Dear Friend,

Thank you for all that you do for your patients, and for working with us to help your patients and their families get the very best care possible.

This issue of Potential includes two stories about long COVID-19 in children and teens. As you know, while most children who develop COVID-19 make a full recovery, we’re seeing more children now with long COVID-19 in our Pediatric Post-COVID-19 Rehabilitation Clinic, our outpatient rehabilitation clinics and our Specialized Transition Program (STP), a neurorehabilitation day hospital. Read more about the interdisciplinary clinic on page 12 of this issue, and on page 6, read about Hannah, a collegiate athlete who developed long COVID-19 after being diagnosed with COVID-19 last fall. Hannah spent four weeks with us last summer at our STP, and is making a truly incredible recovery.

In this issue, you’ll also read about Jack, a patient and student at Kennedy Krieger; Joaquin, who thrived in telehealth sessions with his therapists; and our research work in neurodevelopmental disorders. Don’t forget: We’re always recruiting research participants—both neurotypical children and children with autism spectrum disorder, ADHD and other neurodevelopmental conditions—for our studies. It’s a great opportunity for children and teens to give back and be a part of scientific discovery! Both Jack, who has an intellectual disability, and his twin brother, who is neurotypical, have participated in research. As their mom, Julie, says, “The only way we can improve quality of life for all is if we all participate in research.” Visit KennedyKrieger.org/Participate to learn more about currently recruiting studies.

I hope you and your loved ones have a happy and healthy holiday season,

Bradley L. Schlaggar, MD, PhD
President and CEO
Clinical Connection  
News, Updates and Support for Healthcare Professionals

Treating Abnormal Head Shape in Infants

The Cranial Cervical Clinic at Kennedy Krieger Institute evaluates and treats infants and young children with plagiocephaly and torticollis. Because early intervention is key for successful outcomes, we recommend an evaluation at our clinic between birth and 12 months of age. The majority of children who develop an abnormal shape of the head do not require surgery and are otherwise healthy.

Nonsurgical therapy options for treatment include:
- Increased tummy time to improve neck strength
- Physical therapy with special exercises to increase neck stretching
- Helmet therapy to reshape the skull

To make a referral to this clinic, email FindASpecialist@KennedyKrieger.org or call 443-923-9403.

A Guidebook for Professionals Working With Young Children and Caregivers

“Wee Cuddle & Grow” is a hands-on guidebook chock full of practical interventions for professionals working with young children and their caregivers in early childhood settings. Melding research-based clinical practice with a grass-roots community approach, the authors offer clear, useful tools based on their decades of experience working with families.

The Wee Cuddle & Grow program outlined in the guidebook is thoughtfully directed toward growing and supporting the capacity of each parent to focus on, care for and connect with their child. The guide offers time-tested methods targeting the healthy attachments that are the building blocks for future social-emotional health. The authors detail effective and widely applicable techniques for supporting family stability and growth while covering topics such as separation, family meal time, routines and rituals, family engagement, and strategies to address trauma. The book provides helpful hints and how-tos, vignettes describing intervention use with real families, background theory, and resources.

Visit KennedyKrieger.org/WeeCuddle to order a copy of the guidebook.

Participate in Research

Kennedy Krieger Institute has a long history of basic, clinical and translational research. Major areas of research include the prevention and treatment of disorders of the brain, spinal cord and musculoskeletal system in children. Research has been a core component of the Institute’s work since its earliest days.

Many patients and families participate in research studies to contribute to the advancement of science. We encourage you and the families you serve to learn more about currently recruiting research studies, and to share that information throughout the community.

