When to Head to the ER

ER Checklist -
The thought of taking your child to the emergency department can be an emotional proposition – for you and your little one. And that hesitation can sometimes delay much-needed care. So what’s a parent to do? Here are some injuries or illnesses that can best be handled in an emergency department setting:

- A severe cut or laceration
- A serious animal bite
- Severe sprains or fractures
- Difficulty breathing
- Signs of shock, including pale, cold, clammy skin and/or a rapid pulse
- Severe headache accompanied by vomiting
- Poisoning
- A head or neck injury with loss of consciousness or vomiting
- High fever with change in level of alertness or lasting more than 2 days
- Vomiting or diarrhea with signs of dehydration

Brain Injury Checklist -
Symptoms of Potential Brain Injury in Infants and Toddlers:

- Loss of consciousness
- Not recognizing parent or making eye contact
- Vomiting
- Listlessness, irritability or other behavior changes
- Tiring easily
- Change in appetite
- Change in sleep pattern
- Lack of interest in favorite toys or activities
- Loss of new developmental milestones, such as toilet training
- Unsteady walking

If your child exhibits any of these symptoms after a bump on the head, take your child to your local emergency department for a complete assessment.

Sue Kirelik, MD, medical director of Pediatric Emergency Services and chair of the Pediatric Department at Sky Ridge Medical Center in Lone Tree

www.skyridgemedcenter.com
Rest a ‘Must’ After Head Trauma

Head injuries are especially concerning because symptoms of concussion or brain injury are sometimes subtle.

After a head injury, it is imperative that children rest – mentally and physically – until they are fully recovered, says Sue Kirelik, MD, medical director of Pediatric Emergency Services and chair of the Pediatric Department at Sky Ridge Medical Center in Lone Tree.

“After a concussion, any increase in blood flow to the brain from physical or mental activity can cause dizziness, nausea and other symptoms,” she says. “Rest is the only treatment.” Research shows that kids who rest after a concussion recover significantly more quickly than those who do not. Most children recover in about a week, but some require a lot longer. A child might need to stay home for a matter of days or weeks, or in rare cases, even months.

Get It in Writing!

Keep a medical record for your child and be sure to bring it with you.

“When you arrive at an emergency department, it’s important to have a good handle on your child’s symptoms,” says Dr. Kirelik. “It’s also critical to know your child’s medical history – allergies, past illnesses, injuries, surgeries or chronic conditions. You may know this medical history by heart. But consider writing it down so it’s handy during a stressful situation. And making a written record readily available at home will allow anyone caring for your child – such as a babysitter or grandparent – to provide it to emergency department staff.”

Your child’s medical history should include:
- Medications your child is taking including over the counter medications, herbal or alternative medications and vitamins
- Immunizations
- Allergies
- History of previous hospitalizations
- Any previous surgeries
- Illnesses
- Relevant family history

Understanding the care that is provided at your local hospital will also reassure you in an emergency. “At Rocky Mountain Hospital for Children at Sky Ridge, for instance, we have pediatricians in the Emergency Department 24 hours a day,” notes Dr. Kirelik. “This gives our parents peace of mind knowing that their child will be seen by a physician who specializes in children and their well-being.”
# Pediatric Medical/Surgical Specialists

## Adolescent Medicine
- **Christine Gilroy, MD**
  - 303-869-2160
- **Richard Miranda, MD**
  - 303-869-2160

## Allergy & Asthma
- **Sanford E. Avner, MD**
  - 303-706-9923
- **Margarita Guarin, MD**
  - 303-831-9853
- **Tania Khan, MD**
  - 303-869-2160
- **Lee Rusakow, MD**
  - 303-831-9853

## Cardiology
- **Samuel Brescia, MD**
  - 303-860-9933
- **Douglas Christensen, MD**
- **David Miller, MD**
- **Jane Nydam, MD**

## Cleft Palate & Craniofacial Clinic
- 303-320-7122

## Congenital Deformities: Hand
- **Laurel Benson, MD**
  - 303-861-2663
- **David Schnur, MD**
  - 303-830-7200

## Congenital Deformities: Leg
- 303-861-2663

## Craniofacial Surgery
- **Khalid Chowdhury, MD**
  - 303-839-5155
- **Mario Imola, MD**
  - 303-839-7980

## Dermatology
- **Meg Lemon, MD**
  - 303-831-0400
- **Margaret Muldrow, MD**
  - 303-830-2900
- **Barbara Reed, MD**
  - 303-322-7789

