

The Specialist

Issue 19

Spring 2015

Rady Children's Specialists of San Diego
A Medical Foundation

New Look!

The Specialist Newsletter is a quarterly publication from Rady Children's Specialists of San Diego, a Medical Practice Foundation. Here we share with you the latest news about pediatric care in the community.

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Upcoming Events

- [360 Sports Medicine CEU](#) - July 25, 2015 - San Diego
- [Miracle Challenge](#) - September 1-27, 2015 - San Diego
- [Pedal the Cause](#) - September 18-20, 2015 - San Diego
- [The Fetus & Newborn: Improving Outcomes in Perinatal and Neonatal Care](#) - October 14-17, 2015 - San Diego
- [Innovations in Pediatric Heart Failure](#) - December 3-5, 2015 - San Diego

In The News

10 for 10, Again!

U.S. News & World Report announced the results of its annual survey to identify the top children's hospitals in the country in 10 pediatric specialties.

For the fifth straight year, Rady Children's achieved rankings in all 10 specialties surveyed. Our Orthopedics program achieved particular distinction, ranking as the #2 program in the nation.



These rankings are deserving recognition of the extraordinary work done each and every day for the children and families of our community.

The Best Children's Hospitals rankings highlight the top 50 U.S. pediatric facilities in cancer, cardiology & heart surgery, diabetes & endocrinology, gastroenterology & GI surgery, neonatology, nephrology, neurology & neurosurgery, orthopedics, pulmonology and urology, as ranked by *U.S. News*.

The rankings can be viewed by [clicking here](#).

Rady Children's Launches Birth Defects Project

A new plan to analyze the DNA of patients with birth defects puts Rady Children's Hospital among a handful of facilities nationwide doing broad-based pediatric genetic research. The goal is to find new treatments and cures for an assortment of conditions—from cleft palate to heart abnormalities—that currently have no known cause. It's the first undertaking by the hospital's new genomics institute, which became possible with a \$120 million donation from San Diego philanthropists Ernest and Evelyn Rady.

In a few months, the institute will start collecting DNA samples from patients whose parents have agreed to participate. The program aims to sequence 200 genomes per year, quickly building a database that could shed new light on which genes and environmental factors cause particular birth defects.

Christina Chambers, PhD, MPH, has been appointed to lead this effort as the first faculty member of the Institute. Dr. Chambers is a UC San Diego professor and a reproductive and perinatal epidemiologist with a research focus on environmental causes of adverse pregnancy outcomes, including birth defects. Dr. Chambers and the Institute will examine the data obtained from whole genome sequencing of children born with structural birth defects.

To read the full U-T article, [Click Here](#).



In The News



"Rady Children's Auxiliary Pledges \$2.5 Million to Support Genomics Institute"

A just-launched campaign aims to endow a \$2.5 million chair at Rady Children's new genomics institute which sprung into being in 2014 with a \$120 million gift from Ernest and Evelyn Rady. If successful, the effort will be the single largest donation in the auxiliary's history.

To read the full story, [click here](#).



In The News is a digital newsletter featuring recent news coverage of Rady Children's, internally produced videos and highlights from social media. To see the latest issue, [click here](#).

Pediatric Care

Crisis Stabilization Unit

The number of children and adolescents who come to Rady Children's Emergency Care Center for psychiatric services has grown dramatically over the last two years. But due to lack of available psychiatric beds at Rady Children's-and other hospitals in California-patients may remain in the emergency department longer than needed. This situation not only affects the patient, but makes our emergency department less efficient.



To address this issue, Rady Children's has launched the Crisis Stabilization Unit (CSU) pilot program. The CSU is a four-bed space housed near the Hospital's inpatient psychiatric unit that operates 24 hours a day. It is staffed by a registered nurse, licensed psychiatric technician, licensed social worker, and an on-call psychiatric attending physician. Services include an initial and/or ongoing behavioral health assessment, individual therapy, medication therapy, nutrition and distraction and de-escalation therapies, including silent games, television, reading materials, music via safe devices, family/caregiver crisis management, support and resource assistance.

The CSU team works closely with the patient's family or caregivers, making them partners in the care process. To date, all but one patient had been discharged from the unit within 24 hours, avoiding the need for an inpatient stay.

