

Arkansas e-Link Project Update

by Brenda Pick, Project Manager BA



ANGELS Offers new Program to Help Manage Diabetes during Pregnancy

ANGELS has added a new service to assist pregnant women suffering from diabetes - a Web-Based Instruction on Nutrition (WIN). The program, which has online and live interactive telemedicine elements, began last summer with the creation of online modules to assist pregnant women suffering from diabetes to help them manage and maintain their condition during pregnancy.

Patients who are referred to UAMS are given access to an online assessment module which is required education before making an appointment. The telemedicine appointment consists of a physician or APN as well as a Certified Diabetes Educator (CDE). Denise Ragland, Pharm D and CDE, sees patients on Mondays. Andrea Tappe, a registered dietitian and CDE sees patients on Thursdays. During these provider-to-patient meetings they go over progress the patient has made and offer assistance with the management of blood sugar levels via diet and medication regimens.

Controlling A1C levels during pregnancy is a way that mothers can help ensure the health of their baby. Babies born to mothers with elevated blood sugars can suffer complications before and during birth. "Moms can deliver a large baby at birth or the baby could have low blood sugar at birth", said Andrea Tappe, RD, LD, CDE, "Not to mention the risks to the mother. If mom controls her A1C, her risk for future complications, such as heart disease, retinopathy, and neuropathy also goes down dramatically."

"I love helping people and seeing progress. I love seeing the A1C's come down. Some of these mothers come in and have not ever had a good A1C. During pregnancy, we work with them and see them every week and we can get their blood sugars down in a short period of time." Tappe said.

By incorporating online and live video components, patients can be seen remotely. Currently, the program is serving patients in Hempstead and Sevier counties in Southwest Arkansas. Normally, if patients in these areas have blood sugar levels that are not managed during their pregnancy, it often requires frequent trips to Little Rock and occasionally even hospitalization to get the levels under



Andrea Tappe
Registered Dietitian & Certified
Diabetes Educator

control. With the help of the new program, these patients are seeing their primary care physicians in their local communities and seeing a specialist without having to travel to Little Rock to get the help they need to control their diabetes during pregnancy.

"We want to go everywhere and help these women manage their diabetes during their pregnancy. I recently had a patient who came to us with an HgA1C of 12%. When we checked her A1C three months after her initial education, it had decreased to 5.3% (which is normal). She's worked really hard doing everything we've asked her to do and she's managing her condition right from her home town. She's doing a fabulous job!"

The program was created with the assistance of the ANGELS program, Dr. Nafisa Dajani, Andrea Tappe, RD, LD, CDE and Denise Ragland, PharmD, CDE, Niki Thompson, RD, LD, CDE, and Brooke Keathley, APN. **For more information on the**

program, please contact Andrea Tappe at tappeandrea@uams.edu or Denise Ragland at dragland@uams.edu.



<https://learnondemand.org/default.aspx>

Arkansas e-Link continues to work toward obtaining funds through the Healthcare Connect Fund (HCF) for the e-Link Consortium (for those that qualify per HCF eligibility requirements).

If you'd like to discuss what others are doing or have ideas to further leverage the e-Link network, email us at arkansaselink@uams.edu or call 501-603-1280.

To find out where Arkansas Telehealth sites are located in each county, go to <http://telehealth.uamsweb.com/telemedicine-in-your-town/>



University of Arkansas for Medical Sciences
4301 W. Markham St., #518
Little Rock, AR 72205-7199



NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 1973
LITTLE ROCK, AR

Did you know there are over 100 pediatric ANGELS guidelines readily available for free?

QUICK • SUCCINCT • UP TO DATE

And over 100 obstetrical ANGELS guidelines, too!

Access these time-saving guidelines anytime from your smart phone, laptop, or desktop at

angelsguidelines.com



REPORT ON SEPT.,
OCT., NOV., 2016

the ANGELS REPORT



ANTENATAL & NEONATAL GUIDELINES, EDUCATION AND LEARNING SYSTEM

Alcohol Use in Pregnancy

by Janna Michael, APRN



Have you heard that small amounts of alcohol in pregnancy are safe? Wrong, that is a myth. Many people believe that drinking some alcohol is okay, like a glass of wine with dinner, or an occasional beer, but that "hard" liquor

is the only kind harmful to the developing baby. In fact, all kinds of alcohol are equally harmful to the developing baby. There is no level of drinking during pregnancy that is known to be safe. Obstetricians who counsel their patients to enjoy a glass of wine each evening are putting the baby at risk.

