

# Clinical Connection

News, Updates and Support for Healthcare Professionals



Kennedy Krieger Institute  
UNLOCKING POTENTIAL

REHABILITATION • DEVELOPMENTAL MEDICINE • BEHAVIORAL THERAPIES



Dear Colleague,

At Kennedy Krieger Institute, we are committed to providing specialized medical and therapeutic care for children and young adults with disorders and injuries of the brain, spinal cord and musculoskeletal system. Our medical staff comprises hundreds of clinicians representing more than 80 specialty clinics

and programs, and a staff of 2,500 dedicated employees provides your patients and their families with unique access to the latest in research and treatment for neurorehabilitation, behavioral disorders and other developmental disorders.

To ensure your patients receive the best care possible, we take a team approach, as appropriate, bringing together physicians, psychologists, therapists and other clinicians to address all of a patient's needs. Our staff members work closely with you, and your patients and their families, to develop comprehensive and individualized treatment plans.

We offer care in a variety of settings, including a specialty pediatric hospital and outpatient centers that see more than 24,000 patients a year, day treatment services, and home- and community-based programs. We now have outpatient locations in Odenton and Columbia, Md., in addition to our Baltimore locations, to offer added convenience for your patients and their families.

With this newsletter, we've included a copy of *Potential* magazine, which contains inspiring stories, news and research updates for your patients. We appreciate your trust in referring patients to Kennedy Krieger, and we value your input as partners in their care.

To ask questions or learn more about our patient care programs, please email us at [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call our Physician Referral Line at 443-923-9403.

Sincerely,

Gary W. Goldstein, MD  
President and CEO

## INSIDE THIS ISSUE:

- Pain Rehab Program Helps Kids Get Their Lives Back Without Narcotics
- Kennedy Krieger Welcomes New Physician
- Choosing a Pediatric Rehab Facility
- Innovative Care for Spinal Cord Injury

## REFERRING YOUR PATIENTS

To support the needs of physicians and healthcare professionals, our care management team is available to provide information on appropriate clinical programs, handle referrals, obtain consultations with Institute specialists, and schedule appointments for patients and families.

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

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

## OUR CULTURE OF CARE

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2017 Kennedy Krieger Institute 11/2017

## PAIN REHAB PROGRAM HELPS KIDS GET THEIR LIVES BACK WITHOUT NARCOTICS

At Kennedy Krieger, we offer a continuum of services for the evaluation and treatment of chronic pain and functional disability in children and adolescents.

Services include:

- Evaluation clinic
- Interventional procedures for pain reduction
- Outpatient therapies (physical, occupational and cognitive behavioral therapies)
- Intensive day hospital therapy program
- Inpatient hospital with interdisciplinary rehabilitation care

Our Pain Rehabilitation Program's patients typically range from 6 to 18 years of age, with an average age of 13. Acceptance for treatment is considered on a case-by-case basis for individuals between 18 and 21 years old or younger than 6.

### Our Treatment Approach

We offer a multimodal and interdisciplinary approach to pain management that includes:

- Non-narcotic pain medications (Our approach avoids the use of opioids and narcotics. However, we do assess patients who have current prescriptions for narcotics, with the goal of replacing narcotics with non-narcotic therapies.)
- Cognitive behavioral therapy (e.g., deep and controlled diaphragmatic breathing, progressive muscle relaxation, interactive distraction, guided visual imagery, cognitive restructuring, biofeedback, mindfulness and meditation)



- Physical therapy (e.g., functional, manual and visceral therapies; application of hot and cold compresses)
- Occupational therapy (e.g., activities of daily living)
- Interventional pain procedures, including transcutaneous electrical nerve stimulation, muscle and joint injections, and nerve blocks (administered under sedation and in partnership with The Johns Hopkins Hospital)
- Other novel and emerging treatment modalities for pain management

Kennedy Krieger is one of the few medical institutions in the country to offer interventional pain services for children guided by imaging in an operating room.

For more information about the program, visit [KennedyKrieger.org/Pain](https://www.kennedykrieger.org/Pain), email [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call our Physician Referral Line at **443-923-9403**.



## KENNEDY KRIEGER WELCOMES NEW PHYSICIAN

Kennedy Krieger Institute is pleased to announce the addition of Dr. Luke Wang to its Pain Rehabilitation Program. Dr. Wang previously practiced at Boston Children's Hospital and is board-certified in pediatric anesthesiology. He will see children and adolescents in the Institute's Pain Rehabilitation Clinic.

Visit [KennedyKrieger.org/Pain](https://www.kennedykrieger.org/Pain) to learn more about the Institute's Pain Rehabilitation Program.

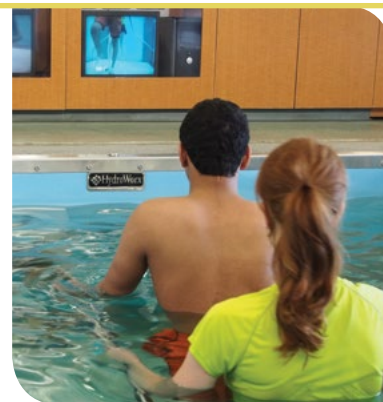
## CHOOSING A PEDIATRIC REHAB FACILITY

Guidance about rehabilitation services after a catastrophic injury, such as a stroke or a brain, spinal cord or complex trauma injury, is one of the most important supports you can provide to your patients. With various rehabilitation centers offering numerous levels of rehabilitative care, choosing the best rehabilitation services for one's child can be confusing and stressful—especially for family members already under tremendous stress.

