

# Clinical Connection

News, Updates and Support for Healthcare Professionals



Kennedy Krieger Institute

REHABILITATION • DEVELOPMENTAL MEDICINE • BEHAVIORAL THERAPIES



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](https://www.kennedykrieger.org/Participate) to learn more about currently recruiting studies.

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

A handwritten signature in black ink that reads "Brad".

Bradley L. Schlaggar, MD, PhD  
President and CEO

## INSIDE THIS ISSUE:

- Treating Abnormal Head Shape in Infants
- A Guidebook for Professionals Working With Young Children and Caregivers
- Participate in Research
- Outpatient Rehabilitation Programs and Clinics for Diagnosis, Treatment and Follow-Up
- Pediatric Post-COVID-19 Rehabilitation Clinic Uses Interdisciplinary Approach in Treatment

## REFERRING YOUR PATIENTS

To support the needs of physicians and other healthcare professionals, our Patient Access team is available to provide information on appropriate clinical programs, handle referrals, obtain consultations with Institute specialists, and schedule both telehealth and on-site, in-person appointments for patients and families.

Call **443-923-9403** to reach our Physician Referral Line, or visit [KennedyKrieger.org/Referrals](https://www.kennedykrieger.org/Referrals) for information and resources for physicians and healthcare professionals.

For general information, visit [KennedyKrieger.org](https://www.kennedykrieger.org) or call **1-888-554-2080**.

## OUR CULTURE OF CARE

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs.  
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## 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.

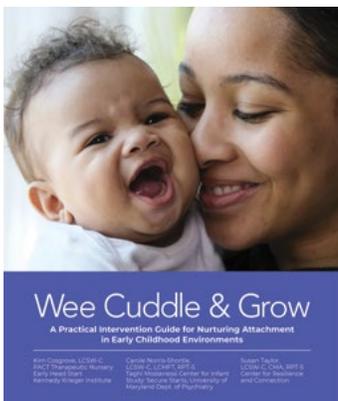
Nonsurgical therapy options for treatment include:

- 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](mailto: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](http://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](http://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

Research Studies at Kennedy Krieger

## Outpatient Rehabilitation Programs and Clinics for Diagnosis, Treatment and Follow-Up

Kennedy Krieger Institute provides specialized, comprehensive, interdisciplinary neurorehabilitation services to children and adolescents with brain injuries, neuromuscular disorders, cerebral palsy and other neurodevelopmental disabilities. Our specialized outpatient programs and clinics offer a variety of age-appropriate and individualized treatments for musculoskeletal, orthopedic and neurological conditions.



Our outpatient programs and clinics include:

- Ataxia and Cerebellar Disorders Clinic
- Brachial Plexus and Peripheral Nerve Clinic
- Center for Brain Injury Recovery
- Community Rehabilitation Program
- Concussion Clinic
- Constraint Induced and Bimanual Therapy Program
- Cranial Cervical Clinic
- Fairmount Rehabilitation Programs
- International Center for Spinal Cord Injury
- Limb Differences Clinic
- Orthopedic Clinic
- Pediatric Pain Rehabilitation Program
- Pediatric Post-COVID-19 Rehabilitation Clinic
- Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic
- Phelps Center for Cerebral Palsy and Neurodevelopmental Medicine
- Philip A. Keelty Center for Spina Bifida and Related Conditions
- Rehabilitation Clinic

If you would like more information or to make a referral, email [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call **443-923-9403**.



## 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](mailto:FindASpecialist@KennedyKrieger.org) or call **443-923-9403**.



Kennedy Krieger Institute

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## 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. Keilty 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

### 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](https://www.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.