.

The late Thomas Starzl, MD, PhD, was quick to recognize Dr. Zitelli’s talents when he came to Pittsburgh, inviting him to join a pioneering team to care for pediatric liver transplant patients.

And if you’re a pediatrician, you undoubtedly recognize Dr. Zitelli’s name as the senior editor of the best-selling Atlas of Pediatric Physical Diagnosis, an essential reference tool for residents and physicians.

Sylvia Choi, MD, a member of the Diagnostic Service team, remembers that publication’s prominent place in the medical library of her own father, a pediatrician and neonatologist. “When I came to interview for my residency at Children’s and met him, I could barely wait to call my dad,” she recalls. “Medicine is Dr. Zitelli’s heart and soul, his identity. He is humbled by the privilege of serving his patients.”

Fellow Diagnostic Service team member Sara McIntire, MD, who joined Dr. Zitelli in co-editing the Atlas’ recent 7th edition, adds, “He is simply the most empathic person I’ve ever met. It’s why his patients are so devoted to him — and why we seek his help in solving our hardest cases.”

Under Dr. Zitelli’s leadership, the Gaffney Diagnostic Service expanded to 23 staff members and dramatically increased the use of hospitalists and diagnostic services for patients and the region’s community physicians. Though relatively small in number, the division accounts for nearly 28 percent of all hospitalizations at Children’s.

For all his accomplishments, Dr. Zitelli is quick to credit his wife, Sue. It was only with her as his partner that he could focus his energies on his patients, residents, and administrative responsibilities. We will long be grateful to them both for their sacrifices and contributions.

Andy Urbach, MD, is medical director for Patient Experience and Development at Children’s Hospital. He welcomes your comments and questions. Please send an email to MDrelations@chp.edu.

As both a master clinician and educator, Basil Zitelli, MD, chief of the Gaffney Diagnostic Service at Children’s Hospital, has profoundly influenced the practice and spirit of pediatric medicine.

VISIT NAVIGATION

Our outpatient visit coordinator helps manage the complexities of scheduling multiple medical appointments for patients who need to return to Children’s Hospital of Pittsburgh of UPMC three or more times within the same month.

For more information, contact Visit Navigation at visitnavigation@chp.edu or 412-692-5687. Erinn Kasubinski, RN, BSN, is the Visit Navigation manager.

PHYSICIAN LIAISONS

Our team serves as liaisons between physicians in the community and our pediatric specialists. Contact them with questions, comments, and concerns.

Judi Morris-Feinberg
412-692-5428
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Laurels
These Children's Hospital staff members recently received recognition in their fields.

Children's Hospital of Pittsburgh of UPMC has been recognized again as "Leaders in LGBTQ Healthcare Equality" by the Human Rights Campaign Foundation, the educational arm of the nation's largest LGBTQ civil rights organization. The designation was reported in the 10th edition of the Healthcare Equality Index, an annual survey that evaluates health care facilities' policies and practices related to the equity and inclusion of LGBTQ patients, visitors, and staff. Children's was among a select group of 303 health care facilities nationwide to be named leaders in LGBTQ health care equality. This is the second year of recognition for Children's Hospital.

John Alcorn, PhD, Division of Pulmonary Medicine, Allergy and Immunology at Children's Hospital of Pittsburgh of UPMC, was recently elected to the Society for Pediatric Research in recognition of his substantial research contributions. Dr. Alcorn studies the mechanisms of asthma and allergic airway disease.

The American Thoracic Society (ATS) recently honored two Children's Hospital of Pittsburgh of UPMC physicians. Juan C. Celedón, MD, DrPH (left), chief, Division of Pulmonary Medicine, Allergy and Immunology, received the ATS Assembly on Environmental, Occupational, and Population Health John Peters Award in recognition of outstanding contributions to occupational or environmental medicine through leadership in research, education, or public health. Erick Forno, MD, MPH (right), received the ATS Assembly on Pediatrics Robert B. Mellins, MD, Outstanding Achievement Award. The award recognizes achievement in scholarship or research.

Hebatullah Ismail, MBBCh, MSc, PhD, clinical director, Diabetes Center, was presented with the Young Investigator Award from TrialNet, an organization using knowledge gained through clinical research to prevent type 1 diabetes and stop disease progression by preserving insulin production before and after diagnosis.

Aviva Katz, MD, MA, FACS, FAAP, has been appointed to the U.S. Secretary of Health and Human Services' Advisory Committee on Human Research Protection. She also is chairperson of the American Academy of Pediatrics Committee on Bioethics.

Rhett Lieberman, MD, MPH, has been elected to serve from 2017 to 2020 as an at-large member of the Association of Pediatric Program Directors Associate Program Directors' Executive Committee.

Elizabeth Miller, MD, PhD, FSAHM, chief, Division of Adolescent and Young Adult Medicine, received the Philip Troen, MD, Excellence in Medical Student Research Mentoring Award. The award is presented to an outstanding scholarly research project mentor of a graduating University of Pittsburgh medical student.

