



the ANGELS REPORT

Investing in Life

By Michele Jernigan, APN



Some women are aware of the option to bank their baby's cord blood after delivery and others have never heard the term cord blood. Either way, most women do not know that Arkansas has our own cord blood bank with multiple options to bank newborn cord blood. Let's take a look at the answers to the most commonly asked questions we hear as health care providers about this topic.

What is cord blood?

Cord blood is the blood remaining in the umbilical placenta after delivery of a healthy baby. These blood cells can be used to treat certain types of cancer and is being researched for potential use in regenerating organs such as the heart, bones and spinal cord.

What are the options for cord blood banking?

• You can donate cord blood to a public bank where it can then be transplanted into any patient considered a match. This could be a patient from Arkansas or anywhere in the world. You cannot retrieve your child's cord blood from the public bank. But, everyone who needs a cord blood transplant can access stored products through a transplant center. There is no cost to you as the donor to donate. It is completely free, as the cord blood bank covers the expenses for public banking.

- You can also bank your cord blood in a **private** bank that will allow you to use the cord blood for your own family. There is an initial fee for the processing and then a recurring charge each year to cover the cost of ongoing storage. Call the number below for current rates.
- You can request your cord blood be used specifically for **research** to advance what we know about cord blood and how we can use it to save lives and treat diseases. Publicly donated cord blood units that do not meet criteria for transplant storage can also be used for research.

How do I sign up for cord blood banking or donation?

Contact the Cord Blood Bank of Arkansas at 1-855-854-2222 or 501-686-6271 between 8 a.m. - 3:30 p.m. Monday through Friday or visit the website at www.cordbloodbankarkansas.org for more details. There is a packet of information to submit, and once it has been processed, you will receive a collection kit in the mail. Bring this kit with you to the hospital when it is time to deliver your baby, and the hospital staff will take care of the collection.

Who is eligible to donate?

- Mothers who are 18 years or older
- Mothers who are free of active infections or chronic diseases such as HIV or Hepatitis
- Mothers who are not IV or illicit drug users
- Parents without strong family history of cancer

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Quick facts:

- Donating your cord blood is **risk free** to the mother and newborn since it is the blood left over in the cord and placenta following delivery
- Cord Blood can be **used to treat** leukemia, lymphoma, bone marrow failure, blood clotting disorders, immune deficiencies and metabolic diseases
- Cord blood is **not used for cloning**
- You can **sign up at any time**, but we encourage expectant mothers to register prior to their 34th week of pregnancy. This is to ensure that there is plenty of time to receive your kit before you deliver.
- There will be no identifying information attached to your donated cord blood
- Seven out of 10 people will not have a matched donor in their family, so adding more cord blood units to the public bank **increases the chance** for those patients to find an acceptable donor
- Delayed cord clamping can be done, even if you want to donate cord blood.

For more information, call the Cord Blood Bank of Arkansas at 1-855-854-2222 or 501-686-6271, or visit the website at www.cordbloodbankarkansas.org

ZIKA Virus: What We Know and What We Don't Know (as of February 17, 2016)

By Barbara Smith, RN, BSN, CPC, Director, Guidelines, ANGELS



What We Know

- Zika can be spread from a mother to her fetus during pregnancy.
- Infection during pregnancies may be linked to birth defects in babies.
- Zika is spread mostly by the bite of an infected Aedes species mosquito.
 - ▶ These mosquitoes are aggressive daytime biters, but they can also bite at night.
 - ▶ Zika is not currently found in the continental U.S. (There have been travel-associated Zika virus disease cases reported but no locally acquired cases.)
 - ▶ The mosquitoes that can carry Zika are found in some areas of the U.S., including Arkansas.
- Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue.
- There is currently no vaccine to prevent or medication to treat Zika.
- The illness is usually mild; four out of five people with Zika won't even know they have it.
 - ▶ Updated guidelines include a new recommendation to offer serologic testing to asymptomatic pregnant women who have traveled to areas with ongoing transmission of Zika virus. Testing can be offered between two and 12 weeks after pregnant women return from travel to areas with ongoing Zika virus transmission.
 - ▶ If interested in testing for Zika virus, first call the Arkansas Department of Health at (501) 537-8969.

- Women trying to become pregnant should consult with their health care providers before traveling to areas with Zika and strictly follow steps to avoid mosquito bites during the trip.

