

OCTOBER 2016

Inpatient units moved in September

After many months of planning and construction, the four inpatient units previously located on the Patient Care Center second floor moved last month to bigger, brighter rooms that include the latest in patient care technology. The new connecting parent rooms offer more comfortable sleeping surfaces and full bathrooms.

The Solid Tumor Unit and Neuro-Oncology Unit are now located on the fifth floor of the Kay Research and Care Center, and the Leukemia/Lymphoma Unit and Hematology Unit are now on the fourth floor of that building. The third floor will include step-down beds and some patient rooms from other services.

To reach these new floors, you can take the elevator from the Chili's Care Center lobby to the correct floor. When stepping off the elevator turn right and follow the hallway to enter the Kay Research and Care Center.

Jungles, animals and lush plants

greet children on the third floor. Undersea creatures, large and small, swim, paddle and float throughout the décor on the fourth floor. And kids blast off into outer space on the fifth floor. Ninety-foot-long "journey walls" on each floor reflect these themes. Interactive "discovery walls" inside each unit offer St. Jude kids chances to leave their hospital rooms for exercise, fun and mental stimulation.

Each of the three inpatient floors has a dedicated chaplain as well as its own Child Life room, conference room, family lounge and laundry room. The floors share two rehabilitation areas as well as a music therapy room, a pre-teen room and a teen room. The fourth floor's Imagine Room features a large interactive video screen that covers one wall and curves into the ceiling. In addition to playing games, children will be able to watch videos and enjoy interactive light displays.

The staff understands that these

new areas might sound appealing to all patients and siblings. They also know that many patients make friends at St. Jude; however, for the health of each child it is important that outpatients not visit inpatient units.

If a reporter calls

During your time at St. Jude, a reporter or photographer may ask to visit the hospital to do a story about you or your child. If that happens, please contact the hospital's Communications staff. Simply call 901-595-3306 or email media@stjude.org.

The Communications staff is here to help you respond to these requests. A Communications employee must be with media at all times while they are on St. Jude grounds or in St. Jude housing.

Remember: You do not have to speak with media or give them any details about your child. It is your choice. The Communications staff is here to help you if you do want to talk with media or if you do not.

All are encouraged to get flu shot

Influenza (the flu) is a virus that causes symptoms like fever, chills, cough and body aches. In patients who have weak immune systems, the disease can be severe. Your child might develop breathing problems that require a hospital stay, or the flu could even lead to death.

The best ways to prevent flu infections are:

- Cleaning hands often with soap and water or an alcohol-based hand cleaner,
- Avoiding contact with those who have flu symptoms,
- Getting an annual flu vaccination, and
- Taking anti-viral medicines (under a doctor's advice) after exposure to people known to have the flu.

St. Jude provides the seasonal flu vaccine to your child and to all staff members. Depending on how much vaccine is available, the staff also offers it to parents, other adult caregivers and siblings who are 3 years old or older. Having all members of the family vaccinated helps provide a circle of protection around the patient. It is one way to keep the virus from coming close to your child.

St. Jude infectious disease doctors recommend that all St. Jude patients receive the flu vaccine each year. Some patients may need two shots to provide the best protection. Talk to your child's doctor to see if your child is eligible for the flu shot and whether one or two shots is recommended to help prevent the flu.

Please note that the Centers for Disease Control and Prevention (CDC) do not recommend nasal mist spray flu vaccine this year because of concerns about its poor protection. St. Jude will not be offering the nasal mist this year.

In October, start looking for signs on bulletin boards around the hospital for times and locations where you, other caregivers and siblings may receive free flu vaccinations.

This month learn more about patient family-centered care

Every October, Patient-Centered Care Awareness Month promotes the many opportunities that parents and former patients have to partner with staff who provide care and with hospital leaders as services are developed.

At St. Jude, more than 50 parents and former patients serve as patient family-centered care advisers. They have roles such as members of the Family Advisory Council or the Quality of Life Steering Council, parent to parent mentors, educators in programs for staff, and a variety of other staff to parent partnerships.

You can meet parent advisers on the Family Advisory Council, Thursday, October 20, 9 a.m. to noon outside the Kay Kafe. They will share more information about patient family-centered care and how you can get involved.



Talking about Medicines

Be aware of drug allergies

By Shane Cross, PharmD, Pharmaceutical Services

A drug allergy occurs when there is an allergic reaction to a medicine. The reaction can range from mild to severe. Symptoms of a drug allergy can occur within minutes of taking the first dose, or they can begin several days or weeks after taking a medicine. The skin is often the most common body part involved in an allergic reaction. Here are some common signs of a drug allergy:

- Redness of the skin
- Skin rash (that may or may not itch)
- Hives (often looks like small, red bumps on the skin)
- Fever

Some signs of a more severe allergic reaction include:

- Trouble breathing;
- Tight feeling in the chest; and
- Swelling of the lips, tongue or face.

As a parent or caregiver, it is important for you to know the warning signs of an allergic reaction. If you notice any of the above symptoms, seek medical attention right away. To learn more about drug allergies, please ask your child's St. Jude doctor, nurse or pharmacist.

Halloween festivities planned for Oct. 31

Let the trick-or-treating fun begin! The excitement surrounding Halloween at St. Jude has grown each year as the numbers of children and staff taking part have increased. Each year a group of employees from several departments looks for new ways to make the event fun and enjoyable for everyone. They strive to continue improving crowd control, safety and security, as well as rules about extra guests.

This year's hospital-wide Trick-or-Treat festivities for patients and siblings will be held Monday, October 31, from noon to 2 p.m. Hospital staff members will visit the rooms of inpatients in two shifts from 10:30 a.m. to noon for reverse trick-or-treating.

Here are some key things to remember for this year's Halloween celebration:

- **All children and families planning to trick-or-treat that day must first stop and pick up a candy bag and a map of the trick-or-treat route. Locations will be posted closer to the date.**
- **To ensure the safety and security of all patients and families, only patients on active treatment and their siblings are invited to take part in the trick-or-treat festivities.**
- **Please remember not to invite or bring outside friends or family members because of the infection risk and for safety reasons.**

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. St. Jude is an Equal Opportunity Employer.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

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