Evelyn Reis, MD, medical director, CTSI Pediatric PittNet, has been elected to serve on the National Council of the American Balint Society. The society is unique in its focus on and approach to actively engaging in the empathic care of others and of our professional selves; inspiring dedication and perseverance of health care providers; and developing essential skills for sustaining and enhancing resilience and longevity in practice.

Richard Saladino, MD, chief, Division of Pediatric Emergency Medicine, and interim chief, UPMC Newborn Medicine Program, was named Medical Professional of the Year by the Pittsburgh Chapter of the National Italian American Sports Hall of Fame. The non-profit educational institution is dedicated to preserving and promoting the history and heritage of Italian Americans in sports by honoring Italian American heroes who have made lasting contributions to sports and society.
Children’s Hospital of Pittsburgh of UPMC has been designated a Diagnostic Imaging Center of Excellence™ (DICOE) by the American College of Radiology (ACR).

In addition to the main campus in Lawrenceville, Children’s North, Children’s East, and Children’s South have received the designation.

The DICOE program, which represents the pinnacle of medical imaging care, is an achievement that goes beyond accreditation to recognize best-quality imaging practices and diagnostic care.

“As a leading children’s hospital that attracts patients from around the world for all levels of care, our radiology department is challenged with providing complex diagnostic imaging in a fast-paced environment,” says Kathleen Kapsin, director of Radiology. “This designation speaks to the compassion, dedication, and skill with which all of our staff technologists, nurses, and physicians approach this challenge. We’re honored to have achieved this recognition.”

The DICOE designation recognizes excellence at multiple levels — including the professional staff, the technology, and the policies and procedures the organization follows — and superior patient care.

Facilities must be accredited by the ACR in all modalities they provide, and in which the ACR offers an accreditation program. They also must participate in the Dose Index Registry® and General Radiology Improvement Database, as well as Image Wisely® and Image Gently®.

The ACR, founded in 1924, is one of the largest and most influential medical associations in the United States. The ACR devotes its resources to making imaging and radiation therapy safe, effective, and accessible to those who need it.

**Hospital Welcomes New Additions to Medical Staff**

The following new practitioners are joining the medical staff in the coming months.

**Allergy**
Ellen Garibaldi, MD

**Cardiology**
Mousumi Moulik, MD

**Emergency Medicine**
Anna Ahn, MD
Elaine Chiang, MD
Elizabeth Hewitt, MD
Nathaniel Webberding, MD
Paria Wilson, MD

**Gaffney Diagnostic Service**
Christina Imming, MD

**Gastroenterology**
Kate Ellery, MD
Whitney Sunseri, MD
Dean Yimlamai, MD

**Hematology/Oncology**
Steven Allen, MD
Alberto Broniscer, MD
Louis Rapkin, MD
Frederico Xavier, MD

**Nephrology**
Paul Fadakar, MD
Emily Joyce, MD

**Neurology**
Jenna Gaesser, MD
Levi Shelton, MD

**Newborn Medicine**
Laura Jackson, MD
Liza Konnikova, MD
Karena Lawrence, MD
Natasha Swier Lopez, MD
Bianca LoVerde, MD
Jennifer Zank, MD

**Pulmonology**
Franziska Rosser, MD

**Children’s Leads in Heart Surgery Outcomes**

The Heart Institute at Children’s Hospital of Pittsburgh of UPMC is a statewide leader in pediatric heart surgery outcomes, according to the recently released Pediatric and Congenital Heart Surgery Report from the Pennsylvania Health Care Cost Containment Council (PHC4).

The report, covering 2012–2015, shows hospital-specific volume and in-hospital mortality results for six hospitals — five in Pennsylvania and one in Delaware — that volunteered to have their data publicly reported and provided to PHC4 by the Society of Thoracic Surgeons.

Children’s performed 1,813 cardiac surgical procedures during the period with outcomes surpassing both state and national averages. Nationally, Children’s exceeded survival rates for the Norwood procedure, the benchmark operation used to correct hypoplastic left heart syndrome. Children’s had a 4.7 percent mortality rate, the lowest in the state, for neonatal heart surgery, and tied for lowest mortality rate in eight of the 10 rated procedures.
Earn CME Credits From Children’s Hospital

Experts from Children’s Hospital of Pittsburgh of UPMC provide physicians, nurses, and other medical professionals with continuing medical education courses across a wide range of pediatric topics.

Join us for the 2017 conferences sponsored by Children’s Hospital at the John G. Rangos, Sr. Conference Center on our campus in the Lawrenceville section of Pittsburgh. Learn more and register at www.chp.edu/CHPconferences.

- **Sept. 15**
  Feeding and Swallowing Clinical Update 2017: Evidence-Based Feeding Interventions

- **Sept. 28**
  Pittsburgh Nephrotic Syndrome Symposium: Focus on Evidence-Based and Personalized Approach

- **Oct. 6–8**
  Surgical and Medical Management of Hirschsprung Disease

- **Oct. 11–13**
  10th Annual Master Class in Congenital Cardiac Morphology

- **Oct. 27**
  Pediatric Nursing Conference