To learn more about Rady Children's psychiatric services, [click here](#).

State-of-the-Art Mechanical Pumps for Children with Failing Hearts Awaiting Transplantation

Heart transplantation can be a lifesaving therapy for children with failing hearts. Unfortunately, the wait time for a pediatric donor heart can be prolonged, leading to an unacceptably high number of waitlist deaths. A ventricular assist device (VAD) is a mechanical pump that maintains blood flow to the body in people who have weakened hearts. Traditionally these VADs in younger children have multiple serious side effects including bleeding and strokes. Newer generation VADs being used in adults have shown promise with less complications, smaller size, and portability that allows discharge from hospital.

Rakesh Singh, MD, MS, Medical Director of the Heart Failure, Mechanical Circulatory Support and Transplantation Program at Rady Children's Hospital, performs clinical research focusing on improving outcomes in children before and after heart transplantation. He recently performed a registry study that looked at all children nationwide implanted with a HeartWare® VAD or HeartMate® II VAD from 2011-2013. These two VADs had been studied extensively in adults but had yet to be studied in children. His study showed that these devices worked successfully in the vast majority of children with minimal complications and many of them survived to transplant. He was invited to present this research at the International Society of Heart and Lung Transplantation annual meeting in April 2014. Rady Children's Hospital recently obtained the HeartWare® VAD for use in our sickest patients awaiting heart transplantation, thus expanding the state-of-the-art services that can be offered to children in our community.



**Rakesh Singh,
MD**

To learn more about Rady Children's heart transplant program, [click here](#).

"Medicine is a Team Sport"

"Medicine is a Team Sport", presented by **Dave Logan, PhD**, author of the New York Times #1 bestseller *"Tribal Leadership."*

Dave is a bestselling author, management consultant and faculty member at the USC Marshall School of Business. He is an author of four books, including the New York Times #1 best seller, *"Tribal Leadership"* and The Wall Street Journal best seller, *"The Three Laws of Performance."*



Dave Logan, PhD

When: Friday, June 26, 2015

Time: 4:30 - 5:00 p.m. - Networking with colleagues, Kiwanis Courtyard

5:00 - 6:00 p.m. - Presentation

Dinner will be served

Where: MOB 113 Conference Room - [click here](#) for map

You must RSVP by **June 19** by e-mailing: ExecutiveDirectorRCMF@rchsd.org

For more details, [click here](#).

CME Roundup

We had over 130 attendees at our most recent Practical Pediatrics CME, which took place on Saturday, May 16 at the Atkinson Hall in UCSD. The presentations focused on "Myths and Misconceptions in Pediatric Care from the Specialist Point of View." For those of you who were not able to attend, the presentations are available on our website at www.rchsd.org or you can access them by [clicking here](#).



Divisions which presented at this CME:

- **Adolescent Medicine - Dr. Maya Kumar:** *They Grow Up So Fast: Discussing the Myths and Misconceptions of Adolescent Health Care*
- **Emergency Medicine - Dr. Keri Carstairs:** *Myths and Misconceptions in Emergency Medicine*
- **Cardiology - Dr. Jeffrey Frazer:** *Myths and Misconceptions in Cardiology*
- **Neurology - Dr. Michael Zimbris:** *Myths and Misconceptions in Neurology*
- **Gastroenterology - Dr. Paulina Ordonez-Naranjo:** *Myths and Misconceptions in Gastroenterology*
- **Rheumatology - Dr. Johanna Chang:** *Myths and Misconceptions about Rheumatology*

To view the presentations, [click here](#).

Save the Date! - More info to come

360 Sports Medicine CEU - Saturday, July 25 at the Atkinson Hall in UCSD.

Practical Pediatrics CME - Saturday, October 10 at the Atkinson Hall in UCSD.

Gender Management Clinic

The Gender Management (GeM) Clinic, under the direction of Maja Marinkovic, M.D., and Ron Newfield, M.D., treats children and adolescents with **gender dysphoria** and related issues. It is the only place of its kind in San Diego.

