

New Service Launch for Direct Pediatrics!

At the risk of being overly transparent, one of the reasons why I left my old practice was a sensation of “bore-out.” I love practicing medicine (I better, I spent 7 extra years in school for it), and I love working with families, but in a jam-packed schedule of 15 minute appointments, I didn’t feel like I could “do” anything else. Each day left me rather worn out, but simultaneously... bored. It was a strange phenomenon, but joining the Direct Pediatrics team has allowed for pursuit of those more creative ideas I had been harnessing. **Enter our newest venture, “Nearly Newborn”**



Nearly Newborn

Nearly newborn is a simple idea. Pair expecting families with a pediatrician (in this case via text and call communication) to help answer their unique questions and concerns as they work through a prenatal workshop full of online content.

We’re confident this is the **best and easiest way for expecting parents to prepare for newborn life**, so spread the word! It is a virtual thing, so it is offered to members and non-members nationwide! Find it at **NearlyNewborn.com**

Workshop includes:

- 7-days of text communication with pediatrician
- Access to the “Baby Playbook,” an online database of videos, handouts, printable guides, etc.
- A “Pediatrician’s Guide” that daily navigates parents through the material
- An optional virtual call with the pediatrician to get all questions answered

April Newsletter

Clinical Update and Tid-Bit: ADHD

What is ADHD?

ADHD is a neuropsychiatric processing disorder in which someone has difficulty with focus. There are two “flavors,” inattentive and hyperactive (or combined). **ADHD diagnoses are constantly increasing. With that, so are parental concerns and questions regarding the diagnosis.** Most recent data shows that about 11% of kids aged 3-17 are diagnosed with ADHD. This is up from about 6% in the year 2000, for reference. Like everything, there’s lots behind this. The melting pot of genetics, what home you grew up in, school, where you live, it all plays into if a child is diagnosed or not.

How Do I Know If My Child Has ADHD?

Most signs and symptoms of ADHD can be totally normal, we discuss each child separately and their constellation of symptoms (a great advantage of the DPC model is the time we can put into this). That being said, some of the things we look for when examining kids with ADHD:

- Behavior outbursts
- Fidgeting
- Interrupts
- “Daydreams”
- Climbing, jumping, can’t be still
- Task avoidance
- Behavior outbursts
- Forgetfulness, distractedness

What do we do next?

The next step is easy! Tell me about your concerns and we go from there. We’ll start with some forms for you and a teacher to fill out, and review those. Those are often clear enough to make or rule out a diagnosis, then we dig into other things like anxiety, learning disabilities, to make sure we’re not missing anything.

“Treatment” looks a little different for everyone. Generally, we work on optimizing a few things first:

- Sleep
- Screen Time
- Nutrition
- School environment

Can we do medicines?

For any child we diagnose with ADHD, we have the conversation about if medicine is appropriate. There are multiple options of medicines these days (“stimulants” and “non-stimulants”) that we can navigate. We have LOTS of things that I like to do (or see) before we start a medicine, as I’m never in a hurry. We’ll make that decision as a team, making sure everyone is 100% on board.

April Newsletter

Office Logistics:

I'll be in town all of April, so reach out as normal and we shouldn't have any schedule interruptions.

Hannah, our office manager and the MA at the Middletown location, is leaving at the end of this month as she's moving back home to Arkansas. Kaitlynn, whom you may have met at the Norton Commons Location, will be over at the Middletown location more, so stop and introduce yourself if you haven't yet! She'll be taking over the office manager stuff as well, so if you have billing or office questions, she'll be your point of contact.



You'll be getting another email from us once a month as well. We're going to curate a joint "Newsletter" that will combine my newsletter and Steve's newsletter and will provide more formal updates regarding the office. Dr. Johnson and I are both relatively casual, so we thought it would be appropriate to have a more "official" newsletter that can be circulated so parents receive uniform information.

Extras:

- Emily Moran, our Psychological Associate, is doing formal testing at 50% discount for our members.
- More than anything else, **please reach out if there is anything we can do to make navigating your child's healthcare easier.** This office is designed with you in mind, and we want our actions to reflect that. We seek out feedback and find it helpful in making this place better for our families and patients!

Dr. Stewart's Current Music Playlist

- "This Too Shall Last"- Anderson East
- "House Fire"- Tyler Childers
- "Calm Down"- Rema, Selena Gomez
- "Nowhere to Run"- Kings of Leon
- "Slow it Down"- Lumineers
- "Gravelweed"- Jason Isbell
- "Space and Time"- S.G. Goodman
- "Temporary Tears"- NeedtoBreathe and Foy Vance