

Medically Fragile  
Annual Training  
March 27-28, 2014



Medically Fragile  
Training Program

# Thank You...

Thank you just isn't enough to express how grateful the UK College of Social Work's Training Resource Center is for each of the presenters included in this booklet. They graciously agreed to donate both their time and talent this weekend to assist the Medically Fragile Training Program in its mission to provide quality training and relevant information to Kentucky's medically fragile foster parents caring for children with complex medical needs.



# Plenary Sessions

Thursday March 27<sup>th</sup>

1:30 to 3:00 p.m.

## ***Exploring the Needs & Expectations of Medically Fragile Care*** **Colmon Elridge**

Colmon Elridge is the Executive Assistant to Governor Steve Beshear. As Executive Assistant to the Governor, Colmon has been responsible for the management of the day-to-day operations of the Office of the Governor, managing a staff of over 100, and helping create and implement policy initiatives ranging from Children's Health Insurance, eradicating high school dropout, and forging relationships between the public sector and the faith based community.

Colmon is from Cynthiana, KY and attended Transylvania University receiving his degree in History with a minor in Education, Eastern Kentucky University for a Master's in Public Administration, and Sullivan University where he received his Master's Degree in Business Administration. In 2000, Colmon became the first African American elected as President of the College Democrats of Ky and went on to serve as the Chairman of the Minority Caucus for the College Democrats of America. In 2009, Colmon was elected Vice-President of the Young Democrats of America (YDA) by one of the largest margins of victory in the 80 year history of the organization.

In 2010, Colmon was appointed Executive Vice President of YDA to fill out the term of YDA President Rod Snyder. In August of 2011, he was unanimously re-elected for another 2 year term becoming the 1st African-American elected Executive Vice President of YDA.

Mr. Elridge's presentation, *Exploring the Needs & Expectations of Medically Fragile Care*, will touch on the importance of fostering, specifically those children that are medically fragile and in need of specialized care.

**Thursday March 27<sup>th</sup>**

**5:30 to 7:30 p.m.**

***Caring for Infants with Neonatal Abstinence Syndrome (NAS)***

**Christine Cooper**

**Christine Cooper** MSN, NNP-BC, APRN has been in the nursing profession since 1995 and a NNP since 1997. She has been lecturing and providing education regarding NAS to nursing staff and families since 2006. She is also the Assistant Director of the HARPS (Helping At Risk Pregnancies Succeed) Program. Christine is currently employed by Kosair Children's Hospital Neonatal Specialists.

Ms. Cooper's presentation, *Caring for Infants with Neonatal Abstinence Syndrome (NAS)*, will provide participants with information on what NAS is, the feeding issues associated with NAS and how to care for and give comfort to these infants. The learning objectives are:

- Parents will be able to recognize symptoms of withdrawal.
- Parents will be able to discuss ways to change the environment to benefit infants with NAS.
- Parents will be able to demonstrate comfort care techniques.

**Friday March 28<sup>th</sup>**

**1:00 to 3:00 p.m.**

***Youth Transitioning From Medically Fragile Care***

**Sheila Davis, Dawn McGlone, Paula Saenz**

**Sheila Davis**, RN is a registered nurse with 14 years experience in working with persons with intellectual and developmental disabilities as a nursing Supervisor for Hazelwood ICF/IDD. She has been working at the Department for Medicaid Services for almost 11 years. Sheila's experience in Medicaid includes working with the SCL and MPW waivers. She also has experience in working with the HCBS waiver for the aged and disabled and the ABI waiver. Sheila is currently the Branch Manager for the MH/IDD Community Services Branch which includes the programs for SCL, MPW, CMHC, Impact Plus, Targeted

Case Management, Substance Abuse for Pregnant and Post-Partum Women, and tele-health.

**Dawn McGlone**, works in the Division of Protection and Permanency for the Kentucky Cabinet for Health and Family Services.

**Paula Saenz**, MA, is the Statewide Independent Living Coordinator. She has over twelve years of experience working with at risk youth in both the private and state sector. Over the years, Paula found her passion is working with older youth transitioning from care. Currently, Paula oversees the Chafee Independence Program.

