

NOVEMBER 2015

## Child Life introduces new pain relief device to St. Jude patients

No one likes needle sticks, especially children. Unfortunately, most patients must endure many needle sticks throughout their treatment for procedures like:

- receiving vaccinations and other medicine shots,
- taking blood samples,
- starting an intravenous (IV) line,
- accessing a port and
- getting a lumbar puncture.

The staff sometimes offers different ways to help patients cope with needle sticks. These include comfort positions, distractions, lidocaine cream and others. This month Child Life is introducing a new pain relief device called Buzzy® to St. Jude patients.

Buzzy looks like a friendly bee that is about the size of a computer mouse. The patient, parent, family member or staff member will hold Buzzy on the skin near where the needle will be placed, and it buzzes

(vibrates). The buzzing confuses nerves in that area of the skin so the children do not feel sharp pain. Your child will feel touch sensations but not the pain of the needle stick.

Buzzy helps relieve pain without any drugs. The buzzing works the same way that rubbing a bumped elbow helps stop the hurt and cool running water soothes a burn. Buzzy can be used alone or with other types of pain relief if needed.

Buzzy is for children older than 12 months. If your child is younger, the doctor or nurse might use a sugar solution called Sweet-Ease® instead. Research shows Sweet-Ease can help babies feel less pain.

Buzzy should only be used on unbroken skin. It is not used on any area with an open wound.

If you have questions or want to learn more about Buzzy, talk to the staff in your child's primary clinic or talk to your Child Life specialist.



**Buzzy being used for a vaccination.** The bee sticker in this photo is used to show where the needle would go in relation to where Buzzy is placed on the skin during the shot. A bee sticker would not be used during a real procedure.

## St. Jude School Program offers volunteer tutors to help patients

The St. Jude School Program is excited to offer tutoring services to patients in kindergarten through 12th grade. Our tutors are retired teachers, scientists and test prep professionals who are experts in their fields.

This service is for students who:

- need to complete homework while they are at St. Jude for check-ups,
- need extra help mastering a skill, or
- just want a quiet place to work while waiting for clinic appointments.

Students have received help with memorizing math facts, studying spelling words, proofreading papers, determining derivatives and modeling molecules. The list goes on and on!

The tutors are ready to answer your child's questions and teach what your child needs to learn. This is a walk-in service. There is no need to schedule an appointment; just bring your work. Tutors are typically available Monday through Thursday 9:30–11 a.m. and 1–2:30 p.m.; grade level times are listed below.

### K–6 Grades

Monday 1–2:30 p.m.

Tuesday 9:30–11 a.m., 1–2:30 p.m.

Wednesday 9:30–11 a.m.

Thursday 1–2:30 p.m.

### 7–12 Grades

Monday 9:30–11 a.m.

Wednesday 1–2:30 p.m.

Thursday 9:30–11 a.m.

A monthly calendar is available in the St. Jude School Program suite on the Patient Care Center Plaza Level. You can sign up for text reminders using Remind, a safe, classroom communication tool. To sign up for reminders, text @schoolprog to 81010. Call School Program Director Laurie Leigh at 901-595-3346 if you have questions.

## DAISY award winners honored

Four extraordinary nurses were recognized with DAISY Awards in October. These nurses demonstrate professionalism with a focus on the St. Jude mission. They exemplify great teamwork, interpersonal skills and have established a professional connection with patients and families through emotional support and trust.

Congratulations to: **Nolan Eason** (BMT-Inpatient), **Leslie Mann** (Scheduler-Administration), **Jo Ann Powell** (Ambulatory Care Unit-Assessment/Triage) and **Sonia Thomas** (Ambulatory Care Unit-Assessment/Triage).

If you would like to nominate a nurse, pick up a form from any inpatient unit (BMT, ICU, Leukemia or Solid Tumor), your child's clinic waiting area, the Linda R. Hajar Family Resource Center (located on the second floor of the Patient Care Center), the Blood Donor Center or Chili's Care Center lobby. You may also find a nomination form at [www.stjude.org/daisyaward](http://www.stjude.org/daisyaward).

If you have questions about The DAISY Award, email [DAISYAwardRecognitionCommittee@stjude.org](mailto:DAISYAwardRecognitionCommittee@stjude.org).



## Talking about Medicines

### Medication safety

By Shane Cross, PharmD, Pharmaceutical Services

Never underestimate the risk of accidental poisoning in children. Most people think of household chemicals when they think of accidental poisonings, but medicines are also a common cause. Below are just a few tips for the safe handling of medicines in your home.

- Learn the names of all the medicines in your home.
- Ask for and use child-resistant containers for all your medicines.
- Keep all medicines locked up and out of sight.
- Keep medicines in their original containers.
- Do not refer to medicines as “candy.”
- Clean out your medicine cabinet often and safely dispose of any expired or leftover medicines.

If you suspect that someone has taken a poisonous substance, call the Poison Control Center right away. The national toll-free telephone number is 1-800-222-1222. It is offered 24 hours a day, seven days a week. This hotline can connect you to your local poison control center.

## Please reserve your stay in advance

Patient Services needs your help to better serve you and become more efficient in preparing for patient arrivals into St. Jude housing. The staff asks that all patient families make room reservations when they make their clinic appointments or airline reservations. Talk to the staff in Patient Services if you have questions about the following guidelines.

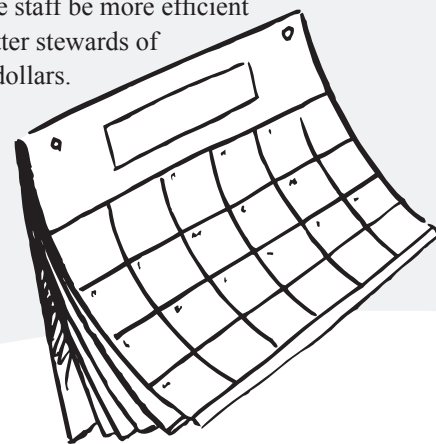
- Before you leave to return home after a visit, go to Patient Services to make your room reservation for your next visit.
- If your appointments are not scheduled before you leave campus, call Patient Services as soon as you receive your new appointment schedule.
- If there is an emergency and you are coming to St. Jude the same day that the clinic calls with your appointment, call Patient Services as soon as you can to reserve your

lodging.

- Remember: The clinic staff cannot make lodging reservations.
- After arriving on campus, check with Tri Delta Place staff for your housing information.

You can make room reservations from 7 a.m.–6 p.m. Monday–Friday by calling 866-278-5833 (toll-free) or 901-595-4501 (local).

Thank you in advance for helping St. Jude staff be more efficient and better stewards of donor dollars.



## St. Jude Children's Research Hospital

ALSAC • Danny Thomas, Founder

*Finding cures. Saving children.*

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*St. Jude Parents* is published on the first of each month by Family-Centered Care Services 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](mailto:parents_newsletter@stjude.org)) or Lois Young ([lois.young@stjude.org](mailto:lois.young@stjude.org)). To subscribe to an online version of this newsletter or to learn more about *St. Jude Parents*, visit [www.stjude.org/parents-newsletter](http://www.stjude.org/parents-newsletter).

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