Gender dysphoria is a medical condition in which the child's biological gender and gender identity do not match. This often creates deep emotional distress for both the child and his or her family. Children with the condition are also frequently discriminated against and do not get support and understanding from peers, friends and families. Finding care providers that are knowledgeable and familiar with the treatment can be challenging as well.

At our clinic, we provide comprehensive and compassionate care, collaborating with local therapists who are experienced in treating the condition. We treat gender dysphoria based on the current guidelines, blocking puberty early on. Cross-sex hormone therapy is considered when a child is older - around 16 years of age.

The GeM Clinic is held every third Wednesday of the month. More than 70 patients are enrolled in the program.

To learn more about the GeM Clinic, [click here](#).



Sam is the first child to be treated at the Gender Management Clinic at Rady Children's

Welcome Our New Physicians

Welcome Dr. Hayat Mousa!

We are pleased to announce that **Hayat Mousa, M.D., AGAF**, has joined the Division of Gastroenterology, Hepatology & Nutrition as medical director of the motility center and clinical medical director of pediatric gastroenterology. She is recognized as a world-renowned expert in pediatric motility disorders.

Dr. Mousa comes to Rady Children's from Nationwide Children's Hospital in Columbus, Ohio, where she developed a motility center and served as its medical director for 15 years. Along with motility and functional disorders, her clinical interests include swallowing disorders, gastroparesis, gastric electric stimulation, constipation, cecostomy, sacral nerve stimulation, rumination, gastroesophageal reflux, and Hirschsprung's disease.



Hayat Mousa, MD

Dr. Mousa's research, which is widely published, focuses on chronic intestinal pseudo-obstruction, pre-and post-small bowel transplantation, gastric accommodation and compliance after fundoplication in comparison to its baseline before the surgery, gastroesophageal reflux and its association with apnea & respiratory symptoms and gastric pacing with its effect on gastric function and quality of life. She has received several National Institutes of Health grants as well as industry funds.

Dr. Mousa is an active member of various professional societies, including the American Neurogastrointestinal Motility Society, the Society for Pediatric Research, NASPGHAN (North American Society for Pediatric Gastroenterology, Hepatology and Nutrition), the American Gastroenterology Association and the Association of Gastrointestinal Motility Disorders.

Please help us welcome Dr. Mousa!

New Physicians

We are proud to welcome these new physicians who have joined our Medical Practice Foundation.

Heather Conrad, M.D. - Emergency Medicine

Erika Fernandez, M.D. - Neonatology

Sujana Gunta, M.D. - Nephrology

Dennis Kuo, M.D. - Hematology/Oncology

Susan Laubach, M.D. - Allergy, Immunology & Rheumatology

Rachel McCandless, M.D. - Cardiology

Atim Uya, M.D. - Emergency Medicine

Welcome
our new physicians

Physician Honors and Recognition

Dr. Nicholas Holmes appointed as Sr. VP and COO

We are pleased to announce that **Nicholas Holmes, M.D., MBA** has been appointed as *Senior Vice President and Chief Operating Officer* for Rady Children's Hospital. Dr. Holmes has served with great success in this capacity on an interim basis since October 2014 and the Board of Trustees and Senior Management are completely supportive of him as he continues in this role.



**Nicholas Holmes,
MD**

Dr. Holmes joined Rady Children's Specialists of San Diego (RCSSD) in 2006 on a part-time basis until his completion of 14 years of active duty service in the U.S. Navy. In 2007, he joined the group full time with his appointment as the Director of the Urology Division. Under his leadership, the Urology Division became nationally recognized and highly ranked by the *U.S. News & World Report Best Children's Hospitals* rankings. During his tenure at Rady Children's, he has served in a number of operational leadership roles within RCSSD Medical Group and Rady Children's Hospital,

including Chairman of the Department of Surgery, Vice President/Medical Director of Surgery and Acting Surgeon-in-Chief.

Dr. Holmes' goal is to continue to support the organization in delivering the highest quality of care for all patients served by Rady Children's.

Please join us in congratulating Dr. Holmes for his appointment as Sr. VP and COO!

Interim Surgeon-in-Chief for Rady Children's Specialists

We are pleased to announce that **Scott Mubarak, MD**, has been recently named as the new *Interim Surgeon-in-Chief for Rady Children's Specialists of San Diego (RCSSD)*.

