

APRIL 2016

Focusing on children's mental health

Mental health plays a vital role in how well children cope with illness and treatment. Mental health also impacts quality of life and children's overall sense of hope and well-being as they tackle the challenges of being St. Jude patients. Good mental health can result in:

- better pain management,
- healthier sleep and appetite, and
- fewer problems coping with procedures, side effects and routine changes.

The Psychology Department staff helps patients work toward reaching their full health potential and the best possible quality of life. The staff provides a high standard of patient care and leads creative new clinical research for improving outcomes for patients and families.

Celebrate "Inside Psychology, Out in the World," the theme for this year's Children's Mental Health Awareness Week (April 18–22), by attending these exciting events for patients and families:

Monday, April 18

Watch the movie "Inside Out."

Chili's Care Center Lobby
9:30–11:30 a.m.

Tuesday, April 19

A panel of patients and parents will discuss their personal journeys at St. Jude, including the role that good mental health played as they coped and adjusted to medical illness. This event is open to patients, patient families and staff members. Lunch will be served beginning at 11:45 a.m.

St. Jude Auditorium
Noon–1 p.m.

These include coloring, making "Jars of Joyful Memories" and creating a "Wall of Feelings."

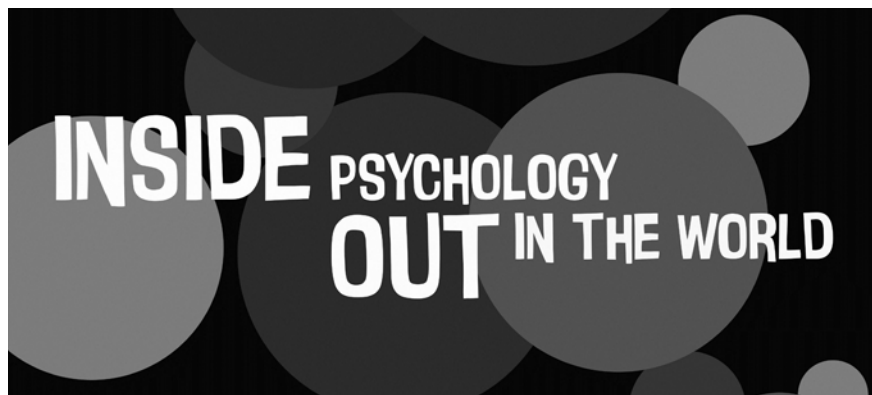
ABC Wall

11 a.m.–2 p.m.

Friday, April 22

Visit an information table that highlights the clinical and research activities of Psychology staff. The staff will also answer questions about services they offer.

Kay Kafe Lobby (window area)
11 a.m.–2 p.m.



Wednesday, April 20

Patients and siblings are invited to join Psychology staff members at the ABC Wall for craft activities.

Learn English with free Rosetta Stone

The St. Jude Family Advisory Council (FAC) is offering patient families Rosetta Stone training for English as a second language. The St. Jude Auxiliary donated seven Rosetta Stone e-learning programs to the Linda R. Hajar Family Resource Center for this purpose. If you would like to try the Rosetta Stone program, register in the Family Resource Center to use the online program free of charge. Registered users will receive a username and password to sign on from any computer. That means there is no software or hardcopy of anything to keep up with or return. The program is self-paced and easy to use.

From time to time, the St. Jude FAC holds Coffee Talk meetings, informal parent-to-parent social breaks for current parents and caregivers. Parent members who host these events often gain good ideas for ways the hospital can better serve patient families. During a few Coffee Talk sessions, parents who were not native English speakers said they would like to learn English because they feel it would help them better communicate with the care team. The FAC Family Support Subcommittee also has a 2016 goal to "better support the bilingual community at St. Jude." For these reasons, they decided to offer Rosetta Stone training to patient families.

The Family Resource Center is testing the use of this program with Spanish speakers learning English as a second language, but the program also works for others who are not native English speakers. The St. Jude School Program already offers Rosetta Stone for patients who are students. Now, their family members also have the chance to learn English.