- ▶ This notice follows reports in Brazil of microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Research is ongoing.
- ▶ For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>

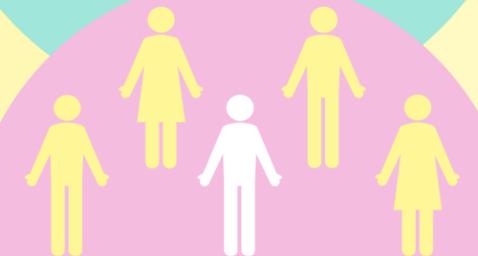
There is currently no vaccine to prevent or medication to treat Zika



The ZIKA virus is spread by an infected Aedes species mosquito



4 out of 5 people with Zika won't even know they have the ZIKA virus



Pediatric/Neonatal Update

By Shannon Lewis, RN, BSN, Medical Services Administrator



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. Not only do we have our own speakers from UAMS and ACH, but also speakers from around the United States. In the month of January, Bernard Cohen, M.D., from Johns Hopkins University in Baltimore, Maryland spoke on "Pediatric Dermatology Emergencies." We also had Lindsay Johnston, M.D., from Yale University present on video-laryngoscopy and improving neonatal endotracheal intubation performance.

You can join Peds PLACE in person at Arkansas Children's Hospital in the Betty Lowe classroom, via teleconference from a video unit or Jabber software (dial 070231), or via live stream on your PC or Mac 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.

Telenursery

Led by R. Whit Hall, M.D., professor in the College of Medicine's Department of Neonatology

- Connects via telemedicine at 8:15 a.m. on M/W/F for a brief census rounds
- Facilitates neonatal transports and back transports
- Makes possible neonatal consults as requested and schedules sub-specialty consults
- Follow-up reported on your transported maternal patient and/or neonate
- Enables discussions of best practices
- Promotes regionalization of care
- Mother/baby video connection; connects your maternal patient to her neonate that was transported to Arkansas Children's Hospital
- Delivers tele-intubation studies and community opportunities (Coming Soon)



Hero Award

By Tina Pilgreen, MS



Curtis Lowery Honored with Award

Arkansas Business annually presents their Healthcare Hero awards to honor those individuals or companies making a significant impact on the quality of health care in Arkansas. They are exclusively chosen by their dedication and excellence in their profession and by serving as an inspiration to others to discover new ways to assist those in need. The Innovation Hero award specifically honors those responsible for a new procedure, treatment, or service that can save lives or improve quality of life.

As creator of the ANGELS program and considered one of the pioneers in telemedicine, it is no surprise our very own, Curtis Lowery, M.D., was selected among healthcare professionals throughout the state to receive the Innovation Hero award. Lowery, M.D., is the founder and medical director of UAMS ANGELS and the Center for Distance Health and has been extremely successful in carrying out his vision to provide the same quality of health care to all Arkansans regardless of where they live. He envisioned a system that would provide real-time diagnosis and consultation between a physician and a patient even though they might be miles apart from one another.



Curtis Lowery, M.D.

His innovative approach to health care led to the development of ANGELS, and from its success, a multitude of telemedicine programs were created incorporating innovation and technology to educate, improve quality of life and ultimately save lives. Changes are being made in healthcare and in people's lives as a result of his leadership and for that, the honor is well deserved.

Congratulations, Dr. Lowery, and thank you for vision, hard work, and dedication to improve health care in Arkansas!

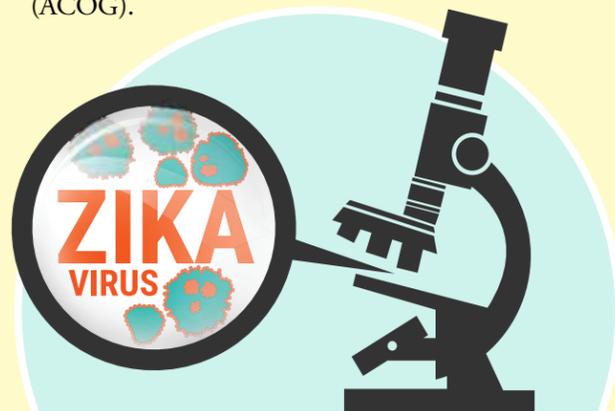
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What We Don't Know

- If there's a safe time during pregnancy to travel to an area with Zika
- If a pregnant woman does travel and is infected:
 - ▶ How likely it is that the virus will infect the fetus?
 - ▶ How likely it is that the baby will have birth defects from the infection?
- Information from CDC's response to **Zika** at <http://cdc.gov/zika>

The management of women exposed to Zika virus is evolving. Recommendations for management are updated periodically to reflect changing evidence and

emerging consensus by both the Centers for Disease Control and Prevention (CDC) and the American Congress of Obstetricians and Gynecologists (ACOG).