Ms. Davis will present Youth Transitioning From Medically Fragile Care along with her colleagues, Dawn McGlone and Paula Saenz. Their panel discussion will focus on what medically fragile foster parents can do when youth transition out of medically fragile care at the age of 18.

The following are learning objectives for this presentation. Participants will learn:

- What options are available for independent living
- What a waiver is and how to apply for it
- How and who to contact in Medicaid for assistance
- The transition plan process for youth transitioning out of Kentucky's foster care system
- Resources available to foster youth aging out of Kentucky's foster care system

Did You Know?

***Medically Fragile Criteria***

- Condition which may become unstable resulting in a life threatening condition
- Chronic and progressive illness
- Severe disability that requires medical technology assistance
- Special services or ongoing medical support
- 24 hour specialized medical care

# Plenary Sessions continued

**Friday March 28<sup>th</sup>  
3:15 to 5:15 p.m.**

***Navigating the Waters of Adolescence and Developmental Disabilities***  
**Kathy Sheppard-Jones**

Kathy Sheppard-Jones, PhD, CRC is the Training Director of the Human Development Institute at the University of Kentucky. In this role, she coordinates the Graduate Certificate in Developmental Disabilities. She is also Adjunct Assistant Professor in UK's Rehabilitation Counseling Program. Dr. Sheppard-Jones oversees projects related to life outcomes, home modifications, driver rehabilitation, youth mentoring and higher education and intellectual disability.

Dr. Sheppard-Jones' presentation, *Navigating the Waters of Adolescence and Developmental Disabilities*, will provide an overview of adolescence and developmental disability, with emphasis on state and local resources.

The following are learning objectives for the presentation:

- Identify developmental tasks in the period of adolescence
- Identify developmental tasks for adolescents with disabilities
- Understand resources available for adolescents with developmental disabilities



# Breakout Workgroups

## *Child Sexual Abuse – Stewards of Children – Darkness to Light Part I & II* Kristin Lamb

**Kristin Lamb** works for the Children’s Advocacy Center of the Bluegrass.

Ms. Lamb’s presentation, *Child Sexual Abuse - Stewards of Children - Darkness to Light*, will show participants how to recognize the signs of sexual abuse in children, and react responsibly if abuse occurs.

The following are learning objectives for this presentation:

- Prevalence and consequences of child sexual abuse for communities and organizations.
- What situations create the risk for abuse.
- Practical strategies for protecting children from sexual abuse.
- Behaviors and grooming techniques practiced by perpetrators.
- How to intervene and react responsibly if warning signs appear or abuse is discovered.



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## *Palliative Care and Hospice in Chronic Complex Conditions* Lindsay Ragsdale

**Lindsay Ragsdale, MD** is a Pediatrician at Kentucky Children’s Hospital that specializes in Pediatric Palliative Care. She graduated medical school and pediatric residency at the University of Kentucky and completed her fellowship training in Hospice and Palliative Care at Children’s Hospital of Philadelphia. She currently practices at Kentucky Children’s Hospital as a hospitalist and Associate Medical Director of the Pediatric Advanced Care Team (PACT). The PACT service sees patients at all stages of serious illness to help support families in making decisions, pain and symptom management and end of life care.

Dr. Ragsdale’s presentation, *Palliative Care and Hospice in Chronic Complex Conditions*, is an introduction to the difference between

palliative care and hospice with an emphasis on how these services can benefit children with chronic complex conditions. She will discuss challenges in quality of life and how to best advocate for a child with help from a palliative care team as well as some difficult situations and end of life struggles that medically fragile children may encounter.

The following are learning objectives for this presentation:

- Be able to describe the difference between palliative and hospice
- Become familiar with ways to advocate for quality of life issues
- Learn about some end of life struggles and how to prepare for them



***Diabetes in Children: CHO Counting & Managing Teens & Tweens***  
**Karen Boomer (Thursday, March 27th 3:15 p.m. – 5:15 p.m.)**  
**Angela Cordingly (Thursday, March 27th 7:45 p.m. – 9:45 p.m.)**

**Karen Boomer**, MS, RD, LD, CDE works at the Wendy L. Novak Diabetes Care Center for University of Louisville Physicians. She is a graduate of Spalding College with a bachelor's degree in nutrition and received her Master's in Education from Indiana University Southeast. Ms. Boomer has been a registered dietitian since 1984 and a certified diabetes educator since 1997. She has worked with pediatric diabetes since 1998.

