

Quality Report Card

Licking Memorial Health Systems



Volume 22, Issue 10

October 2021

PEDIATRIC CARE

Social Media Impacts Mental Health in Adolescents

Connections with peers are increasingly important during adolescence, and social media provides opportunities for teens to be socially connected through platforms such as Facebook, Instagram, YouTube, Twitter and Snapchat. According to the Pew Research Center, 81 percent of teens in the U.S. use social media and benefit from the opportunities of relationship building, creative expression, entertainment and exposure to current events. However, social media also can be harmful to teen mental health, and there is increasing evidence that links rising social media use to depression and anxiety among adolescents.

Using social media activates the reward center in the brain by releasing dopamine, a chemical that influences a person's mood and feelings of reward and motivation. Individuals post content on social media with the hope of receiving positive feedback in the form of likes, shares and comments. These rewards cause dopamine levels in the brain to rise, and associates social media use with positive reinforcement. While these validations boost self-esteem and give teens a sense of belonging in their social circles, such also can lead to addictive behavior to social media.

Sleep disruption is a common problem of social media use and can cause poor sleep habits among adolescents. Teens often feel that they must remain socially connected and available at all times, for

fear of missing an important conversation or invitation if they do not respond immediately. Unhealthy behaviors, such as sleeping with their phone or checking messages in the middle of the night, affect a teen's sleep quality, and lead to depression and anxiety.

The fear of being excluded from social events also can interfere with daily activities as teens constantly check social media instead of focusing on chores, homework or other events. Excessive use of social media can lead to addictive behavior, which can affect teens both physically and mentally.

Body image also is a mental health issue associated with social media use. Teens who use social media excessively are more likely to compare their body with the profiles of celebrities and other attractive users, which can lead to negative feelings and judgement about their own body and possible development of eating disorders.

Parents can help protect their children from negative effects by talking with them about responsible online behavior and monitoring their social media use. Below are other ways parents can help positively influence their children's relationship with social media:

- Set reasonable limits. Parents can help teens learn how to avoid letting social media interfere with

their activities, sleep or homework. Establishing a bedtime routine that does not include electronic media use and not allowing cellphones and tablets in bedrooms are appropriate boundaries. Parents can set an example by following the rules they establish.

- Build a relationship of trust surrounding social media. Talking about social media at an early age can encourage children to feel comfortable to discuss online issues with their parents that may arise in the future.
- Explain unacceptable behavior. Discourage teens from gossiping, spreading rumors, bullying or damaging a person's reputation and discuss what is appropriate and safe to share on social media.
- Encourage face-to-face contact with friends. In-person interaction among teens helps them build self-confidence and enhances their communication skills. It also can assist them with relationship building and developing leadership skills.

Parents who are concerned that their teen is experiencing symptoms of depression or anxiety related to social media use should contact their child's physician.



Patient Story – Sophia Bordenkircher

Craig and Kendra Bordenkircher tried for 12 years to have a child, visiting a number of fertility specialists and attempting a few different treatments. While taking a break from treatments, the couple was thrilled to discover Kendra was pregnant. A week before her due date in June 2020, Kendra went into labor and gave birth to Sophia at Licking Memorial Hospital (LMH) in June 2020. Having stopped growing in the womb at 34 weeks, Sophia was slightly underweight at just over five pounds. Within 24 hours, she lost weight and a nurse became concerned that Sophia would not safely fit in a car seat for the ride home. Sophia was sent to the Special Care Nursery where it was discovered that she was unable to keep warm.

When an infant is cold-stressed, they use energy and oxygen to generate warmth. Sophia's heart rate spiked and she began struggling to breathe. She was placed inside an incubator to regulate her temperature and immediately started breathing better. Kendra was able to visit with Sophia and offer her regular feedings. "I am so grateful for the amazing team in the Special Care Nursery. The nurses helped so much with learning to breastfeed and were so calming when things were very emotional," Kendra said. While in the Special Care Nursery, Sophia's blood sugar started rising and she was then transferred to Nationwide Children's Hospital for more intensive care.

Sophia was diagnosed with transient neonatal diabetes, a rare form of diabetes that occurs within the first six months of life. Infants with this condition do not produce enough insulin, which increases blood sugar levels. The condition is so rare, experts in Chicago were consulted to determine

the best treatment plan for Sophia. The condition typically resolves itself within the first 12 weeks of life. Newborns with neonatal diabetes do not grow as well in the womb and may be small for their gestational age. "We discovered that Sophia had two chromosomes passed on from Craig's genetics that lead to the condition," Kendra explained.

While still at LMH after Sophia's birth, Kendra and Craig chose Sean M. Gallagher, M.D., of Licking Memorial Pediatrics – East, as her pediatrician. Craig contacted Dr. Gallagher's office to schedule Sophia's first well-child appointment which is recommended within the first week of birth. Due to the complications from the neonatal diabetes, the appointment was delayed until Sophia's release from the hospital. "Even though he had never met Sophia, Dr. Gallagher followed her progress while she was treated at Children's Hospital. He wanted to fully understand her condition and be prepared to offer her the best care possible," Kendra said.

