

MARCH 2016

New Parent Exercise Room now open

The St. Jude staff understands that caring for a child who has a serious illness can be stressful. Exercise is one proven way to relieve stress. Now that you are in the hospital almost every day, it's probably hard to find time for exercise in your schedule. To help you stay healthy and relieve stress, St. Jude has created a new Parent Exercise Room inside the hospital. It is located on the plaza level of the Kay Research and Care Center, room IA-P124.

The room is just a few floors below the inpatient care areas, so parents can get back to their children quickly if needed.

Use of the exercise room is limited to parents and caregivers 18 years and older. Teens 13 years and older can use the room if accompanied by a parent or guardian. No patients are allowed in the exercise room.

The Parent Exercise Room is open

24 hours a day with secure access. You just press the intercom outside the door and identify yourself to the security guard who will answer the intercom. Then, the guard will unlock the door for you. Two individual changing rooms with toilets and showers are available (one just down the hall from the exercise room and another around the corner). For showering, you will need to bring your own bath towel and hygiene products.

The exercise room features mats for stretching and floor work, several machines for cardio and weight training, and free weights. Workout hand towels are provided. Security cameras monitor the room for your safety, and a phone is offered in the room should you need help.

Anyone who uses the Parent Exercise Room must complete and sign a liability waiver first. A drop box with these forms is located in the exercise

room, or you may complete a waiver in the Linda R. Hajar Family Resource Center, located on the Patient Care Center second floor, room B-2000.

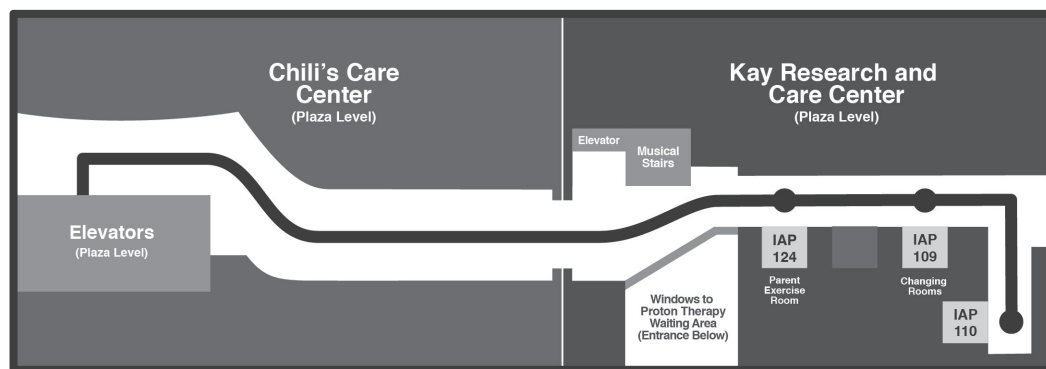
If you would like to use the Parent Exercise Room, but can't leave your child alone in an outpatient treatment area or on the inpatient unit, you should ask a child life specialist, social worker or nurse about the Helping Hands program. Helping Hands volunteers provide respite care for patients and siblings, so parents can take a break. Helping Hands volunteers are in the hospital Monday through Friday, 9 a.m.–9 p.m. and Saturday and Sunday, noon–8 p.m. When available, they can stay with your child for up to two hours.

To learn more about the new Parent Exercise Room ask a staff member for a copy of the handout called "Do You Know... Parent Exercise Room."

To reach the Parent Exercise Room:

On the first floor of the Chili's Care Center, take the elevator located near the lobby information desk and the Diagnostic Imaging Center to the Plaza Level. Push "P" to reach the Plaza level.

Follow the map at right once you are on the Plaza Level of the Chili's Care Center to reach the Parent Exercise Room and changing rooms.



Want to learn CPR? St. Jude offers free instruction

According to the American Heart Association (AHA), effective CPR (cardiopulmonary resuscitation) provided by a bystander right after a heart stops beating (sudden cardiac arrest) can double or triple a victim's chance of survival. Unfortunately, only 32 percent of cardiac arrest victims get CPR from a bystander. Learning CPR is one way you could save the life of someone close to you.

St. Jude offers the AHA Heartsaver® CPR AED course free for parents or patient caregivers, 16 years old and older. AED stands for automated external defibrillator. These devices are available in many public

places to help with certain types of cardiac arrest. We encourage you to learn these skills for helping an adult whose heart has stopped, who has stopped breathing or who is choking. The instructor will offer extra practice time for child and infant skills outside this course time for those who are interested. This course is for anyone with limited or no medical training.

The Heartsaver course includes a class instructor and video to learn adult CPR and skills, and then practice time on manikins with coaching to assure you're comfortable. You will also learn how to work with an

AED.

To learn more or register for a course, contact Tina Frazier at 901-595-4765 or email tina.frazier@stjude.org. Space is limited, so please register as soon as possible

Heartsaver Course Schedule

This three-hour class is offered from 1–4 p.m. on these dates:

- March 2 (Wednesday)
- April 6 (Wednesday)
- May 24 (Tuesday)
- July 26 (Tuesday)
- September 7 (Wednesday)
- November 2 (Wednesday)
- December 1 (Thursday)



Talking about Medicines

Take care when giving chemotherapy by mouth at home

By Shane Cross, PharmD, Pharmaceutical Services

You should regard all oral (by mouth) chemo drugs as possible hazards. Be careful when handling these medicines and try to avoid contact with the skin. Women who are pregnant or could become pregnant should avoid contact with these drugs.

To protect both you and your child from harm:

- Wash your hands before handling the chemo drug.
- Prepare a clean surface where you can handle the drug safely. Do not choose an area close to where food is prepared. Do not handle the drug under air vents or fans.
- Use gloves when handling oral chemo drugs.
- If you are cutting tablets or adding the medicine to food or liquid, your child should always take the oral chemo drug as soon as you prepare it. Do not cut tablets or add to food or liquid unless your pharmacist or doctor tells you it is OK to do so.
- After your child takes the dose, thoroughly clean the surface where you handled the drug.
- Always wash your hands after handling any oral chemo drugs, whether your skin makes contact with the drug or not.
- Any items used with the oral chemo – dosing cups, tablet cutters, spoons – should be washed with warm soapy water and left to dry. Use these items only for oral chemo; do not use them for any other medicines.
- For liquid chemo medicine, use each oral syringe only once. Then throw it away in the trash. Do not try to wash and reuse the syringes.
- Keep all medicines out of the reach of children. Chemo drugs can be very harmful if large amounts are taken at once.

To learn more about how to give oral chemo at home safely, read the St. Jude handout called “Do You Know... Chemotherapy by Mouth at Home.” If you have questions or concerns about any of your child’s medicines or how to give them, please talk to your child’s doctor, nurse or pharmacist.

Walk the red carpet for Child Life and Music Therapy Week celebration

“And the Oscar Goes To...” Child Life and Music Therapy Week!

Come celebrate and learn about Child Life and Music Therapy by attending the St. Jude Oscars Wednesday, March 9, from 9:30–11:30 a.m. Walk the red carpet, have your photo made,

and feast on snacks along the ABC Wall. Also, you will have a chance to provide some of the entertainment. While viewing clips of many of our St. Jude stars, you can take part, or nominate someone to take part, in karaoke on our Oscars stage located in the Kay Kafe Corner.



St. Jude Children's Research Hospital

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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) 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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