Ms. Boomer's presentation will cover basic math skills to calculate insulin dosing and to count carbohydrates in foods. She will explore how to help adolescents express their maturity.

**Angela Cordingly**, Med, RD, LD, CDE is a dietitian and certified diabetes educator for the University of Kentucky Department of Pediatric Endocrinology.

Ms. Cordingly's presentation will discuss/review diabetes as it occurs in children, including treatment, insulin dosing and carbohydrate counting. She will focus on compliance issues, especially in the teen years.

The following are learning objectives for these presentations:

- Review diabetes as it occurs in children
- Participants will be able to find carbohydrate content on food label
- Participants can calculate insulin doses, incorporating carb counting
- Participants will understand normal adolescent development in relation to diabetes self-care behaviors and coping strategies especially in teens & tweens.

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***How to Care for a Child with Spina Bifida***

**Lucena Davis and Lesia Tedders**

**Lucena Davis** RN, BSN is the Two Rivers Nurse Consultant for the Department for Community Based Services. Prior to transferring to the Foster Care Branch of the Commission for Children with Special Health Care Needs (CCSHCN), she was Nurse Administrator for the Bowling Green CCSHCN Regional Office. Lucena worked 14 years as Clinical Manager for specialty clinics, including Cleft Lip & Palate, Otology, Eye, Heart and Scoliosis. She assisted in other clinics in the Bowling Green office, such as Orthopedic and Neurology.

Ms. Davis will present *How to Care for a Child with Spina Bifida* along with her colleague, Lesia Tedders. Their discussion will focus on what to expect when a foster child has Spina Bifida and the care involved with this child.

**Lesia Tedders**, RN/NCI is the Cumberland Region Nurse Consultant for the Department for Community Based Services. Prior to transferring to the Foster Care Support Branch with the CCSHCN, she was a Nurse Administrator and over the Somerset CCSHCN Regional Office.

Lesia has been a nurse for almost 18 years and has worked for the state approximately 12 years in many different roles. Initially, she began as Nurse Administrator for the Laurel Regional Juvenile Detention Center. She then transferred to the Quality Assurance Branch in Frankfort, KY where she was responsible for auditing the medical departments of all state funded private child care facilities throughout Kentucky. She then began her nursing career with the Commission.

Lesia supervised and worked in many specialty clinics, including Pediatric Neurology, Cardiology, Orthopedic, otology and eye clinics. Lesia currently works with social services and children in the foster care system and/or those at risk of foster care, abuse and neglect cases and provide needed medical assistance to the workers and families. The following are learning objectives for *How to Care for a Child with Spina Bifida*:

- Know the different types of Spina Bifida and
- To understand
  - what Spina Bifida is,
  - how Spina Bifida is diagnosed,
  - the different signs/symptoms associated with the different types of Spina Bifida,
  - the complications of Spina Bifida,
  - the treatments involved for a child diagnosed with Spina Bifida,
  - the care of a child with Spina Bifida, and
  - the other medical issues a child with Spina Bifida may have.



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### ***Immunizations and the Medically Fragile Child*** **Leslee Minch and Julie A. Miracle**

**Leslee Minch** RN is the Adolescent and Adult Immunization Coordinator for the Department of Public Health. Leslee graduated from the Northern Kentucky Nursing Program in 1992. All of her nursing career has been in public health serving as clinic nurse at Carroll County Health Department for eight years, school nurse at Owen County Schools for three and a half years, and her current position in Frankfort for two and a half years. She lives in Perry Park, KY with her wonderful husband and two teenage children.

**Julie A. Miracle** RN, BSN, CPAN is the Perinatal Hepatitis B Prevention Program Coordinator for the Department of Public Health. Julie received her BSN from Eastern Kentucky University in 1991. Her work experience includes Children's Hospital in Cincinnati's post-surgical-Trauma Unit, UK's Pediatric ICU and Frankfort Regional Medical Center's Recovery Room and NICU. She became a certified post-anesthesia nurse in 2007. Julie has been the KY Perinatal Hepatitis B Prevention Coordinator since 2010.