When you drink a glass of beer, wine, or hard liquor, it goes into your blood-stream and passes to your baby. Your baby gets just as much alcohol as you. Alcohol is considered a teratogen (a substance that is toxic to the baby's developing brain). Damage can occur in various regions of the brain

There is no level of drinking during pregnancy that is known to be safe.

and depends on which areas are developing at the time the alcohol is consumed. Since the brain is developing

Continued on page 2





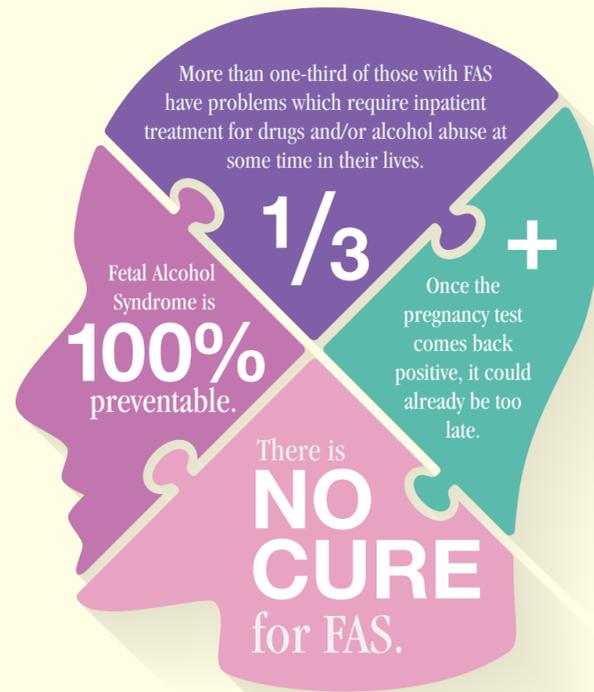
Every drink is one too many during pregnancy.

throughout the entire pregnancy, the baby's brain is always vulnerable to damage from alcohol.

You may have heard of Fetal Alcohol Syndrome (FAS) before. FAS is a set of mental and physical disorders that can include mental retardation, brain dysfunction, physical abnormalities, learning disabilities, and psychological disorders that occur from prenatal exposure to alcohol. Only babies who were exposed to alcohol during a specific period of pregnancy will have the characteristic facial features of FAS. But the most serious characteristics of FAS are the invisible symptoms of neurologic damage. These symptoms usually present as behavior problems in children, but they are a result of permanent, unchanging damage to the brain and are not always within the child's control.

It is recommended that women of childbearing age not drink any alcohol, because once the pregnancy test comes back positive, it could already be too late. Every drink is one too many during pregnancy. There are so many birth defects and syndromes that occur in pregnancy that women have no control over, but Fetal Alcohol Syndrome is 100% preventable. If you are having problems with alcohol and are pregnant, talk to your doctor now. If you aren't pregnant and need help or are thinking of becoming pregnant, you can call the Office of Alcohol and Drug Abuse Prevention at (501) 686-9164.

Fetal Alcohol Syndrome (FAS)



Pediatric Report

by Shannon Lewis, RN, Medical Services Administrator, ANGELS



Peds PLACE (Physicians Learning and Collaborative Education)

Peds PLACE is an interactive weekly pediatric teleconference jointly sponsored by the University of Arkansas for Medical Sciences (UAMS) and Arkansas Children's Hospital (ACH) that occurs every Thursday at 12:10 CST. A variety of pediatric topics are presented from our ACH physicians as well as physicians around the state, and out of state. The great thing about Peds PLACE is that it's presented as a discussion among peers, not a lecture. You can obtain free CME and join the discussion from almost anywhere. See below on how to join in.

