



Central California Pediatrics

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Specialty information for physicians who treat children and expectant mothers.



What To Know When Referring a Child To A Sleep Specialist

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Valley Children's Pediatric Neurologist and Sleep Specialist

Sleep is a critical part of a child's good health. Disorders related to sleep place children at high risk for physical, developmental and behavior health problems.

Sleep disorders occur in approximately 20-25% of children. This includes issues of sleep disordered breathing, sleep movement disorders, abnormal behaviors during sleep and insomnia.

Children can experience difficulty with sleep at any age. In addition, sleep disorders often develop as part of other medical conditions.

How do I know if my patient needs to see a sleep specialist?

If your patient is exhibiting any of the following signs or symptoms, a consultation with a Valley Children's sleep specialist is recommended:

1. Snoring during sleep
2. Coughing, choking or gasping during sleep
3. Restless or continuous movement during sleep
4. Difficulty falling asleep or remaining asleep at night
5. Difficulty remaining awake during the day
6. Behavior concerns (poor concentration, hyperactivity, aggression, or mood swings)
7. Abnormal behaviors during sleep (sleep walking and night terrors)

We welcome all referrals for sleep evaluation to Valley Children's Hospital. A consultation will comprise of a comprehensive history and physical performed by a

board certified sleep specialist. All sleep testing options and sleep medications are discussed and ordered, if needed.

What is a Sleep Study?

A sleep study, also known as a polysomnogram (PSG), is an overnight procedure in which the child's breathing, movement, heart function and brain function are monitored. The results of the test allow the sleep specialist to determine if the child's sleep issues are caused by abnormal breathing, abnormal movements or abnormal brain activity. It is a tool in diagnosing sleep apnea, restless leg syndrome and seizure activity.

What is a CPAP/Bi-PAP study?

A PAP titration is an overnight procedure performed in children who have been diagnosed with sleep apnea. During the study, the child wears a mask which provides pressurized air to allow the patient to breathe during sleep.

What is a Multiple Sleep Latency Test (MSLT)?

A MSLT is daytime procedure performed the morning and afternoon after the child has undergone a sleep study the night before. It is a series of nap trials to measure daytime sleepiness. It is a tool in diagnosing narcolepsy.

The Sleep Program at Valley Children's is currently undergoing expansion with the installation of new SLEEPWORKS and SENTEC diagnostic equipment. In addition, the establishment of regional telemedicine clinics in Bakersfield and Modesto is planned to increase access to care. Finally, a new sleep physician will join the Valley Children's team in fall 2023.

We look forward helping your patient's sleep challenges.

Valley Children's: Home to Central Valley's First Pediatric Cochlear Implant Center

Earlier this year, Valley Children's took another step in its commitment to providing the highest quality of care to children in the Central Valley through the establishment of the first pediatric Cochlear Implant Center in the region. The Valley Children's Cochlear Implant Center provides children needing cochlear implants a dedicated home to see a multidisciplinary team of pediatric subspecialists at one time, in a single location. This multidisciplinary team includes professionals from audiology, speech language pathology and otolaryngology.

Children with severe hearing loss who will not benefit from hearing aids may be considered for cochlear implants, which transmit sound information directly to the auditory nerve. While hearing aids amplify sounds, cochlear implants directly stimulate the auditory nerve. Signals generated by cochlear implants are sent by way of the auditory nerve to the brain, which is then translated by the brain as sound.

Additionally, this program recently was approved as a California Children's Services (CCS) program. The CCS program is administered as a partnership between county health departments and the California Department of Health Care Services (DHCS). This CCS certification ensures that children eligible for Medi-Cal are able to access the services through the cochlear implant program.

"By becoming a CCS program, more children who qualify for cochlear implants can benefit quickly and the stress of needing to go out of the Valley for the surgery is eliminated," says Dr. Kyle Robinette, pediatric otolaryngologist and medical director of Valley Children's Cochlear Implant Center.

Medical Staff News

The following pediatric specialist recently joined Valley Children's:

Hospitalist

(Bakersfield Memorial)

Bora Buyuktimkin, MD

(Bakersfield Memorial)

Bobby Hateley, MD

Upcoming CME Opportunities

Safe Kids Injury Prevention & Safety Series: Infant Safe Sleep Practices for Risk Reduction of Sudden Unexpected Infant Death

Presented by Sylvia Stratford, RN and Linda Hicks, RN

Wednesday, August 3

12:15 p.m. - 1:15 p.m.

Health Equity Series: Dominant Cultural Norms in Medical Education: Recognize and Reshape

Presented by Dr. Sunny Nakae

Monday, August 15

12:15 p.m. - 1 p.m.

Pediatric Clinical Symposium: Diagnosis and Management of Precocious Puberty

Presented by Dr. Ethel Clemente

Wednesday, August 31

12:15 p.m. - 1:15 p.m.

Register for Valley Children's CME events through our CME Tracker, cmetracker.net/VCH



Valley Children's Voice, the podcast for pediatricians by pediatricians, releases monthly episodes addressing topics impacting pediatricians and children in the Central Valley. Tune in to our podcasts at valleychildrens.org/podcast.