

NOVEMBER 2017

## A resource center just for patient families

**D**o you need:

- Time on a computer?
- Internet access?
- Online searching support?
- Copies, printing or scanning?
- Notary services?
- St. Jude education handouts?
- Other medical information?

Visit the Linda R. Hajar Family Resource Center, located on the Patient Care Center second floor,

room B2000. It is open 24 hours a day, seven days a week. Staff members are on hand to help you Monday through Friday, 8:30 a.m. to 4 p.m. All services in the center are free.

The Family Resource Center is a quiet place to check email and relax for a while. It can also be a place to meet your important communication needs.

Your St. Jude medical team members are experts in caring for your child and can answer most of your questions. Resources are also offered in the 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 center offers popular reading materials, such as books and magazines for all ages. Adult family members are responsible for deciding what Family Resource Center materials (print or Internet) their children can use.

The center offers computers for your use, as well as a fax machine, printer, scanner and copier.

Drop by anytime or call 901-595-4639 to make an appointment for notary services.

## Four nurses receive DAISY awards

Four extraordinary St. Jude nurses were recognized with DAISY Awards in October. Congratulations to **Gay Bell, RN**; **Elizabeth Davis, RN**; **Elaine Hale, RN**; and **Shelby Wade, RN**.

These nurses show great teamwork, personal skills and have created a professional connection with patients and families through emotional support and trust.

Any nurse can be nominated by patients, families, employees, volunteers or visitors. To nominate a nurse for the DAISY Award, pick up a nomination form from any inpatient unit, 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 nominate a nurse online. Visit [www.stjude.org/daisyaward](http://www.stjude.org/daisyaward) and click on "Nominate a Nurse" located under Related Topics. If you have questions about the DAISY Award, email [DAISYAwardRecognitionCommittee@stjude.org](mailto:DAISYAwardRecognitionCommittee@stjude.org).

## The St. Jude Garden offers open hours

The St. Jude Garden helps supply home-grown foods for the Kay Kafe. The gardeners are now offering open hours for patient families to visit the garden

every Tuesday from 8 a.m. to 3 p.m. The garden is just one block west of the St. Jude campus. The St. Jude Garden is a nice place to hang out or you could bring your lunch to eat outdoors. Come enjoy the fresh air and peaceful surroundings.

A staff member will be present during the open hours if you have questions. You could learn about the types of plants grown in the garden and what it takes to keep them healthy, the role of bugs and worms in the garden, what types of plants grow well in Memphis, and why bees are important.

### Guidelines for patients visiting the St. Jude Garden

- Outpatients only
- Check with your St. Jude doctor for permission.
- Have an ANC count greater than 500.
- Isolation patients cannot visit the garden.
- No patients less than 100 days from allogeneic transplant.
- No open wounds unless the wound is covered with a medical dressing or clothes.
- Help control infection by not picking up dirt or plants while in the garden.
- Dirt contains germs that can be harmful to some patients. After visiting, please go back to housing or home to clean up before returning to St. Jude.

## Fun with food for St. Jude families

Clinical Nutrition Services is offering two new classes for St. Jude patient families.

**Snack and Learn** teaches kids and caregivers of all ages how to select nutritious snacks and how to use snacks to help meet the needs of a healthy diet. Taste testing snacks is everyone's favorite part. The class is offered every Wednesday from 10–10:30 a.m. in the H Clinic lobby. No need to register; just show up.

**Nutritious: Cooking for St. Jude Kids** teaches patients and siblings ages 6 and older cooking skills and how to use healthy ingredients in everyday meals. The class is offered every Tuesday and Thursday from 9:30–10:30 a.m. in the Kay Kafe rotunda. Talk to your clinic staff to sign up for this class.

To learn more about either class, email Karen Smith at [karen.smith@stjude.org](mailto:karen.smith@stjude.org) or call 901-595-2184.





# Talking about Medicines

## Check before crushing medicines

By Shane Cross, PharmD, Pharmaceutical Services

Tablets and capsules come in many shapes and sizes. Sometimes children have trouble swallowing them whole. Other times, patients may have feeding tubes placed, which makes medicine giving easier. These tubes are sometimes nasogastric (NG) tubes and other times gastrostomy (G) tubes.

Whether your child must swallow medicine or has a feeding tube, the staff might instruct you to crush the tablets or open the capsules for easier use. While this method is OK for some drugs, you need to know that not all medicines should be crushed or opened.

Some tablets and capsules are designed to release medicine slowly through time. These types of drugs are often called “extended release” or “sustained release.” If crushed, they could release all of the medicine at one time, and with some drugs this could be dangerous.

Other medicines have special coatings that either protect the stomach from irritation by the drug or prevent the stomach from breaking down the drug too soon. If you remove or break these coatings, then the medicine could hurt the stomach or become less effective than usual.

If you have questions about whether or not you should crush or open your child’s medicines, check with a St. Jude pharmacist. Together, we can ensure that your child gets the safest and most effective treatment.

## Flu shot recommended for everyone

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 after exposure to people known to have the flu (under a doctor’s advice).

St. Jude provides the seasonal flu vaccine to your child, to adults who live with and care for your child, to siblings who are 3 years old or older, and to all staff members. 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.

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

*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). 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 (1-866-278-5833) (الهاتف النصي: 1-901-595-1040).



## St. Jude Children's Research Hospital

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*Finding cures. Saving children.*

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