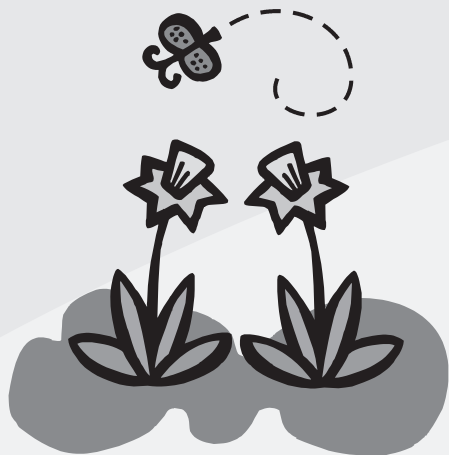
To learn more about this program, stop by the Family Resource Center located on the Patient Care Center second floor, Room B-2000.

Teen formal planned

The St. Jude Child Life Department is excited to host the 2016 Teen Formal Thursday, April 21, from 5:30–8:30 p.m. This year's theme is the Roaring '20s, and the event will include world class music entertainment from a nationally known DJ, amazing food, photos, a limo ride, and prizes as well as a take-home gift for each guest. The teen formal is open to patients and one guest each. All patients and guests must be between the ages of 15 and 19 and enrolled in school.

Formal invitations have already been mailed to active St. Jude patients, ages 15 to 19. The mailings included details about tux fest, dress fest, and hair and makeup appointments. All consent forms were also in the packets. Patients and guests younger than 19 must turn in signed consent forms to attend.

The 2016 Teen Formal will be held in the Domino's Event Center located on the St. Jude campus. To learn more about the teen formal, talk to your Child Life specialist.



Talking about Medicines

Grapefruit juice and drug interactions

By Shane Cross, PharmD, Pharmaceutical Services

Grapefruit is great for you and is a recommended fruit of the American Heart Association's "Healthy Heart Campaign." But grapefruit can also interact with certain medicines. Grapefruit and grapefruit juice can interact with drugs in two ways:

- By causing the medicine to remain in the body longer than it should
- By increasing the amount of medicine that is absorbed into the body

A reaction to grapefruit could possibly lead to unwanted side effects from the medicine your child is taking. Grapefruit does not react with all medicines, but there are several that you should be aware of as a St. Jude parent. At St. Jude, the most common medicines that could be affected include HIV medicines, drugs that suppress the immune system (given after bone marrow transplant) and certain chemotherapy drugs.

It is always best to check with your doctor, nurse or pharmacist if your child eats grapefruit, drinks plain grapefruit juice or drinks a product that contains grapefruit juice. A St. Jude pharmacist can review your child's list of medicines to see if any of them might react with grapefruit.

Nurses honored with DAISY awards

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

Congratulations to DAISY Award winners: **Marion Christen** (Transplant Unit), **Angel Parker** (Leukemia Inpatient Unit), **Marielle Slothouber** (Transplant Unit), and **Kim Woody** (NP, Transplant Unit).

The DAISY Foundation honors the super-human work nurses do for patients and families every day. More than 2,000 health care facilities in all 50 states and 15 other countries honor nurses with DAISY Awards. The DAISY Foundation began in 1999 in memory of J. Patrick Barnes, who died of an immune system disorder. DAISY stands for *diseases attacking the immune system*.

To nominate a nurse, pick up a form from any inpatient unit (Transplant, 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.

If you have questions about The DAISY Award, email DAISYAwardRecognitionCommittee@stjude.org.



Restrooms near Kay Kafe closed through mid-April

Renovations on the Kay Kafe restrooms are underway and should be finished by mid-April. These restrooms will be closed until work on them is complete.

Signs are posted to help people find the nearest restrooms, which are in the Chili's Care Center Lobby and across from the Gift Shop in the Patient Care Center. The staff appreciates your patience while these improvements are being made.



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) or Lois Young (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.

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