Ms. Minch will present *Immunizations and the Medically Fragile Child* along with her colleague, Julie Miracle. Their discussion will focus on the best resources to use to learn about immunizations, the current 2013 recommended immunization schedule as well as the current catch up schedule, the importance of specific vaccines including Meningococcal and HPV, how to identify a child who has been immunized and understanding the role of the Hepatitis B vaccine in The Perinatal Hepatitis B Prevention Program and cocooning with vaccination to protect the medically fragile child.

The learning objectives for this presentation are for the participants to be able to:

- name 2 or more reliable resources that provide immunization information and 2 or more vaccines that are recommended for children/teenagers.
- identify the different types of Immunization Certificates offered in Kentucky.
- verbalize the B vaccine schedule and the risk of Hepatitis B infection as related to age.
- verbalize the benefits of cocooning.



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***Nutritional Follow-Up for Babies Leaving  
the Neonatal Intensive Care Unit***  
**Thitinart Sithisarn and Jennifer Royalty**

**Thitinart Sithisarn, MD** currently works at the University of Kentucky College of Medicine as an Assistant Professor of Pediatrics; Attending Neonatologist; Associate Director of NICU Graduate Clinic; Nutritional Core Work Group, UK NICU. She attended medical school at Chulalongkorn University, Bangkok, Thailand. She completed her pediatric residency at University of Louisville Kosair Children's Hospital and did her Fellowship at the University of Kentucky. Her research interest is on the effects of perinatal insults on the developing, stress axis and neurodevelopmental outcome.

**Jennifer Royalty, MS, RD, LD** currently works as the Dietitian for the Kentucky Children's Hospital NICU Graduate Clinic (the developmental follow-up clinic for certain babies who have been a patient in the NICU). Prior to this, she worked in the Kentucky Children's Hospital

Neonatal Intensive Care Unit for 8 years. Jennifer has 24 years of experience working with Pediatrics and Special Needs Children. She received her BS in Dietetics from the University of Kentucky and her MS in Community Nutrition from Eastern Kentucky University.

Dr. Sithisarn will present *Nutritional Follow-up for Babies Leaving the Neonatal Intensive Care Unit* along with her colleague, Jennifer Royalty. Their discussion will focus on the nutritional needs and follow up of the medically fragile babies discharged from the NICU.

The discussion will include infants with needs for extra calories, protein and minerals. Infants in this population include Failure to Thrive, extremely low birth weight infants, and infants with BPD. Attention will be given to different formulas used in babies discharged from NICU to meet their nutritional needs. The impacts of nutritional support on long term neurodevelopmental outcomes of infants will be part of the presentation.

The following are learning objectives for this presentation:

- Be able to recognize the special nutritional needs of medically fragile infants,
- Learn special concerns & nutritional needs of infants with surgical conditions,
- Identify strength & limitation of use of special formulas in medically fragile infants, and
- Recognize the impact of nutritional support and long term outcomes in medically fragile infants.



***Preventing Accidental Injuries During Childhood***  
**Susan Pollack and Melanie Tyner-Wilson**

**Susan Pollack, MD** is a Pediatrician at Kentucky Children's Hospital. She focuses on pediatric and adolescent injury prevention. Dr. Pollack received her degree from Eastern Virginia Medical School, did her residency at West Virginia University Hospital and her fellowship at Mount Sinai Hospital in New York.

**Melanie Tyner-Wilson**, MS works in Special Needs and Early Childhood Outreach for the Injury Coalition for Kids of Lexington. She received both her undergraduate and graduate degrees from the University of Illinois, Urbana-Champaign (Exercise Physiology/ Cardiac Rehabilitation/ Wellness and Dance). Ms. Tyner-Wilson has recently completed a certificate program in Developmental Disabilities through the Interdisciplinary Human Development Institute. She is a biological parent of a special needs child and a foster/adoptive parent of a special needs child and has focused her advocacy efforts for all Kentucky children in promoting educational policy and legislation related to enhancing quality of family life. Melanie and her husband Steve serve as parent liaisons for ASK.

