

JUNE 2014

HopeNet connects you to family, friends

Check your personal email and surf the Web from anywhere on the St. Jude campus using HopeNet. This includes the Memphis Grizzlies House as well as Target House I and II. This free service gives you secure access to the Internet, personal emails, external VPN services and social media sites. Ronald McDonald House offers its own Wi-Fi service for guests.

Patients are automatically enrolled to use the free HopeNet service. All you need is a computer, tablet, smartphone or device equipped with a wireless network adapter and the ability to connect to the Internet. To connect to HopeNet, simply open the wireless connection window on your device and select HopeNet. When you open an Internet web browser, such as Internet Explorer, Google Chrome, FireFox or Safari, you will

automatically connect to HopeNet. Simply log on as follows:

Username: Enter the patient's Medical Record Number (MRN)

Password: Enter the patient's last name and the month and day of birth entered in mm/dd format. Password must be all lowercase letters.

For example: patient #12710, Jane Doe who was born December 10 would log in with the username *12710* and a password of *doe1210*.

If you have any questions about HopeNet, call the St. Jude HelpDesk at 901-595-2000 or dial extension 2000 from a hospital phone.

Patient families may access HopeNet by using the patient's login information. Visitors and guests may also use HopeNet by contacting the St. Jude HelpDesk to obtain a username and password. Note: If

the patient is not comfortable sharing this information with other family members or visitors, those guests may contact the HelpDesk at extension 2000 to obtain usernames and passwords.



Understanding the MRI safety rules can keep you and your child safe

Magnetic resonance imaging (MRI) scans may be used to take pictures of the inside of your child's body using a large magnet, radio waves and computers. The MRI magnet is very strong and will attract metal objects, causing them to become hot or move quickly toward the scanner. Having metal on your clothes, shoes or even in your body, could be dangerous for anyone in the room. For this reason, safety rules must be strictly followed in the MRI area.

Until January, parents were able to follow their children into the area next to the MRI scan room, called the induction room, without being asked to fill out a form about any metal that might be in their body or on their clothing. Before, the staff only asked parents to complete this screening process if they planned to go into the MRI scan room with their child.

Because of new regulations, the area before you enter the MRI scan room is now restricted. The staff calls this area Zone III; it includes the induction rooms.

The new rules involve two major changes:

1) Only one caregiver may go with the patient to the MRI area. Other caregivers and siblings must remain in the waiting room. This may require changes to travel plans so that another caregiver can watch siblings.

2) Patients and caregivers must remain in what the staff calls Zone II until they have both completed the MRI screening process. This area was previously used for screening interviews and IV starts for patients. Now, caregivers will also need to be screened in this area before moving to Zone III whether or not they plan to go into the MRI scan room with the patient.

These new rules promote the safest environment for our patients and families.

If you have questions or concerns about the safety rules for the MRI scan area, please talk to your child's doctor, nurse, MRI technologist or radiation therapist.

Celebrate siblings and music therapy this month

Sibling Star Day

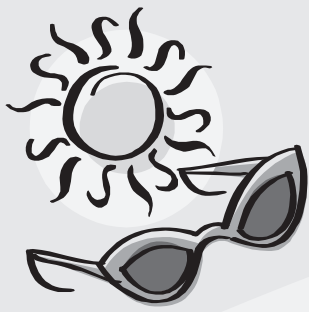
Child Life will host the 2014 Sibling Star Day Thursday, June 19. The day will be filled with fun for siblings 4–19 years of age. Registration will be open from 9:30–10 a.m. Sports-themed activities will be provided from 10–11:15 a.m.

Families will be asked to gather at the entrance of the Patient Care Center at 11:30 a.m. to honor siblings as they walk the red carpet to the Danny Thomas/ALSAC Pavilion.

All family members are invited to a celebration lunch, sibling recognition ceremony, and the fun activities following the red-carpet procession. The event will conclude at 1:30 p.m.

Music Therapy Week Celebration

Child Life will celebrate Music Therapy Week Friday, June 13, from 10 a.m.–noon in the Kay Kafe Corner. You and your children will have a chance to see our music therapist in action and explore all the instruments she will have on display. Come learn more about music therapy while enjoying some cake and punch.



Talking about Medicines

Some medicines can increase risk of falls

By Shane Cross, PharmD, Pharmaceutical Services

As a parent, you need to know your child's medicines and their most common side effects. Pay close attention to medicines that can cause your child to feel drowsy or dizzy, because they might increase the chance of a fall.

Below is a list of medicines used at St. Jude that can make a person less alert or slower to react. This list does not contain every medicine known to increase the risk of falls. So, it is important to always speak with your doctor, nurse or pharmacist if you have questions or concerns.

- Amitriptyline (Elavil®)
- Bupropion (Wellbutrin®)
- Carbamazepine (Tegretol®; Carbatrol®)
- Citalopram (Celexa®)
- Codeine
- Diphenhydramine (Benadryl®)
- Divalproex (Depakote®)
- Duloxetine (Cymbalta®)
- Escitalopram (Lexapro®)
- Fentanyl (Duragesic®)
- Fluoxetine (Prozac®)
- Gabapentin (Neurontin®)
- Hydromorphone (Dilaudid®)
- Levetiracetam (Keppra®)
- Lorazepam (Ativan®)
- Morphine (Oramorph®; Kadian®)
- Oxcarbazepine (Trileptal®)
- Oxycodone (Percocet®)
- Paroxetine (Paxil®)
- Phenobarbital
- Phenytoin (Dilantin®)
- Promethazine (Phenergan®)
- Risperidone (Risperdal®)
- Sertraline (Zoloft®)
- Tiagabine (Gabatril®)
- Topiramate (Topamax®)
- Zolpidem (Ambien®)
- Zonisamide (Zonegran®)

Daily baths can help prevent infection

Preventing infection is one of our top priorities at St. Jude. Daily baths for both you and your child can help reduce the risk of infection while your child is in the hospital. Not only will a daily bath help with infection control, but it will also make you and your child feel better. Please remember that Helping Hands volunteers are available if you need some time for your own personal care. Simply ask your nurse to request a Helping Hands volunteer for you.

The patient care assistant or your child's nurse will ask you when you would like your child to have a bath for the day. Please help them plan the bath at a time that works best with your child's schedule.

Bath time is also a great opportunity to have your child's linens changed. We understand that not every child receives a bath each day while out of the hospital. But, during an inpatient stay, it is important for each patient to have a daily bath to reduce the risk of infections that patients can get in the hospital.

If your child did not receive a bath or linen change for the day, please let us know why on the comment card provided in your room so we can look for ways to improve this process.

If you have questions or concerns, please ask your child's nurse or doctor. Thank you in advance for helping us keep your child clean and prevent infection.

St. Jude Parents is published on the first of each month by Patient Education and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.**

To share your ideas or to receive this newsletter by email, please call or email Alicia Huettel, RN, MSN, at 901-595-5453 (parents_newsletter@stjude.org) or Lois Young (lois.young@stjude.org). To subscribe to an online version of this newsletter, visit www.stjude.org/parents-newsletter.

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St. Jude Children's Research Hospital

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262 Danny Thomas Place
Memphis, TN 38105-3678

For the latest details on upcoming events, see the bulletin board in the Patient Care Center lobby near Patient Registration.