

Medically Fragile  
Annual Training  
September 19-20, 2013



**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 September 19<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 September 19<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 September 20<sup>th</sup>**

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

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

**Dawn Curry, Sheila Davis and Chorya Sloan**

**Chorya Sloan** works for Eastern Kentucky University as an Independent Living Coordinator. She has a Bachelor's Degree in Social Work. She is housed in Lexington at the Department for Community Based Services where she works with Social Workers performing jobs such as training staff, foster parents, Private Child Care Programs and foster youth. She administers a homeless program called the Chafee Independence Room and Board Program for the Fayette County Region. Chorya also helps foster youth go to college and/or other higher education institutions and sits on the Board of Fostering Goodwill which helps youth aged out of the foster care system transition to independence.

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

Ms. Sloan will present *Youth Transitioning From Medically Fragile Care* along with her colleagues, Dawn Curry and Sheila Davis. 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 know:

- 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.

#### 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 September 20<sup>th</sup>

3:15 to 5:15 p.m.

***Teaching Resilience Through Storytelling-  
Providing Hope to Children in Care***  
**Jacqueline Hope Derby**

**Ms. Derby**, MDiv is a graduate of Duke Divinity School and an ordained minister in the United Church of Christ. Rev. Derby most recently was the Women Services Chaplain for Norton Hospital and the Chaplain for the Intermediate Care Nursery at Kosair Children's Hospital in Louisville, Ky. Rev. Derby is a frequent speaker on the topics of self-care, vicarious traumatization, ethics, and spirituality-especially as they relate to healthcare and bereavement.

Rev. Derby's presentation, *Teaching Resilience Through Storytelling-Providing Hope to Children in Care*, will focus on how storytelling can be a powerful way to create hope, even when the future seems uncertain. The session will also give participants some key ways to improve their ability to reach & be resilient regardless of how the story twists or turns.

The following are learning objectives for the presentation.

- To identify the ways in which participants tell & hear stories, highlighting ways to improve storytelling & listening so as to create a hopeful future story.
- To define what it means to reach & identify how reaching increases the likelihood of positive outcomes.
- To define resilience & empower participants to create more resilience in their own lives & in the lives of those they care about and for.

# Breakout Workgroups

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

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

Ms. Jenkin’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.

## *Daniel’s Care Hospice and Palliative Care Programs* **Nancy McClure and Channin Daugherty**

**Nancy McClure**, RN, BSN, OCN is the Pediatric Nurse Manager with Hospice of the Bluegrass (HOB). She holds nursing degrees from Bellarmine University. Nancy will complete her RN-MSN in December 2013. She has been providing Hospice and Palliative services to children since 2007. Also, she is the RN case manager for the Pediatric Palliative Program at HOB. Since assuming this role in 2010, she has provided intensive case management & pediatric expertise to this medically fragile population. Her role as a pediatric nurse manager includes providing clinical oversight for pediatric nurses throughout the 32 county service area of HOB. In addition, Nancy has 12 years of experience in behavioral health, providing case management & therapy to adults & children with a history of behavioral disorders.

Ms. McClure has served as a nurse consultant with Eli Lilly & their Neurological Science Division, facilitating a wellness program for individuals with persistent mental health & complex health problems. Nancy has served on a state advisory board to develop a pilot program for young adults with both mental illness & substance abuse (2005).

Ms. McClure will present *Palliative Care* along with her colleague, Channin Daugherty. Their presentation will discuss what can be done for children with life threatening or terminal illnesses. They will review Daniel's Care Hospice and Daniel's Care Palliative Care Programs. Common diagnoses of medically fragile children will be discussed, along with a look at symptom management. Available resources will also be discussed.

The following are learning objectives for this presentation:

- Identify the difference between Hospice & Palliative Care Pediatric Services,
- Identify common diagnoses & symptoms seen with a medically fragile population, and
- Utilization of Health Care Reform to optimize your child's health.