While examining Sophia during her first visit, Dr. Gallagher noticed Sophia's abdomen was bloated. He was concerned about bacteremia, an infection in the blood caused by bacteria. After taking blood samples and performing a sonogram, Dr. Gallagher suggested to Craig that he take Sophia to the Emergency Department at Children's Hospital where it was confirmed that Sophia did have the serious infection. When Sophia was able to return home, she was prescribed an antibiotic; however, Dr. Gallagher felt the medication was not adequate in light of Sophia's condition. He worked with the LMH pharmacists and another local pharmacy to locate an appropriate, hard-to-obtain antibiotic that successfully treated the blood infection.

After visits with an endocrinologist and hematologist who recommended an iron supplement, the neonatal diabetes resolved itself, and Sophia no longer takes any medications. She celebrated her first birthday in June and continues to visit Dr. Gallagher for well-child appointments. "Sophia is on track now in terms of growth and we believe she is well advanced in development. She was walking before she was a year old and is now talking," Kendra said. "Dr. Gallagher has been exceptional to all of us. It was wonderful to have a physician that would familiarize himself with her case, monitor her while she was in the hospital and work through the diagnoses with us. He made it so easy to get information and explained everything to us."

Craig and Kendra live in West Lafayette in Coshocton County where Craig was born and raised. Kendra also grew up in Coshocton County in Warsaw. Despite the distance, the couple chooses to drive to Licking County for their health care. "We appreciate the care we receive and have enjoyed getting to know the physicians and staff at Licking Memorial Health Systems," Kendra said. "We plan to keep making the drive to continue the professional relationships we have formed."

Kendra visited Licking Memorial Women's Health during her pregnancy and found the staff to be friendly and supportive. She credits the staff there for assisting in the early detection of melanoma. While attending a routine pregnancy evaluation, an LMH certified midwife discovered an abnormal growth on Kendra's back and referred her to Thomas J. Hagele, M.D., of Licking Memorial Dermatology, who diagnosed the melanoma. She had to have the growth removed prior to giving birth to Sophia.

Pediatric Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

- Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
 - 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
 - 3 doses of polio
 - 1 dose of measles, mumps and rubella
 - 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

	LMHP 2018	LMHP 2019	LMHP 2020	National
Childhood immunization rate (4:3:1:3:3:1 series)	83%	82%	82%	70% ⁽¹⁾
Children, aged 6 months to 18 years, receiving the influenza vaccination	33%	33%	30%	63% ⁽²⁾

- LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents. (In 2019, the parameters for the HPV vaccination series were changed from females, aged 13 to 17, to persons, aged 11 through 26. The vaccine can be administered to both females and males starting at age 9, and those who have not been adequately vaccinated may still receive the vaccination series until age 26.)

	LMHP 2018	LMHP 2019	LMHP 2020	National
Persons aged 11 through 26 completing HPV vaccination series	58%	53%	54%	54% ⁽³⁾
Adolescent children receiving varicella vaccination	96%	95%	96%	90% ⁽³⁾
Adolescent children receiving meningococcal vaccination	89%	90%	89%	87% ⁽³⁾

- Pharyngitis (sore throat) is a common illness in children. Most children's sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, such are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2018	LMHP 2019	LMHP 2020	National
Children with pharyngitis receiving test before antibiotics	94%	97%	93%	84% ⁽²⁾

- Kids' Place is an accredited child advocacy center that provides a comprehensive, multi-disciplinary evaluation of children who are suspected victims of sexual and/or physical abuse and/or neglect. Services are provided in a comfortable and confidential environment. Case management and victim advocate services are also available.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Total number of children served	242	187	179	N/A

Data Footnotes: (1) Centers for Disease Control and Prevention, National Immunization Survey, Vaccination Coverage Among Children Aged 19-35 Months – United States, 2017. (2) Centers for Disease Control and Prevention, National Immunization Survey, "Flue Vaccination Coverage, United States, 2018-2019 Influenza Season," updated September 26, 2019. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by age at interview; National Immunization Survey-Teen (NIS-Teen), United States, 2018.



Check out our Quality Report Cards online at LMHealth.org.

Well-child Visits and Vaccinations Essential for Child Development

Licking Memorial Health Systems (LMHS) encourages parents to schedule a well-child visit for their children to maintain the schedule of recommended vaccinations. The COVID-19 pandemic disrupted in-person learning last year and caused families to skip annual well-child visits with their pediatrician. Annual physical exams and immunizations are important to keep children healthy and protected against contagious diseases.

A wellness exam tracks a child's growth and development and gives parents an opportunity to discuss any developmental, social and emotional concerns with their child's physician. A pediatrician performs a physical exam, which includes checking blood pressure levels, listening to the heart and lungs and checking the abdomen. Vision and hearing screenings also may be administered. The pediatrician may discuss healthy behaviors, such as nutrition, sleep habits and physical activity, with the child.

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend that every child continues to receive recommended vaccinations during the COVID-19 pandemic. The Ohio Department of Health requires the following immunizations for children attending school:

- Diphtheria, tetanus and pertussis (DTaP)
- Chickenpox
- Measles, mumps and rubella (MMR)
- Polio
- Hepatitis B

Students in grades 7 to 12 also must receive the meningococcal vaccine. Parents can contact their child's pediatrician or family physician to obtain immunization records.



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Pediatric Care**. You'll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

Visit us at www.LMHealth.org.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2019 Licking Memorial Health Systems. All rights reserved.