



Newton-Wellesley Family Pediatrics May Newsletter

New Dates: Coronavirus Q&A and mental health support with our providers via virtual zoom group

What?

Join our providers for a 60 minute virtual zoom group chat. You will have the opportunity ask questions and get answers live, hear our most recent updates on COVID-19 and connect with other members of our community. Led by our pediatricians along with psychologist Dr. Charles D. Brown.



When?

Session III: Wednesday, 5/13/2020 at 6:00 - 7:00pm

Interested?

Call the office at 617-965-6700 to sign up and reserve a spot. You will need to be signed up for MyChart to join, and we kindly ask you to read and sign a HIPAA agreement beforehand. To read more and sign the document now, visit our website's [events page](#).

Don't want your information visible on zoom?

Remember to turn off your video to hide a view of yourself. You can also hide or change your name on your zoom profile if you wish. Click [here](#) for instructions. We do encourage you to participate, as part of the benefit we hope to get from this is community interaction, but do feel free to protect your anonymity!

We want your feedback:

Some patients have expressed interest in groups catered towards patients' ages so children could participate. Any other ideas? Call and let us know!

COVID-19 Office Updates

We recognize this has been an unprecedented time that has been challenging to all of us on many different levels. As we strive to adapt to this "new normal" and continue to deliver our highest quality care, we continue to make changes to safely serve you and your family. We appreciate your understanding of our changing nature. For regular updates, feel free to visit our [website](#)

Well Visits:

- The American Academy of Pediatrics is strongly encouraging patients and providers to continue to bring children in for vaccines amidst the COVID pandemic to prevent further outbreaks.
 - Words from the AAP [here](#)
- Starting May 18, we will be **EXPANDING** our in-office visits to include the following:
 - Well visits up to **24 months of age**
 - **4 years old, 11 years old, 16 years old and 18 years old** (these visits

- require vaccinations)
- *If you think your child may be due for vaccines and is not within these age ranges, please call and we can determine the need to bring your child in.
- *Please note:*
 - These well visits will be **in the morning** when we will not have any sick patients
 - We encourage you to call beforehand to **register from your car** and/or ensure a room is available to avoid being in our waiting room. We can take credit card information over the phone as well.
 - We ask one caregiver, and no siblings, accompany patients and wear a mask at all times.
 - We want to reassure you that the hospital is screening every patient that enters the hospital, ensures they are wearing a mask (masks are available at entry to the hospital) and we are following very rigorous cleaning protocols in our office to allow you to feel safe upon entry. Only main entrances of the hospital are open in order to more safely monitor entry of all.
 - If you or anyone in your family has symptoms of COVID or known exposure to a COVID case, **please call our office before your appointment** to discuss the safety of coming in. Our office will be calling to confirm your appointment and ask you screening questions 24 hours prior to your visit.
- We are still offering **well visits for all other ages** via **telehealth**. Please call the office to schedule. You will need to be signed up for MyChart. If you are able, please obtain a weight and height and fill out any screening questionnaires assigned via MyChart.

Sick Visits:

- We are seeing a limited number of **sick visits in the office in the afternoon** (prioritized towards necessary in-person exams and towards diagnoses that may require **antibiotic treatment**).
- We continue to offer telemedicine for sick visits as well and are here to address your questions and concerns while in the safety of your home.
- *Please note, telemedicine visits and telephone calls are billed to your insurance company just as in-office visits are. Depending on your coverage, there may be some patient responsibility.*

COVID-19 Updates: new illness likely associated with COVID-19 & antibody testing



New Illness:

There have been reports about a new illness likely associated with COVID-19 in children. New York State, where most cases have been reported, recently issued an alert reporting that children are presenting with a disease associated with significant inflammation currently termed "Pediatric Multi-System Inflammatory Syndrome Potentially Associated with COVID."

It is thought to occur days to weeks after a COVID infection or exposure. Children may or may not have had COVID symptoms during acute infection. It is thought that **a very small percentage** of children may go on to develop this syndrome.

Children may present with **persistent fever** (more than 4 days) and **abdominal symptoms** (abdominal pain and diarrhea). Some patients also have rash, redness of the eyes and/or cracked lips. The full spectrum of the disease is not yet known. Please call our office to discuss if you are concerned about any of these symptoms in your child.

Read more here: [New England Journal of Medicine](#), [New York Times](#)

A Word on Antibody Testing:

There has been a lot of interest about antibody testing for COVID-19. Understandably, we all want to know if we have been exposed or infected and if we are immune. Currently, Boston Children's, infectious disease specialists and the pediatric community is **cautioning against antibody testing** at this time for the following reasons:

- There is still substantial uncertainty and variability regarding the available tests and

reliability of results. Even if you are positive for antibodies, it is not known if this demonstrates immunity or for how long. Additionally, some of the tests are not specific for the COVID-19 strain of coronavirus.

- There are several research studies underway to try to understand more about the infection and immunity as well as trustworthiness of tests. Thus, we currently recommend adhering to state recommendations of social distancing and isolation regardless of presence of antibodies until further notice.
- **In good news**, there has been some demonstration that antibodies from a Llama, named Winter, immunized with coronavirus proteins were able to neutralize COVID-19 cells in culture. [Read about Winter here, NYTimes](#)



Helpful Links to help you get through Quarantine!

- Follow the digital trends: [#PedsPutKids1st](#) [#StayAtHomeChallenge](#) [#SafeHands](#) [#flattenthecurve](#) [#TogetherAtHome](#) [#Seeapupsendapup](#)
- Get creative - some ideas for [in-home games](#) for kids
- [The Paintbar](#) is offering online virtual classes for kids and families!
- [Free comic book for kids about germ safety](#)
- [Healthy children.org](#) is a wealth of information and a trusted pediatric website, check out some topics:
 - [Tips for coping with a new baby during COVID-19](#)
 - [Tips on getting children outside while social distancing](#)
 - [Tips to keep the home calm amidst quarantine](#)
 - [Co-parenting through covid pandemic](#)
 - [Teens & COVID-19: challenges and opportunities during the pandemic](#)
 - [COVID-19 information for families with children with special health care needs during the pandemic](#)
- Book recommendations for how to talk to your kids about the loss of a loved one.
 - "I miss you" by Pat Thomas & "The invisible string" by Patrice Karst for the school aged child
 - "The Grieving Child" by Helen Fitzgerald for pre-school to teen years
- [Youtube](#) of a fabulous pediatrician in New York answering some common COVID-19 questions
- For some great kid-friendly cooking recipes during quarantine from a pediatrician, trained chef and cookbook author check out: website [@drjuliacooks](#), instagram [@drjuliacooks](#)
- Video on how to make a homemade face mask by Dr. Sanjay Gupta:[click here](#)
- For awesome Instagram updates from a pediatrician in New York, follow:[alokpatelmd](#)
- **Last but not least: happy mother's day to all the mama's out there! We know what projects can entertain kids this weekend....ones that involve making mom something special!**



Useful Links:



[Fever dosing links](#)

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