

JANUARY 2017

Tdap vaccine offered to caregivers

In December, St. Jude Children's Research Hospital began offering the Tdap (tetanus diphtheria pertussis) vaccine free to patient parents and other adult caregivers. Vaccination is ongoing for our patient care employees.

Tdap vaccine protects against all three diseases—tetanus (lockjaw), diphtheria, and pertussis (whooping cough). Both diphtheria and pertussis are spread through person-to-person contact. Diphtheria is rare in the United States as a result of wide-

spread vaccination against the disease.

In recent years, there has been an increase in the number of infants with whooping cough, because resistance to the disease in adults has been fading.

The US Centers for Disease Control and Prevention (CDC) recommend that adults 19 years or older who did not receive Tdap as a preteen or teen should receive a single dose of Tdap. Pregnant women should receive a dose of Tdap during

each pregnancy, preferably at 27 through 36 weeks. This helps increase the amount of disease protection passed to the baby.

This free Tdap vaccine service will be offered for parents and other adult caregivers Monday–Friday from 1–4 p.m. in the Patient Care Center Assessment and Triage area of the Outpatient Clinic.

If you have any questions about the Tdap vaccine, talk to your doctor or your child's primary clinic.

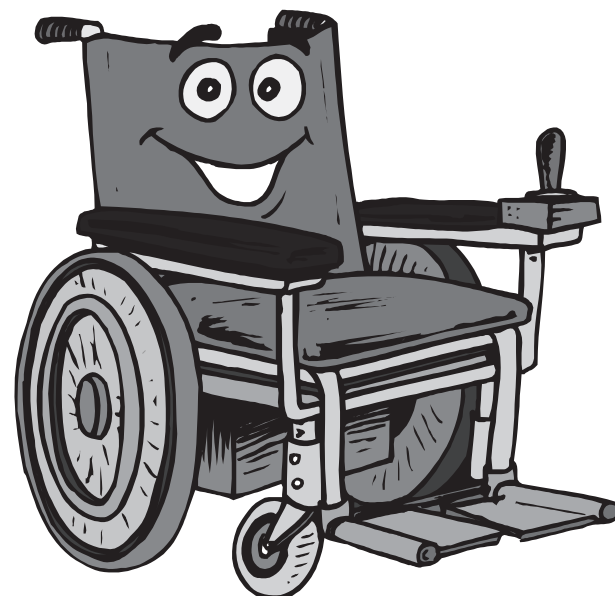
Please do not remove wheelchair leg rests

If your child uses a wheelchair, please do not remove any parts from it, such as leg rests. When you finish using a hospital wheelchair, it is important to have all the parts in place for the next patient.

St. Jude has many teen and young adult patients who need the leg rests. Riding in a wheelchair without the leg rests causes unnecessary discomfort, especially when these patients are not feeling well.

Lost parts and damaged wheelchairs also cost the hospital money that could be spent on patient care.

Thank you in advance for helping St. Jude provide complete wheelchairs to all patients who need them.



A resource center just for you

You have many resources at St. Jude when you want to learn more about your child's illness and treatments. The clinical staff members are experts in caring for your child and can answer most of your questions. Resources are also offered in the Linda R. Hajar Family Resource Center.

Web sites, medical reference books, information from various professional groups and other education materials can be used to answer questions and provide support for you and your family. The staff in the Family Resource Center can give you direction or help you explore topics.

Besides information on medical topics, the Family Resource Center offers popular reading materials, such as books and magazines for all ages. The center serves as a quiet place to check email and relax for a while. It can also be a place to meet your important communication needs.

Feel free to use the materials in the center anytime, 24 hours a day. The center offers computers for your use, as well as a fax machine, printer and copier. Notary services are available during staff hours 8:30 a.m. to 4 p.m.

Visit the Family Resource Center on the second floor of the Patient Care Center to learn more or to let the staff know how they can help you.

The center is open to both inpatient and outpatient families. To learn more, call 901-595-4639.

At St. Jude, families are essential allies in providing the best physical and psychosocial care for their children. The Linda R. Hajar Family Resource Center is an important element in the family-centered care philosophy followed at St. Jude.

Adult family members are responsible for deciding what Family Resource Center materials (print or Internet) their children can use.

Electronic digital signs offer up-to-date announcements

For up-to-date information about upcoming events for patient families and other hospital announcements, look for the electronic digital signs located throughout the patient care areas and housing.

Eight digital signs are specifically for patient families. They are located in the Patient Care Center, Richard C. Shadyac ALSAC Tower, Kay Research and Care Center, Kmart St. Jude Life Center, Target House I and II and Tri Delta Place.

You might see other electronic signs that are used for directions and to promote staff events, but they will not include patient family events.



Talking about Medicines

Some medicines can increase fall risk

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 any 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®)
- Topiramate (Topamax®)
- Zolpidem (Ambien®)
- Zonisamide (Zonegran®)

Protect your child: Only use clean wagons

The red wagons are a helpful way for young children to move from one appointment to the next, but re-using a wagon after another patient could expose your child to germs that cause infection. Sanitary wipes will not work well enough to clean these wagons.

The Environmental Services staff professionally cleans the wagons every night. After that, the wagons are parked near Patient Services on the plaza level of the Patient Care Center (PCC), as well as in the lobbies of the PCC and the Chili's Care Center. You will know a wagon is clean if it has a

white piece of tape across it with the words "READY TO ROLL" printed in green, so choose one of those.

Also, linens that might be sitting around the hospital in wagons, wheelchairs or other places should be considered dirty. After sheets and blankets are used by one patient, they need to be cleaned even if they do not look dirty.

If you have questions about the St. Jude wagons, please talk to the Guest Services representative at either the Patient Care Center or Chili's Care Center lobby desk or ask a Patient Services staff member.

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.

St. Jude complies with health care-related federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

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

تنبيه: إذا كنت تتحدث بلغة أخرى، فيمكنك الاستعانة بخدمات المساعدة اللغوية المتوفرة لك بالمجان. يرجى الاتصال بالرقم (الهاتف النصي: 1-866-278-5833 (1-901-595-1040)).



St. Jude Children's Research Hospital

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