

Pavilion Pediatrics Fall Newsletter

October 2024



In this newsletter, you will find...

1. Information on flu vaccine and clinics
2. Covid and RSV vaccine information
3. Managing Anxiety in the Office: helping us help you
4. Office Logistics: **Please note change to Paging Service**

1. Fall flu vaccine clinics

- As always, we recommend that all children six months and older receive the flu vaccine this year.
- Infants and children younger than eight receiving their first ever flu vaccine will require a two shot series, separated by one month. For everyone else, only one shot per season is necessary.
- You and your children are welcome to receive your shot either at one of our weekend flu clinics or in the office during a pre-arranged visit.
- There is one remaining flu clinic, this Saturday, October 19th from 8am-noon. Please use this [link](#) to schedule.
- Outside of this, you are welcome to receive the flu vaccine during a visit to our office or at a scheduled vaccine visit.
- It is okay to receive the flu vaccine with other scheduled vaccines, including Covid or RSV vaccine.

2. Covid and RSV vaccines

- We have now received both Covid and RSV vaccines for the season.
- You are welcome to have your child receive these vaccines during their regularly scheduled visits in the office or at a vaccine-only visit. Please call our office to schedule.
- If you have questions about your child's eligibility for these vaccines, please direct your questions to your provider.
- The RSV "vaccine" for infants is not technically a vaccine but an antibody that provides temporary protection (passive immunity) against the RSV virus.
- RSV is a common virus that circulates in late fall, early winter and causes symptoms similar to the common cold for most of us. Infants (and the elderly) are more susceptible to severe infection (due to immature or weakened immunity) and therefore this "vaccine" has been formulated to provide temporary protection during these periods of vulnerability.
- Infants younger than 8 months during RSV season (October to March) are eligible for the vaccine.
- Pregnant women can receive an RSV vaccine (actually a vaccine) between weeks 32 and 36 of pregnancy.

- Either maternal RSV vaccination **or** infant immunization with RSV antibody is recommended can protect infants during their period of vulnerability.
- Notably, if a woman receives the vaccine during pregnancy, the infant will not need the antibody.
- We recommend pregnant women discuss receiving the vaccine with their OB-Gyn as a way to protect their infants.

3. Managing Shot and Procedure Anxiety

Every year during this time, when I call my husband from the office, he asks, aghast. “what is going on in there!?” I am always reminded that it is Halloween season as the screams and ghastly sounds haunt our hallways. Of course, as you likely know from visiting our office, it is sadly the sound of children experiencing fear in our office, in the setting of flu shots and other less-than-enjoyable procedures, such as Strep and Covid tests and blood draws.

It is normal for children at all ages to experience some anxiety and fear around these procedures. Truthfully, if we could care for your children without causing them any pain or distress, we would. But, as we all know, sometimes we just have to make the best of a difficult situation.

There are strategies for minimizing the fear and anxiety, however. Depending on the age of your child, sometimes it is best not to give much lead time to worry. Children often take cues from us regarding how to respond to a situation. If you give off an air of relaxed calm around the procedure, they are likely to pick up on that.

However, sometimes despite our best efforts, our children remain afraid. In this case, a calm but firm resolve letting our children know that a procedure is in the best interest of their health and that it will be over quickly is helpful. It is best to avoid giving them the semblance of choice, as this decision, like many we as parents make in their best interest, is not theirs (if they’re over eighteen, that’s another story for another time).

For young children, there are many books and videos that help demystify and normalize the doctor's visit. Here are a couple of videos that some of my patients have recommended:

[Ms Rachel Visits the Doctor for a Checkup - Doctor Checkup Song - Toddler Learning - Healthy Habits](#) , [Going to the Doctor's Office with Daniel Tiger and Mister Rogers](#), [It's Time for Daniel's Shot](#)

And for older children, these tips from a child life specialist are helpful.

[Helpful Hints from a Child Life Specialist](#)

Unfortunately, despite all of these efforts, sometimes our children just plain freak out. That's okay. We get it. Our job is to make the experience of coming to our office as smooth and safe as possible for both you and your children. There are times we may ask for your help in keeping your child safe. If they are not able to keep themselves physically safe, we may ask you to help calm them by holding them as still as possible while we perform a procedure. If you have concerns about this, we welcome you to speak up and ask for clarification or suggestions. Our medical assistants will let us know if there is a challenging situation that requires further attention.

4. Office Logistics

- **Quick Sick Clinic** is available **M-F 7:30-8:15 AM** for acute sick issues. You do not need an appointment for these visits and will be seen on a first come, first served basis. These visits are designed for acute issues such as cough and cold symptoms, ear pain, sore throat, rashes, etc...If your child has a more complex medical issue or there is concern for a chronic condition, please be sure to call the office to schedule a dedicated visit for your child with his or her primary care provider.
- **Saturday mornings**, we are open for acute sick visits. These visits, unlike Quick Sick visits, do **require an appointment**. You can call and schedule these same day visits starting at 8:30 AM on Saturdays.

- **On-Call Service:** For urgent sick needs that arise outside of our office hours, we have our on-call service. This is staffed by our physicians and nurse practitioners. **Please note:** we recently changed service providers and therefore, **if you saved the prior on-call service number to your phone, please delete this number as we cannot receive messages from this number.** The only way to reach our on-call service is through our office number, 410-583-2955.
- **Medication and Prescription Refills:** Please keep in mind that we are unable to prescribe any medication for your child without a visit. In instances where you are unable to come into the office, and at the discretion of the on-call providers, we may be able to conduct these visits via televisit. Finally, please note that we are unable to send in **medication refills** over the weekend. Please plan ahead to call during the week so that your child is not left without needed medications over the weekend.
- **Forms Policy:** Please see the attached forms policy which includes pricing for school and medication administration forms as well as asthma and allergy action plans, and letters. These changes will go into place November 1st. [forms policy](#)
- **Patient Portal:** As a reminder, you can now use our patient portal to request refills. Please **do not send clinical messages** through the portal as these do not reach your provider. To ask your provider a question, please call the office, and we will be happy to assist you.
- **Pre-registration** forms for visits. Please make sure to fill out all pre-registration forms prior to your visit. These help us collect useful information and facilitate a smooth process on the day of your visit.

That's all for now. Here's to hoping all the boos and scares of this season are truly only Halloween related. On that note, if you haven't been into our office in the last few months, we have renovated! Come on by to take a look. The first thing families told us they missed with our new renovations were all of the family pictures hanging on the walls. So we listened, and pictures are back up on the wall. But, befitting of our modern times, we also have a new screen in the waiting room to provide announcements, etc...and also pictures of you and your kids. If you have pictures of your kids in their Halloween costumes (or any special events, such as bar/bat mitvahs, school dances, anything) please send them to forms@pavilionpediatrics.net