

Dear Friends,

If you live in the Bay Area, you have likely seen commercials, billboards, and even trains displaying the new Lucile Packard Children's Hospital Stanford logo and tagline, "Extraordinary care for your extraordinary kid."

Along with our new look, you'll also discover a network of partners and affiliates who have joined us to become "Stanford Children's Health" — bringing our care closer to home for thousands of families throughout the Bay Area.

Lucile Packard Children's Hospital Stanford remains the heart of Stanford Children's Health, and continues to carry out the vision of our generous founder, Lucile Salter Packard, to care for the body and soul of every patient, every day.

As you'll see in this issue of the *Children's Fund Update*, our child life specialists help us achieve Lucile's vision, from holding a child's hand as he gets a "poke," to using wooden toys and iPads to make CT scans less scary.

Thank you for your support, which enables our child life specialists and all our caregivers to provide extraordinary care for extraordinary kids.

Sincerely,

Hugh O'Brodovich, MD
Arline and Pete Harman Professor and Chair, Department of Pediatrics,
Stanford School of Medicine
Adalyn Jay Physician-In-Chief, Lucile Packard Children's Hospital Stanford
Director, Stanford Child Health Research Institute



Before



After



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Sarah Grace and child life specialist Helen Ybarra

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Children's Fund Update

Fall 2014

Hospital Expansion Fun Facts

Set to open in 2017, our hospital's expansion will include 149 new patient beds, six new surgical suites, 3.5 acres of healing gardens, and more. To date:

- **6,150 cubic yards** of structural concrete have been poured. There will be 110,000 cubic yards in total, which would fill 500,000 bathtubs.
- **12 million pounds** of reinforcing steel has been installed. There will be 20 million pounds in total — more than the Eiffel Tower!
- **36,250 truckloads** of soil have been removed, enough to fill 2,700 backyard swimming pools.

Visit stanfordchildrens.org to learn more and watch a live Construction Cam.



Child Life Specialists: Letting Kids Be Kids



Lucile Packard Children's Hospital Stanford

Child Life Specialists Help Patients Cope and Thrive

On a recent Tuesday, 9-year-old Sarah Grace sat on a hospital bed in a bright pink Minnie Mouse gown, waiting for a CT scan.

This wasn't Sarah Grace's first scan, but it would be her first without general anesthesia, meaning she would be awake while an IV line was inserted, and while the CT machine clanged loudly around her head. She'd have to lie perfectly still for more than 40 minutes or risk ruining the scans. It was an intimidating scenario.

Enter Helen Ybarra and Deana the stuffed bunny.

One of 22 certified child life specialists at Lucile Packard Children's Hospital Stanford, Ybarra serves as a bridge between children and medical staff, helping medical care run smoothly and efficiently while ensuring a child's comfort.

"There will be a lot of things out of her control, so I'll empower her with choices," Ybarra said. "Do you want to use a numbing patch before the IV goes in? Which movie do you want to watch? Do you want your mom to stand near your feet as you are scanned?"

Following Ybarra's instructions, Sarah Grace placed a doll into a wooden model of the CT machine, and helped give an IV to Deana the stuffed bunny. Soon after, Sarah Grace and her mom headed into the CT room, with Ybarra available via a two-way headset. When it was over, Sarah Grace left with a smile on her face.

A Member of the Care Team

Every day, throughout our hospital, child life specialists collaborate on care teams to ensure that patients and their families play an active role in their care.

"I attend rounds throughout the week and talk with staff about patient goals, treatment, upcoming procedures, and coping needs," said Nick Gliatas, a child life specialist in the Bass Center for Childhood Cancer and Blood Diseases.



Sarah Grace (top) prepares for an IV by giving one to Deana the bunny, while Lizzie receives a visit from child life specialist Allison Brooks.

The responsibilities of child life specialists span from procedure preparation and expressive play activities, to bereavement and sibling support.

"As child life specialists, our work is based on child development theory and supporting children in the face of illness, surgery, or hospitalization," added Allison Brooks of the cardiovascular intensive care unit. This focus on children's emotional well-being can help speed up healing and shorten hospital stays.

A Hand to Hold

In the emergency department, child life specialist Kristen Beckler met a 5-year-old boy who had a laceration above his eye.

Sitting at his level, Beckler spoke to the crying child and described step-by-step what would happen, using words that he could understand.

"First we're going to put a cold cotton ball over your cut," she said, explaining the numbing process. "Then you will go to a room, watch a movie, and wait for the doctor to decide how to fix it."

Beckler described the sensations he'd feel receiving stitches, and she and the child came up with a coping plan that included holding her hand, watching videos on an iPad, and breathing exercises.

"He did amazing and was so proud of himself after it was over," Beckler recalled. "It was a very sweet moment to see him succeed. There were a lot of high fives and fist pumps as he headed out the door." ●



Online Extras: Tips for Your Family

Visit supportLPCH.org/tips for ideas from our child life specialists to help kids have a successful visit to the hospital.



4TH ANNUAL summer scamper



Thank You!

Thank you for making the 4th annual Summer Scamper 5k, 10k, and kids' fun run our most successful event yet!

Nearly 3,000 participants joined us at Stanford on June 22 for the sold-out event and helped raise nearly \$400,000 for Lucile Packard Children's Hospital Stanford. Since 2011, Summer Scamper has raised a total of \$1.1 million for children's health!

We are so grateful for everyone who ran, walked, scampered, sponsored, or volunteered to make this a great event.

Check out official race results and photos at SummerScamper.org.

It Starts with Us: 2014 Employee Giving Campaign

We are excited to announce our 5th annual employee giving campaign will take place from October 8 to November 5. Each year employees and physicians participate by making philanthropic donations to an area of the hospital that is meaningful to them. Last year, 45 child health programs including recreation therapy, social services, and the bereavement and family guidance program received support from hospital employees.

Visit supportLPCH.org/employees to learn more.



it starts **WITH US**
employee giving campaign