## Developmental
- **Next Step Developmental Clinic**
  - 303-839-6798
  - 866-610-4076

## Endocrinology
- **Clifford Bloch, MD**
  - 303-783-3883
- **Stephanie Hsu, MD**
  - 303-795-3375
- **Aristides Maniatis, MD**
  - 303-783-3883
- **Sunil Nayak, MD**
  - 303-783-3883

## Gastroenterology
- **Jose Barrios, MD**
  - 303-869-2121
- **Sandy Oesterreicher, MD**
  - 303-869-2121
- **Jeff Rosenzweig, MD**
  - 303-830-9190
- **Ted Stathos, MD**
  - 303-869-2121

## Gynecology: Adolescent
- **Carol Stamm, MD**
  - 303-869-2158

## Hand Surgery
- **Laurel Benson, MD**
  - 303-831-9861
- **William Brown, MD**
  - 303-830-7200
- **David Schnur, MD**
  - 303-830-7200
- **Conrad Tirre, MD**
  - 303-830-7200

## Hematology Office
- **Jennifer Clark, MD**
  - 303-832-2344
- **Lorrie Odom, MD**
  - 303-832-2344
- **Julie Zimbelman, MD**
  - 303-832-2344

## Infectious Disease
- 303-831-4774

## Neurology
- **Jessica Litwin, MD**
  - 303-226-7230
- **Benjamin Ross, MD**
  - 303-226-7230

## Neurosurgery
- **Roderick Lamond, MD**
  - 303-861-2266
- **Renatta Osterdock, MD**
  - 303-832-2449

## Nephrology
- 303-456-9456

## Ophthalmology
- **Christopher Bardorf, MD**
- **Justin Cohen, MD**
- **Diana DeSantis, MD**
- **Robert King, MD**
- **Anna Steele, MD**

## Orthopedics
- **Laurel Benson, MD**
  - 303-861-2663
- **David Hahn, MD**
  - 303-830-0072

## Orthopedic Injury Clinic
- 303-861-2663

## Orthopedic Oncology Office
- 303-837-0072

## Otolaryngology (ENT)
- **James Jaskunas, MD**
  - 303-839-7900
- **Cindy Kelly, MD**
- **Ross Wilkins, MD**

## Orthopedics: Sports Medicine
- **Kris Geiger, MD**
  - 303-861-2663

## Otolaryngology (ENT)
- **Head Neck Office**
  - 303-839-7900

## Plastic Surgery Office
- 303-830-7200

## Psychiatry
- **Asa Yancey, MD**
  - 303-740-0400

## Psychology
- **Jeanne Floerke, Psy D**
  - 303-861-1128

## Pulmonology
- **Margarita Guarin, MD**
  - 303-831-9853
- **Tania Khan, MD**
  - 303-869-2120
- **Lee Rusakow, MD**
  - 303-831-9853

## Sleep Medicine
- **Robert Ballard, MD**
  - 303-832-2955
- **Jessica Litwin, MD**
  - 303-226-7230
- **Sleep Scheduling**
  - 303-869-2069

## Spine and Scoliosis
- **Shay Bess, MD**
  - 303-788-5230

## Surgery: General & Minimally Invasive Office
- **Saundra Kay, MD**
  - 303-839-6001
- **Steve Rothenberg, MD**
- **Kristin Shipman, MD**
- **Suzanne Yoder, MD**

## Tracheostomy Clinic
- 303-839-7900

## Urology
- **Bruce Blyth, MD**
- **Peter D. Furness, III, MD**
- **Stan Galansky, MD**
  - 303-733-8848

## HealthONE Pediatric Emergency

### The Medical Center of Aurora
- 303-695-2780

### Centennial Medical Plaza
- 303-699-3060

### North Suburban Medical Center
- 303-450-4519

### Presbyterian/St. Luke’s Medical Center
- 303-563-3111

### Rose Medical Center
- 303-320-2455

### Sky Ridge Medical Center
- 720-225-1900

### Southwest ED
- 303-932-6911

### Swedish Medical Center
- 303-788-6911
Parents - Did You Know? When your child comes to Rocky Mountain Hospital for Children at Sky Ridge:

They’ll be cared for in an emergency department staffed with pediatricians 24/7.

They’ll be seen by doctors who are board certified pediatricians, and by nurses who are trained in pediatrics.

They’ll have access to many of Denver’s finest pediatric specialists, right here close to home at our pediatric specialty center.

Parents want the best possible care for their sick or hurt child. So, Sky Ridge has expanded its services for kids by becoming an affiliate of HealthONE’s Rocky Mountain Hospital for Children. All this care from Sky Ridge – the hospital you already know and trust – 24 hours a day.

To learn more about all we’re doing for children go to - www.skyridgemedcenter.com

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We welcome Kaiser Permanente Members in the Emergency Department

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