Dr. Mubarak's main role is to be a liaison between RCSSD surgeons and UC San Diego's surgical departments. He will be responsible for cultivating and promoting surgical research and academic activities which will enhance patient care, improve our training programs, and enhance our surgical reputation nationally and internationally. Dr. Mubarak will continue to be an active surgeon in the Rady Children's Division of Pediatric Orthopedics.



**Scott Mubarak,
MD**

Dr. Mubarak is now Emeritus Chief, Division of Pediatric Orthopedic Surgery, since turning over the orthopedic leadership to Peter Newton in 2013. He has been active in leadership activities at RCSSD for 20 years, taking special interest in academics and marketing. He participates in several committees, including the Children's Specialists of San Diego (CSSD) Board and Executive Committees; Rady Children's Hospital-San Diego (RCHSD) Clinical Leadership Committee, RCHSD Physician Executive Cabinet, CSSD Marketing Committee and has been a RCHSD Foundation board member for several years.

Dr. Mubarak's goals are to further research and education for the entire department of surgery at Rady Children's. His ultimate ambition is to raise all surgical divisions' national ranking into the top five of *U.S. News & World Report* Best Children's Hospitals. He welcomes the challenge to work with all leadership to accomplish these goals.

Congratulations to Drs. Timothy Fairbanks and George Chiang



**Timothy
Fairbanks, MD**

We are pleased to announce that **Timothy Fairbanks M.D.**, has been appointed as the CSSD Vice President/Medical Director of Surgery and **Dr. George Chiang M.D.**, has been appointed as the Division Chief of Urology.

Both of these positions were held by Dr. Nicholas Holmes and now that he has been appointed the Senior Vice President/COO for RCHSD, Drs. Fairbanks and Chiang have assumed these roles.



**George
Chiang, MD**

Please join us in congratulating Drs. Fairbanks and Chiang in their new positions.

The Heart Ignite Award Honoree

Congratulations to **John Lamberti, M.D.** who was the recipient of the *Heart Ignite Award*. The Heart Ignite Award is a local San Diego award given out by the San Diego Division of the American Heart Association. This award is reserved to honor the physician volunteer who demonstrates the most distinguished commitment to the mission of the American Heart Association. This Honoree shows outstanding achievement in advancing the mission of building healthier lives free of cardiovascular diseases and stroke, as well as outstanding service and practice in the field.



**John Lamberti,
MD**

Recipients are nominated and voted on by the American Heart Association San Diego Board of Directors.

New Executive Administrator for Children's Specialists

Please join us in welcoming **Eric Wilson** as the new *Executive Administrator for Children's Specialists of San Diego*. As a member of the senior management team for UCSD's Health Sciences Affairs (HSA), Eric was a key liaison between CSSD and UCSD, and a member of the CSSD Physician Compensation Planning Committee. Eric possesses extensive management experience including budgeting, financial planning and analytics.



Eric Wilson

As the CSSD Executive Administrator, Eric will act as a key liaison between CSSD and its physician-employees and contractors with representatives from the hospital, Medical

Practice Foundation (MPF) and UCSD to enable the achievement of both CSSD and the MPF goals.

Chisun S. Chun, FACHE, Appointed to the American College of Healthcare Executives Council of Regents

Chisun S. Chun, FACHE, Director of Clinical Operations, Medical Practice Foundation of Rady Children's, has been appointed to the Council of Regents as a Regent-at-Large. The Council of Regents is the legislative body of the American College of Healthcare Executives (ACHE) and serves as the vital link between ACHE and members by approving governance and membership regulations as well as promoting ACHE programs, services and activities within their respective areas.



Chisun Chun,
FACHE

Chun took office at the Council of Regents meeting March 14, 2015, during ACHE's 58th Congress on Healthcare Leadership at the Hilton Chicago. As a Regent-at-Large, Chun will promote diversity in the governance of ACHE through programs developed to assist Regents increase the diversity of chapter, ACHE leadership and volunteer corps. Chun's area of responsibility includes one of five ACHE districts in the U.S. which includes providing leadership to the Regents of the following 12 states: California, Nevada, Arizona, Utah, Colorado, Wyoming, Idaho, Oregon, Washington, Montana, Hawaii, and Alaska.