Dr. Pollack will present Preventing Accidental Injuries During Childhood along with her colleague, Melanie Tyner-Wilson. Their presentation will describe the "how to" on predicting and preventing accidents to kids. She will present information for making homes and motor vehicle travel safer and suggest products and agencies that can assist in this effort. The following are learning objectives for this presentation:

- Identify age-specific injury threats to children,
- Explain child passenger safety, booster and seat belt laws in Kentucky, and
- List at least three agencies they can contact by phone or email for information.

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***Overview of Common Bloodborne/Infectious Diseases  
in the Foster Home Setting***

**Sandy Kelly**

Sandy Kelly, RN, MS is the Reportable Diseases Section Manager at the Kentucky Department of Public Health (KDPH) Division of Epidemiology and Health Planning, Infectious Disease Branch, Reportable Diseases Section. Ms. Kelly began nursing in 1965 in NY. She has worked in various nursing settings including foster care before moving to Kentucky in 1996. She began working for KY in 1997 as a NCI, with the state's mental health department and then with KCHIP in department of Medicaid Services. In 2005, she began working in KDPH,

communicable diseases section. In 2007 it became the Reportable Diseases section and she became its manager.

Ms. Kelly's presentation, Overview of Common Bloodborne/Infectious Diseases in the Foster Home Setting, give foster parents assistance in recognizing illnesses and or conditions that may need to be reported to CDC (diarrhea, coughs, etc.) Also, it is anticipated that it will aid in reducing fears when caring for medically fragile children. Some of the topics for discussion are infectious diseases to include hepatitis A, MRSA and HIV. To also be included is a brief description on who, what, why, when, and how the reporting should be related.

- The following are learning objectives for this presentation:
- What to do if your child encounters an infectious disease that requires reporting?
- What is Hepatitis A and how is it spread? How is it different from Hepatitis B & C?
- What is MRSA and how does one get it?

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**Medically Fragile Annual Training**  
**March 27-28, 2014**

***Below is the special information provided to each participant's worker when they registered them for this training.***

**Special Information:**

Each Private Child Care Parent (PCP) attendee will be required to pay \$23.00 plus tax for meals provided at the event and be responsible for their lodging expenses, which are \$83.00 plus tax per night.

PCC Parents should request their lodging from TRIS and not make arrangements separately. This will ensure they receive the best lodging rate.

Both meals include water, iced tea or coffee only. Soft drinks may be purchased at hotel vending machines. Breakfast on Friday is not provided. Please feel free to bring your own snacks and drinks to the

training sessions. These items will not be provided.

If you have special dietary restrictions (vegetarian, allergies, etc) or special lodging needs please contact Erin Short (erin.short@uky.edu) in advance of the training. We will do our best to accommodate those requests.

Participants will not be able to check into the hotel until after 4:00 p.m. Check out must be completed by 11:00 am.



## **My Choices for the Thursday Breakout Sessions**

**3:15 p.m. to 5:15 p.m.**

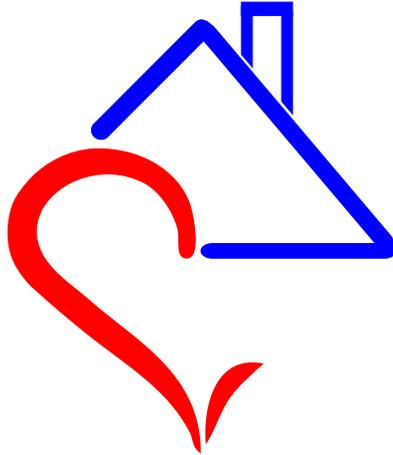
**7:45 p.m. to 9:45 p.m.**

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## **My Choices for the Friday Breakout Sessions**

**8:30 a.m. to 10:30 a.m.**

**10:45 a.m. to 12:45 p.m.**



Foster or Adopt a Child  
Kentucky Cabinet for Health and Family Services

**The Medically Fragile Training Program is offered in partnership with  
the Kentucky Cabinet for Health and Family Services.**