Not all pediatric rehabilitation centers are equal—key factors contribute to optimal recovery and restoration. Here are the most important questions to consider when choosing a rehabilitation center:

- Is the center's goal to promote lifelong restoration?
- Is the facility accredited by national organizations like The Joint Commission (TJC) and the Commission on Accreditation of Rehabilitation Facilities (CARF)?
- Does the center have a physician or physicians on-site to integrate rehabilitation medicine with therapy?
- Does the center have highly trained, licensed physical and occupational therapists who specialize in pediatric rehabilitation?

- Does the center provide a one-to-one ratio of therapists to clients?
- Does the center offer multiple and integrated therapy modalities?
- Does the center offer access to services and assessments that help ensure the safe provision of therapy?
- Does the center track and publish its patients' outcomes?
- Does the center accept payment through Medicaid and Medicare? Accepting payment through Medicaid and Medicare indicates the program has met the requirements of a national standard of care.



When considering a rehabilitation center for your patients, the answers to all of these questions should, ideally, be “yes.”

To learn more about pediatric rehabilitation at Kennedy Krieger Institute, or to discuss a patient's needs, please email [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call **443-923-9403**.

## INNOVATIVE CARE FOR SPINAL CORD INJURY



As one of the nation's leading spinal cord injury rehabilitation programs, Kennedy Krieger Institute's International Center for Spinal Cord Injury has the clinical experience and therapeutic expertise to provide expert care to individuals with spinal cord injuries.

For both acute and chronic care, our services include an expert inpatient clinical program, unique outpatient therapy programs, innovative and robotic

therapeutic technologies, a peer mentoring program, and adaptive sports programs for community reintegration, all under the supervision of physicians highly qualified to address the unique medical concerns of children and adults with spinal cord injuries.

At Kennedy Krieger, children and young adults 21 years old and younger can begin taking part in restorative therapies immediately following inpatient admission and initial assessment. Each inpatient is evaluated by an interdisciplinary treatment team directed by a pediatric physiatrist. The team develops an intensive rehabilitation plan for each inpatient, tailoring the plan to the patient's—and his or her family's—unique needs. Patients in this program receive four or more hours of therapy each day.

Our many innovative outpatient rehabilitation programs offer a variety of treatment options, from guided physical therapy to tailored treatment plans. In all of our rehabilitation programs, individuals with paralysis gain improved health and quality of life—and most recover some degree of sensation, movement and independence.

To learn more about our inpatient program for individuals with spinal cord injuries, or to discuss a patient who, you feel, might benefit from an inpatient program, please contact Jody Luttrell, the spinal cord injury center's nurse care manager, at [Intake@KennedyKrieger.org](mailto:Intake@KennedyKrieger.org).



Kennedy Krieger Institute

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## PATIENT CARE PROGRAMS & SERVICES

### Specialty Pediatric Hospital

Feeding Disorders  
Neurobehavioral Unit (NBU)  
Rehabilitation Unit—Brain Injury, Complex Medical,  
Pain Rehabilitation, Post-Orthopedic Surgery and  
Spinal Cord Injury

### Outpatient Centers, Programs and Services

International Adoption Clinic  
Aquatic Therapy Program  
Assistive Technology Clinic  
Audiology Clinic  
Center for Autism and Related Disorders  
Barth Syndrome Clinic  
Behavior Management Clinic  
Bone Disorders Program  
Brachial Plexus 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  
Cranial Cervical Clinic  
Deafness-Related Evaluations Clinic  
Center for Development and Learning  
Pediatric Developmental Disabilities Clinic  
Down Syndrome Clinic and Research Center  
Pediatric Epilepsy and Neuropsychiatry Program  
Pediatric Feeding Disorders Program  
Focused Interdisciplinary Therapy Program  
Fragile X Clinic  
Healthy Lifestyles Therapy Program  
Infant Neurodevelopmental Center  
Moser Center for Leukodystrophies

Limb Differences Clinic  
Military Behavioral Health Services  
Center for Genetic Muscle Disorders  
Neurobehavioral Unit Outpatient Program  
Neurology and Neurogenetics Clinic  
Clinical Neurophysiology Clinic and Laboratory  
Neuropsychology Outpatient Clinics  
Specialized Transition Program Neurorehabilitation  
Day Hospital  
Nutrition Clinic  
Occupational Therapy Clinic  
Orthopedic Clinic  
Osteogenesis Imperfecta Clinic  
Pain Rehabilitation Program  
Physical Therapy Clinic  
Psychiatric Mental Health Program  
Pediatric Psychology Program  
Rehabilitation Clinic  
Seating Clinic  
Sickle Cell Neurodevelopmental Clinic  
Sleep Disorders Clinic and Laboratory  
Speech and Language Clinic  
Philip A. Keelty Center for Spina Bifida  
and Related Conditions  
International Center for Spinal Cord Injury  
Hunter Nelson Sturge-Weber Center  
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 (complex medical, brain injury, pain management, post-orthopedic surgery and spinal cord injury)**.

For a complete listing of all diagnoses, disorders, programs and services, visit [KennedyKrieger.org/PatientCare](http://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.