Selected Resources

Questions and Answers for Healthcare Providers

<http://www.cdc.gov/zika/hc-providers/qa-pregnant-women.html>

Interim Guidelines for Health Care Providers Caring for Pregnant Women and Women of Reproductive Age with Possible Zika Virus Exposure – United States, 2016

<http://www.cdc.gov/mmwr/volumes/65/wr/mm6505e2.htm>

ACOG and the Society for Maternal-Fetal Medicine have issued an updated practice advisory regarding prevention strategies and current guidance for

management of pregnant women and women of reproductive age.

Information for Obstetricians and Gynecologists and Women's Health Care Providers

<http://www.acog.org/About-ACOG/ACOG-Departments/Zika-Virus>

For Patients

<http://www.cdc.gov/zika/pdfs/zikapregnancyinfographic.pdf>

<http://www.cdc.gov/zika/pdfs/Zika-What-We-Know-Infographic.pdf>

Education

By Barbara Smith, RN, BSN, CPC, Director, Guidelines, ANGELS and Sarah R. Kinder, DNP, APN, Assistant Professor, Department of OB/GYN



ANGELS Guidelines

The ANGELS guidelines website is now even better. We have been working hard on some new enhancements so that busy providers can quickly access the information they need.

- The new design is easy to navigate from all your devices, whether you're using a smart phone, tablet, laptop or computer desktop.
- If you are an obstetrical or pediatric provider, new changes within the ANGELS website now facilitate improved communication and collaboration with your colleagues.

Our goal is to strengthen and support collaboration in guideline development for Arkansas providers. Many of our guidelines provide easy access to resources, relevant links, and additional tools. Guidelines are continually being updated and added.



The ANGELS guidelines website is free. If you are not already a member, go to <http://angelsguidelines.com> and sign up today. In addition, we invite you to participate in guideline development by sending your comments and suggestions for improvement to cdheducation@uams.edu, or utilize the 'Leave a Reply' form on the website for specific guidelines.

Log on today!

New Guidelines (added since July 2015)

- Developmental Hip Dysplasia
- Common Pediatric Preoperative Concerns: What a Pediatrician/Family Practitioner Needs to Know
- Outpatient Approach to Child Physical Abuse Evaluation
- Streptococcal Pharyngitis
- Infant of a Diabetic Mother – What a Pediatrician/Family Practitioner Needs to Know
- Neuropsychological Referral – When Is It Indicated?
- Animal Bites
- Measles, Mumps, and Rubella

New Guidelines Coming Soon (in the Spring)

- Bowel and Bladder Dysfunction
- Varicella
- Clinical approach to cutaneous spinal lesions and occult spinal dysraphism: Is neurosurgical referral needed?

Arkansas e-Link Update

By Brenda Pick, BA, Project Manager



Arkansas Act 887, the telemedicine law, requires that health care plans cover telemedicine-provided physician services and reimbursement on the same basis as in-person visits. There are two stages to the Act:

Stage 1: Parity provisions became effective on January 1, for all health benefit plans (except Medicaid)

Stage 2: Parity provisions will become effective for Medicaid starting July 1.

This legislation is a major development toward expansion of telemedicine services in Arkansas.

April 2015



Arkansas Telemedicine Law Enacted Includes Parity Provisions (Arkansas Act 887)

January 2016



Telemedicine Reimbursement began for all Health Benefit Plans (EXCEPT Medicaid)

July 2016



Telemedicine Reimbursement begins for Medicaid

Over the past 5.5 years, Arkansas e-Link has led a broadband expansion initiative funded by a Broadband Technology Opportunities Program (BTOP) grant. As of June 30, the BTOP grant-funded broadband is coming to a close and our 400+ sites will be responsible for paying their broadband costs. For the past two years, we have been exploring ways to help our sites offset these expenses by:

1. Applying to USAC's Healthcare Connect Fund (HCF) program to organize the Arkansas e-Link Consortium. If sites are deemed eligible, they receive financial assistance for broadband connectivity and/or network equipment costs.

2. Issuing a Request for Proposal (RFP) to telecom vendors seeking competitive bidding for broadband. The intent is to achieve the lowest broadband costs available, which would benefit those sites that do not meet HCF's eligibility requirements. These bids are being evaluated, and we expect to finalize the awards by the early spring.

Arkansas e-Link program managers will be communicating with each of our 400+ locations around the state to devise a plan that is cost effective for the telemedicine services they are currently providing (or would like to provide). As telehealth and telemedicine continue to grow in Arkansas, we will be here to support all who wish to provide and receive services.

Lastly, we are pleased to report that during the 2015 calendar year, there were more than 212,000 individual calls over the network resulting in 154,127 hours of calls made for clinical and educational activities.

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