To read more, [click here](#).

Congratulations to Dr. Stephen Bickler!

Stephen Bickler, M.D., from the Pediatric Surgery Division at Rady Children's, co-authored a chapter on the Global Burden of Surgical Conditions along with contributing with the volume's overall review of key elements of essential surgery.

Disease Control Priorities, Third Edition (DCP3), has launched Essential Surgery, its first volume, at the Consortium of Universities for Global Health (CUGH) conference in Boston.



Stephen Bickler,
MD

Published by the World Bank Group, the *DCP3* Essential Surgery volume seeks to better define the health burden of conditions requiring surgery; identify those surgical procedures that are the most cost-effective and cost-beneficial; and describe the health care policies and platforms that can universally deliver these procedures at high quality. The Essential Surgery volume examines new evidence for the unmet need and potential impact of surgery on saving lives in low-and-middle-income countries (LMICs).

Congratulations to Dr. Bickler for his significant contributions to this publication as a chapter author.

National Spotlight

Members of the Orthopedics Division were chosen for Traveling Fellowship



**Eric Edmonds,
MD**

Eric Edmonds M.D., and **Burt Yaszay M.D.**, recently participated in traveling fellowships. Dr. Edmonds was one of three physicians chosen to participate in the first Asia Pacific Paediatric Orthopaedic Society (APPOSS)/Pediatric Orthopaedic Society of North America traveling fellowship, and Dr. Yaszay was one of three surgeons selected for the traveling fellowship of the Scoliosis Research Society.



**Burt Yaszay,
MD**

Dr. Edmonds and his colleagues began their trip to Australia, where they visited various cities and discussed information with their host physicians about hip dysplasia, scoliosis, pediatric sports medicine and trauma. Next, they traveled to Auckland, New Zealand, where they learned about high rates of clubfeet and hip dysplasia in the Maori people. The doctors then headed to Hong Kong, where they were impressed by their colleagues' use of technology, particularly 3D printing, as well as their work with limb alignment.

Dr. Yaszay and his colleagues traveled to Asia for nearly four weeks with senior SRS fellow, Dr. Behrooz Akbarnia. In Japan, they observed a casting technique for early onset scoliosis as well as the first anterior tether performed in Japan. In China, they visited Drum Tower Hospital, the country's largest spinal deformity center. At a hospital in Seoul, South Korea, the doctors scrubbed in on some procedures, and Dr. Yaszay performed a maneuver for rod derotation and vertebral derotation of one of the hospital's top surgeons.

The trip concluded for Dr. Yaszay and Dr. Edmonds in Hong Kong, where they attended the 10th Annual Combined Congress of APPOS and APSS (Asia Pacific Spine Society).

Both doctors had a wonderful experience, benefiting from the exchange of information and ideas with their fellow pediatric orthopedists and pediatric spine surgeons.

Upcoming Events

Mark your Calendars

Please click on the event below to learn more:

- **360 Sports Medicine CEU -
More Info to Come!**

July 25, 2015 - Atkinson Hall - UCSD, San Diego



- **Miracle Challenge**
September 1-27, 2015 - San Diego
 - **Pedal the Cause**
September 18-20, 2015
 - **The Fetus & Newborn: Improving Outcomes in Perinatal and Neonatal Care**
October 14-17, 2015 - San Diego
 - **Innovations in Pediatric Heart Failure (San Diego Cardiology Conference)**
December 3-5, 2015 - Loews Coronado Bay Resort, San Diego
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**From the Desk of
Herbert C. Kimmons MD, MMM**
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About Rady Children's Specialists of San Diego

We are committed not only to offering the most advanced diagnostic and therapeutic options, but also to providing responsive customer and patient service. RCSSD's physicians are pleased to provide health services ranging from one-time consultation to comprehensive treatment and follow-up, and are committed to maintaining effective communication to provide the best care.

Our Mission

To provide specialty services that are state of the art, comprehensive and family-centered in order to improve the health and well-being of infants, children, adolescents and mothers with high-risk pregnancies.

Our Vision

To be the premier provider of healthcare to infants, children, adolescents and mothers with high-risk pregnancies, through excellence in clinical care, research, teaching and advocacy.