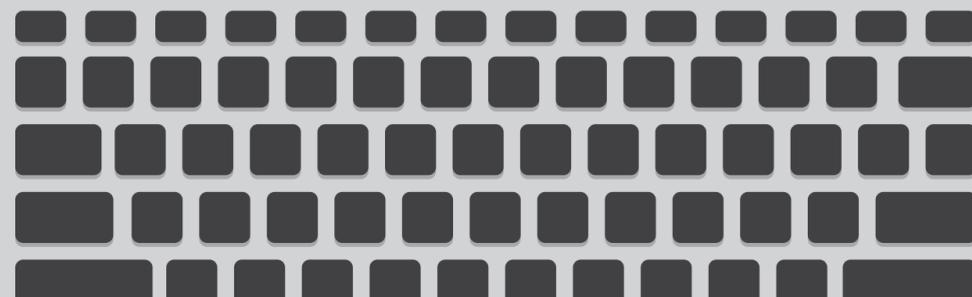
You can join Peds PLACE in person at AR Children's Hospital in the Betty Lowe classroom, via teleconference from an interactive video unit (IAV) or Jabber software (dial 070231), via live stream on your PC, Mac, iPad or iPhone by going to www.archildrens.org/video. You can also watch archived presentations by going to the same website. If you are a pediatrician or family practice physician and interested in finding out how to connect with us using the Jabber software, please contact Shannon Lewis lewisshannond@uams.edu for more information.

Here's a 2 minute YouTube link which has two Arkansas private docs commenting on what they like about Peds PLACE - https://www.youtube.com/watch?v=v27Ed_cjnVQ

Telenursery

led by Dr. R. Whit Hall, professor in Neonatology

- Connects via telemedicine at 8:15 am on M/W/F for a brief census rounds
- Facilitates neonatal transports and back transports
- Neonatal consults as requested. Sub-specialty consults can be arranged
- Follow up reported on your transported maternal patient and/or neonate
- Best practice discussions
- Promoting regionalization of care
- Mother/baby video connection; connect your maternal patient to her neonate that was transported to Arkansas Children's Hospital
- Tele-intubation studies and community opportunities coming soon



Zika

by Kimberly Mckee, MS



Zika outbreaks are currently happening in many areas around the world, including parts of the United States. So far in 2016, 15 travel-associated Zika virus cases have been reported in Arkansas.

People are infected with Zika primarily through the bite of an infected Aedes species mosquito. Once a person has contracted Zika, he/she can pass the virus through sexual contact. The CDC is still determining how long the virus can stay in an infected person's genital fluids. A pregnant woman can pass the virus to her fetus during any trimester. The Zika virus can cause birth defects, including microcephaly, which causes a baby's head to be smaller than average and can be indicative of abnormal brain development. Other problems that have been identified in fetuses and infants infected with Zika before birth include defects of the eye, hearing deficits and impaired growth.

Many people infected with Zika may have no symptoms or only mild ones. The most common symptoms are fever, rash, joint pain or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. Once infected with Zika, a person is likely to be protected from future infections.

The most common symptoms are fever, rash, joint pain or red eyes.

The Centers for Disease Control (CDC) have developed guidelines for health care providers who care for pregnant women in the United States. In Arkansas, health care professionals from the UAMS ANGELS program, Arkansas Children's Hospital and the Arkansas Department of Health (ADH) have joined forces to develop a quick reference guide that breaks down the CDC guidelines into simple algorithms and checklists. The quick reference guides along with posters that can be hung in waiting areas and exam rooms will be distributed to delivering hospitals, OB providers and ADH nurses across the state by the end of the year.

You can follow the ADH web site to stay current on the impact of the virus on Arkansas, travel warnings, precautions, number of reported cases, etc. (<http://www.healthy.arkansas.gov/programsServices/infectiousDisease/zoonoticDisease/zika/Pages/default.aspx>). The CDC web site also provides Zika educational materials in various languages (<http://www.cdc.gov/zika/fs-posters>).

*Zika case data verified with ADH as of 11/2/16.

So far in 2016, **15 TRAVEL-ASSOCIATED** Zika virus cases have been reported in Arkansas.

