

APRIL 2010

Traveling with a child who has cancer

Traveling long distances can be complicated even when you do not have a child with cancer.

When you *do* need to travel with your ill child, plan ahead to save time and aggravation. The following are tips that may help you keep your child safe and well cared for during

a long trip.

Many of these are offered by other St. Jude parents,

including Beth White and Linda Musser of the St. Jude Family Advisory Council.

- Carry the names, addresses and phone numbers of emergency contacts.
- Carry your insurance information (medical and pharmacy).
- Carry the name, phone number and e-mail address of your child's doctor.
- Identify a children's hospital or other reliable health care facility near your destination. Your child's doctor may be able to offer suggestions.
- Bring your child's face mask. Wearing a face mask is not always comfortable for your child, but it is essential for helping keep germs away.
- Carry small bottles of alcohol-based hand cleaner so you and your child can clean your hands often.
- If your child has a central venous

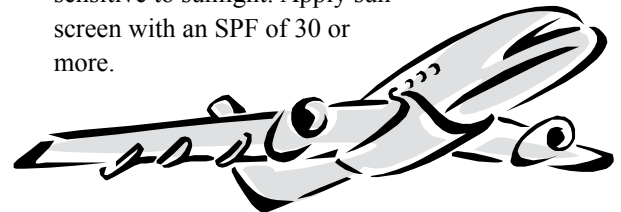
line, be sure to bring all the supplies needed to keep up with the cleaning schedule.

- Before traveling, make an organized chart or list of medicines that you will need to give your child and note when you should give them.
- Keep medicines in the original, childproof containers.
- If traveling by car, do not store medicines in the glove compartment or trunk of your car. These areas can become hot and humid, which can alter how well some medicines work.
- Keep all medicines with you in a carry-on bag when traveling by train, plane or bus. Your child may need a dose during travel. If your luggage gets lost, you could be without the medicine for several days.
- It might be helpful to carry a note from your child's doctor that explains what medicines your child takes. With increased security at airports, you might find that security officers are more concerned about what you have in your bags, especially certain medical supplies, such as syringes.
- Bring more of your child's medicines and medical supplies than you

think you will need, just in case your stay be-

comes longer than planned.

- Carry an empty, wide-mouth plastic container with a tight-fitting lid. You never know when your child will feel nauseated.
- A change of clothes will be helpful if your child has been nauseated or has diarrhea.
- If you are heading to a warm climate, keep in mind that certain medicines could make your child's skin more sensitive. Know which medicines might make skin more sensitive to sunlight. Apply sunscreen with an SPF of 30 or more.



ACU adds phone line to help answer your questions

Do you need help? Do you have a question? We're here for you!

We know that the days can be long and stressful while keeping your child's appointments in the Ambulatory Care Unit (ACU). We now have a dedicated phone line designed to answer questions and provide you with assistance.

Call the new ACU Patient Assistance Line, and we will be glad to help. Please dial 7700 from any in-house phone or 901-595-7700 from your cell phone to reach the ACU Patient Assistance Line. A staff member will answer this phone line Monday through Friday between 8 a.m. and 4 p.m. After-hours calls will go to voice mail and will be returned the next work day.

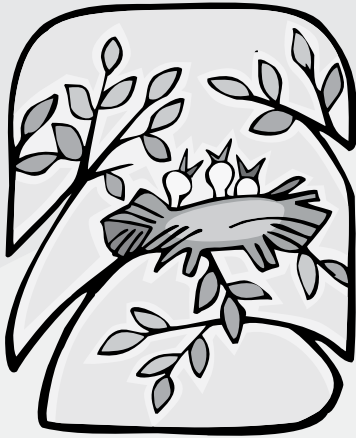
The ACU Patient Assistance Line is now available. We're here to help, so give us a call.



Legacy Bead Program celebrates first anniversary at St. Jude

The Legacy Beads have now been offered at St. Jude for one year. These special beads help patients keep track of treatment milestones. "It's been such a pleasure seeing how the children and teen patients use to the beads to share their treatment journeys," says Cara Sisk, Child Life. "We thank the parents for encouraging their children and teens to take part in the program."

This month, Child Life will introduce a new bead sign that will be posted in all areas of the hospital that take part in the bead program. When you see the sign, please remember to ask for the bead that applies to your child's or teen's current medical experience.



Medication Station

Check before crushing medicines

By Shane Cross, PharmD, Pharmaceutical Services

Tablets and capsules come in many shapes and sizes. Sometimes children have trouble swallowing them whole. In these cases, the staff might instruct parents to crush the tablets or open the capsules for easier use. While this method is OK for some drugs, you need to know that not all medicines should be crushed or opened.

Some tablets and capsules are designed to release medicine slowly through time. These types of drugs are often called “extended release” or “sustained release.” If crushed, they could release all of the medicine at one time, and with some drugs this could be dangerous.

Other medicines have special coatings that either protect the stomach from irritation by the drug or prevent the stomach from breaking down the drug too soon. If you remove or break these coatings, then the medicine could hurt the stomach or become less effective than usual.

If you have questions about whether or not you should crush or open your child’s medicines, check with a St. Jude pharmacist. Together, we can work as a team to ensure that your child gets the safest and most effective treatment.

Nurses honored with DAISY Awards

The DAISY Award for Extraordinary Nurses recognizes the special work that nurses do every day. It was established by the DAISY Foundation – an organization for the elimination of diseases attacking the immune system. The DAISY award is given to outstanding nurses in more than 525 hospitals across the United States and Canada, as well as two in Saudi Arabia.

Mike Patterson, the father of a former St. Jude patient, wanted to recognize excellence in nursing at St. Jude, because he felt that his daughter had received exceptional care here. To thank the nurses who provided her care, he helped bring the DAISY Award program to St. Jude. In just over a year, more than 250 nominations have been received and 15 St. Jude nurses have been honored with DAISY Awards.

The most recent DAISY Awards were announced March 9 at the quarterly awards ceremony. The honored nurses include Tiffany Everett, RN, Solid Tumor; Beverly Fletcher, RN, BSN, Medicine Room; and Mary Griggs, RN, BSN, Intensive Care Unit. St. Jude extends gratitude to Daveen and Wayne Speer for sponsoring the 2010 Daisy Awards and for their continued devotion to St. Jude.

If you would like to nominate a nurse for a DAISY Award, pick up a form in Patient Registration in the Patient Care Center (PCC), at the Diagnostic Imaging waiting room desk, in the Translational Trials Unit lobby or in the Linda R. Hajar Family Resource Center on the PCC second floor. You also can nominate a nurse on the St. Jude Web site at www.stjude.org/DAISYaward.



For the latest details on upcoming events, see the bulletin board in the Patient Care Center lobby near Patient Registration.



St. Jude Parents is published on the first of each month by Patient Education and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.** To share your ideas or to receive this newsletter by e-mail, please call or e-mail Alicia Huettel, RN, MSN, at 901-595-5453 (parents_newsletter@stjude.org) or Lois Young (loislane.young@comcast.net).
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