Visit KennedyKrieger.org/Participate to view the list of diagnoses on which we’re conducting studies that are actively seeking participants. Many of these studies offer some compensation. We’re currently seeking study participants from the following groups:
- Typically developing children
- Children with autism spectrum disorder
- Children with ADHD
- Children with a history of seizures
Pediatric Post-COVID-19 Rehabilitation Clinic Uses Interdisciplinary Approach in Treatment

As children and teens recover from COVID-19, they may show signs of a condition called long COVID-19, which includes symptoms such as fatigue, brain fog, pain, dizziness, shortness of breath and a rapid heartbeat that may linger for weeks or even months after the initial illness. Kennedy Krieger Institute’s Pediatric Post-COVID-19 Rehabilitation Clinic takes an interdisciplinary team approach to providing individualized treatment recommendations to children and teens with this condition. The clinic team includes:

- Physical medicine and rehabilitation doctor
- Physical therapists
- Neurologist
- Neuropsychologists
- Social worker
- Educational specialist
- Behavioral psychologist

To meet increased demand, the clinic has recently expanded to offer additional appointment slots. If you would like more information or to make a referral, email FindASpecialist@KennedyKrieger.org or call 443-923-9403.
PATIENT CARE PROGRAMS & SERVICES

Specialty Pediatric Hospital
- Epilepsy Monitoring Unit
- Feeding Disorders
- Neurobehavioral Unit (NBU)
- Rehabilitation Unit—brain injury, complex medical, pain management, postorthopedic surgery and spinal cord injury

Outpatient Centers, Programs and Services
- International Adoption Clinic
- Aquatic Therapy Program
- Assistive Technology Clinic
- Ataxia and Cerebellar Disorders Clinic
- Audiology Clinic
- Center for Autism and Related Disorders
- Barth Syndrome Clinic
- Behavior Management Clinic
- Bone Disorders Program
- Brachial Plexus and Peripheral Nerve Clinic
- Center for Brain Injury Recovery
- Phelps Center for Cerebral Palsy and Neurodevelopmental Medicine
- Child and Family Support Center
- Child and Family Therapy Clinic
- Community Rehabilitation Program
- Concussion Clinic
- Constraint Induced and Bimanual Therapy Program
- Pediatric Post-COVID-19 Rehabilitation Clinic
- Cranial Cervical Clinic
- Deafness-Related Evaluations Clinic
- Center for Development and Learning
- Pediatric Developmental Disabilities Clinic
- Down Syndrome Clinic and Research Center
- Epilepsy Clinic
- Pediatric Feeding Disorders Program
- Focused Interdisciplinary Therapy Program
- Fragile X Clinic
- Healthy Lifestyles Therapy Program
- Infant Neurodevelopment Center
- Moser Center for Leukodystrophies
- Limb Differences Clinic
- Military Behavioral Health Services
- Center for Genetic Muscle Disorders
- Neurobehavioral Unit Outpatient Clinic
- Neurology and Neurogenetics Clinic
- Clinical Neurophysiology Laboratory
- Neuropsychiatry in Epilepsy Program
- Neuropsychology Department Outpatient Clinics
- Specialized Transition Program, a Neurorehabilitation Day Hospital
- Nutrition Clinic
- Occupational Therapy Clinic
- Orthopedic Clinic
- Osteogenesis Imperfecta Clinic
- Pediatric Pain Rehabilitation Program
- Physical Therapy Clinic
- Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic
- Psychiatric Mental Health Program
- Pediatric Psychology Consultation Program
- Rehabilitation Clinic
- Rett Syndrome and Related Disorders Clinic
- Seating Clinic
- Sickle Cell Neurodevelopmental Clinic
- Sleep Disorders Clinic and Lab
- Speech and Language Outpatient Clinic
- Philip A. Keely Center for Spina Bifida and Related Conditions
- International Center for Spinal Cord Injury
- Hunter Nelson Sturge-Weber Syndrome Center
- Tourette Syndrome Center of Excellence at Kennedy Krieger Institute and Johns Hopkins Medicine
- Clinic for Transgender and Nonbinary Youth
- Center for Child and Family Traumatic Stress
- Tuberous Sclerosis Clinic
- Weight Management Program
- Weight Management Program

Continuums of Care
Continuums allow patients to be seen through all stages of care, including in 24-hour inpatient programs, day treatment, home- and community-based services, and outpatient programs. They include Pediatric Feeding Disorders, Neurobehavioral Disorders and Pediatric Rehabilitation (brain injury, complex medical, pain management, postorthopedic surgery and spinal cord injury).

For a complete list of all diagnoses, disorders, programs and services, visit KennedyKrieger.org/PatientCare or call 888-554-2080. TTY users, please contact us at 443-923-2645, or dial 711 to make a Maryland Relay call.