***Diabetes in Children: CHO Counting & Managing Teens & Tweens***  
**Leslie K. Scott**

**Leslie K. Scott** PhD, PNP-BC, CDE is an Associate Professor in the College of Nursing at the University of Kentucky. Her practice is in the pediatric diabetes clinic. She has been a Certified Diabetes Educator for nearly 25 years and has helped manage children with diabetes for 20 years.

Ms. Scott's presentation *Diabetes in Children: CHO Counting & Managing Teens & Tweens* will discuss the concept of carbohydrate counting in regards to the management of diabetes in children. It will also address managing diabetes in teens and tweens, including tips for families in relation to some of the issues that are typically seen in these age groups.

Ms. Scott's discussion will focus on the following learning objectives:

- Review Medical Nutrition Therapy (MNT) for children with diabetes.
- Review carbohydrate counting.
- Discuss various developmental stages in relation to diabetes-related tasks and communicating with teens and tweens with diabetes.

### ***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.

### ***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.

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

**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.

Dr. Sithisarn's presentation *Nutritional Follow-Up for Babies Leaving the Neonatal Intensive Care Unit* 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***

**Erika G. Janes**

**Erika G. Janes**, RN works in the Office of Child Advocacy of Kosair Children's Hospital where she coordinates the hospital's injury prevention efforts by leading Safe Kids Louisville. Erika is also a NHTSA-Certified, Child Passenger Safety Technician for over 15 years and shares the responsibilities of the hospital's special needs car seat loaner program.

Ms. Jane's presentation, *Preventing Accidental Injuries During Childhood*, 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.

***Preventing Disease Transmission in the Medically Fragile Child***  
**Shanna Hobbs and Mary J. Thompson**

**Shanna Hobbs, RN** is the Northeastern Service Region Commission Nurse with the Department for Community Based Services. Prior to transferring to the Foster Care Branch of the CCSHCN in 2007, she worked at the Office of Inspector General Long Term Care Branch, worked with the Department of Juvenile Justice as the Charge Nurse at an all-female juvenile facility, and worked at Eastern State Hospital.

**Mary J. Thompson, RN** is the Lakes Region Commission Nurse with the Department for Community Based Services. She has been a nurse for 16 years. Mary has worked for the CCSHCN for almost 13 years and has worked in the Intensive Care Unit , Labor and Delivery and as a school nurse. Initially, at the CCSHCN, she worked the ear clinics, cleft lip and palate and plastics clinic, and eye clinics.

Mary then worked with Medically Fragile Foster Children prior to becoming a Nurse Consultant for the Commission in 2007. She was one of the initial nurses that started the NCI program with DCBS.

Ms. Hobbs will present *Preventing Disease Transmission in the Medically Fragile Child* along with her colleague, Mary J. Thompson. Their presentation will provide participants with an overview of various blood borne and communicable infections/diseases that they may encounter during the course of caring for children and youth in medically fragile foster care.

The following are learning objectives for this presentation. The participants will:

- identify multiple blood borne and communicable diseases,
- be able to discuss modes of transmission, signs and symptoms, potential treatments and how to prevent transmission, and
- possess knowledge of Universal Precautions, and
- learn ways to help prevent the spread of infections/diseases.

## **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.**



## **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.**

**Medically Fragile Annual Training  
September 19 & 20, 2013**

***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 \$89.16 plus tax per night.

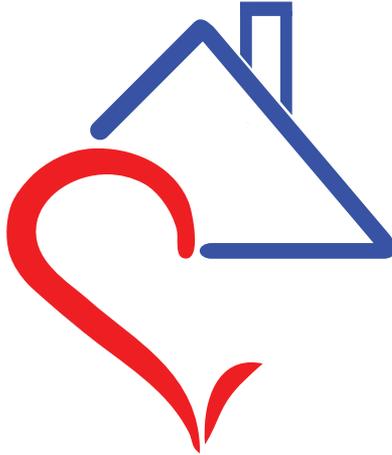
PCC Parents should request their lodging from TRIS and not make arrangements separately. This will ensure they receive the best lodging rate.

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](mailto: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.

**Notes:**



**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.**