

JANUARY 2019

## Avoid injury: Learn how to prevent falls

**W**ith winter weather upon us, including ice and snow, this is a common time of year for slips, trips and falls. In the hospital, many other things can also cause patients and family members to fall and be injured.

As you might guess, wet spots on floors can easily cause a fall. If you see an area marked with a “wet, caution” sign or cone, be careful walking through that area or avoid it all together. If you see a wet spot on the floor that is not marked, please tell the staff right way, so they can dry it or mark it until it can be cleaned.

While your child is still growing and developing, certain movements can be awkward or unsteady at times. This can lead to falls.

The balance of many St. Jude patients also can be affected by their diseases or the medicines they are taking as part of their treatments. The following are a few things you and your child can do to avoid falls:

- Avoid wearing shoes that can stick to the floor and cause trips, like Crocs® and flip-flops. Also, avoid shoes with wheels.
- Learn which medicines increase the risk of falling.
- Ask for help when going to the bathroom, especially when getting medicines for seizures, pain and nausea, or when receiving a lot of IV fluids.
- Don't play, stand or “ride” on IV poles, rolling stools and chairs.
- Try not to get up and walk around too soon after sedation (sleeping medicine).
- Reduce clutter and clean up spills quickly to help keep your area safe.
- Go down steps slowly and hold onto the rail.
- Walk instead of running, skipping or jumping.

To learn more about preventing falls, ask for copies of “Do You Know... Preventing Falls in Outpatient Areas” and “Do You

Know... Preventing Falls.” These are also offered on [stjude.org](http://stjude.org). If you have questions, talk to your child's doctor or nurse.

## Remodeling D and E Clinics' waiting room

St. Jude began updating the D and E Clinics' waiting room December 8. The remodel is expected to take 10 to 12 weeks. Improvements include a new ceiling, flooring, furniture, paint and art; changes to the play area; and updated restrooms. Work will be completed in five phases.

At different times during this remodel, you will have limited access to the Pharmacy windows, restrooms and waiting room seating.

Look for posters and flyers in the waiting rooms and on the electronic bulletin boards. These posters and flyers will give you details including a map to help guide you during this project.

Please excuse the mess and inconvenience as we remodel to serve you better.

## How to handle media 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 call or email the St. Jude Communications staff at 901-595-3306 or [media@stjude.org](mailto: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 details about your child. It is your choice. The Communications staff is here to help you whether you do or do not want to talk with media.

## Delish Nutrish cooking kids corner

Clinical Nutrition offers Delish Nutrish: Cooking for St. Jude Kids every Tuesday and Thursday from 9:30–10:30 a.m. in the Kay Kafe Rotunda. These classes teach patients and siblings ages 6 and older cooking skills and how to use healthy ingredients in everyday meals. Talk to the clinic staff to sign up. This is what one patient said about the class:

**Patient name:** Mark      **Age:** 10 years old

**Hometown:** Methuen, Massachusetts

**How long have you been going to cooking class?**

We've been going for about five to six months.

**Did you enjoy cooking before attending the class? If so, what was your favorite food to prepare?**

No, I started enjoying cooking after we committed to come to this class.

**What has been your favorite thing about cooking class?**

Eating the yummy food I prepare.

**What do you recall learning in cooking class?**

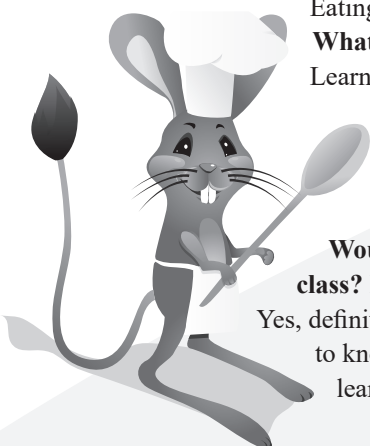
Learning about the vitamins, protein and fiber that are important for good health.

**What is your favorite cuisine?**

Lebanese cuisine, because it's a part of our culture (shawarma, Kafta, Kebba).

**Would you tell your friends to come to cooking class? If so why?**

Yes, definitely! We already did tell two friends. It is good to know about ways to build good eating habits while learning yummy recipes.





# Talking about Medicines

## Tips for patients on leucovorin with high-dose methotrexate

By Jennifer Robertson, PharmD, Pharmaceutical Department

Leucovorin is sometimes called a “rescue” medicine. It is given to help “rescue” the normal cells in the body from the side effects of methotrexate, an anticancer medicine. There are several forms of leucovorin:

- 5-mg, 15-mg and 25-mg white tablets taken by mouth
- A clear liquid taken by mouth
- A clear to pale-yellow liquid given by vein

The doctor will tell you if your child needs to take leucovorin after methotrexate.

It works best when the amount of medicine remains constant in the body. To keep the amount constant, make sure your child takes this medicine at the planned times. It is important that your child does not miss any leucovorin doses.

In most cases, leucovorin should begin at least 24 hours after methotrexate is started.

Sometimes the staff will check the blood levels of methotrexate and use those details to adjust the leucovorin dosage.

If you have questions about leucovorin, talk to a St. Jude doctor, nurse or pharmacist.

## Help patients: Avoid wearing strong scents

For patients in treatment, perfumes, aftershaves and scented lotions can smell intensely strong. For many patients, these smells can increase their feelings of nausea, or feeling sick to their stomachs. Please avoid wearing perfume, aftershave or scented lotion when you are in the hospital.

If someone is wearing a strong scent that is bothering your child, please talk to a staff member about it.

## The latest news about events

The *St. Jude Parents* newsletter lists some patient family events that are known several weeks ahead of time. But some events are not completely planned when the newsletter goes to print.

The St. Jude staff will bring you up-to-date details about patient family events in several ways:

- Overhead announcements
- Flyers in Patient Registration
- Posters at the Patient Care Center and Chili’s Care Center elevators and many of the clinical areas
- Electronic digital signs located throughout the patient care areas and housing

Check these often, because events can come up quickly or plans can sometimes change.

Eight digital signs only for patient families are located in various places around the hospital and at Target House and Tri Delta Place. Along with event information, these signs also offer important hospital announcements.

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

*St. Jude Parents* is published on the first of each month by Patient Education and Information 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 Wright, RN, MSN, at 901-595-5453 ([ParentsNewsletter@stjude.org](mailto:ParentsNewsletter@stjude.org)) or Lois Young ([loislane.young@comcast.net](mailto:loislane.young@comcast.net)). 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.

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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 باللغة العربية فيمكنك الإستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



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