Pediatric Grand Rounds

FRIDAY, APRIL 28, 2017

8:00 a.m. Storm Eye Auditorium
Topic: “An Update on Transitional Care”
Speaker: Sarah Mennito, MD, MSCR
Assistant Professor of Pediatrics and Internal Medicine

There are no Grand Rounds on May 5, 2017

The Pediatric Sleep Program: a work in progress

The pediatric sleep program continues to expand in the number of patients and services we provide.

We have a sleep clinic 4 full days per week including the CPAP clinic. The CPAP clinic is located in the sleep labs at Leeds Avenue and the patients are generally familiar with this place. We are very fortunate to have sleep technologists at that clinic who are dedicated to children and love to work with them and their families. In the near future, we are investigating adding a licensed sleep psychologist to the sleep clinics to better treat conditions such as insomnia, circadian rhythm disorders, behavior problems associated with sleep, etc.

This past year we have had a sleep technologist (Heidi Knode) present at every sleep clinic. Heidi usually explains what happens during a sleep study or other tests done in the sleep lab; she shows the CPAP equipment and explains how it works when patients need to initiate the treatment. The most difficult but rewarding task Heidi is responsible for, includes gradual “desensitization” of patients who are afraid of having a sleep study or starting CPAP. The process of desensitization is sometimes necessary in young children and patients with sensory or developmental issues.

When we or the parent anticipate difficulties with a sleep study for a child, Heidi shows them the equipment used during the test and sends them home with some of the “elements” (leads, wires, nasal cannula, etc.). In the next step, the parents practice with the child, placing the wires and sensors at home. When the child is comfortable with the equipment and its use, the sleep study is scheduled. Sometimes Heidi herself performs the sleep study since the children become more comfortable with her. We have found this approach rather successful.

Not every sleep study is scheduled by us, so we want to make sure the referring doctors are aware that it is best to identify children that may have problems tolerating the test and inform us ahead of time. There is no charge for the “desensitization” process carried out by our sleep technologist. To request information please e-mail Dr. Riva (riva@musc.edu).

Preparation for a sleep study

I usually tell families that in order to have a sleep study, children need “to fall asleep”. This concept is challenging at times; preparation is the key.

Some reminders for the parents: patients need to show up at the sleep lab at 7 pm, after they have had dinner; avoid caffeine starting the day before and also avoid naps in the car on the way to the sleep lab! This last problem is common for families with a long commute: the children rest during the ride in the car and then are fully awake when it is time to fall asleep. The lights are turned off at ~8 pm (a little later for teenagers) so the children’s bedtime schedule may need to be adjusted for some days before the study.

Please e-mail me if you have any question or issue related to our service (riva@musc.edu).