



## MEDICALLY COMPLEX PEDIATRICS

At Hospital for Special Care (HSC) we believe children living with disabilities should be provided all opportunities to pursue their individual dreams and to lead the most active and fulfilling lives possible.

The pediatric program provides care to children in need of rehabilitation following an accident, surgery or serious illness and provides care to children with complex medical conditions including those who are technology dependent. HSC offers programs and tailored to each child's individual needs and services, that help them regain lost skills, or to develop brand new skills.

### Our Highly-Specialized Team Includes:

- Board-certified pediatricians
- Nurses
- Social workers
- Case managers
- Dieticians
- Psychologists
- Physical therapists
- Occupational therapists
- Speech language pathologists
- Recreation therapists and other healthcare professionals

Hospital for Special Care's network of resources include ties to local consulting physicians representing pediatric subspecialists in neurology, pulmonology, otolaryngology, ophthalmology and orthopedics. Should your child need acute care, we are affiliated with both Connecticut Children's Medical Center and Yale-New Haven Children's Hospital. This team works directly with you and your child to set and achieve individualized goals - with one ultimate patient goal in mind; going home.

Our 30-bed pediatric unit provides a developmentally enriched hospital environment with medical monitoring and expert oversight. The pediatric unit is designed to care for medically-complex children from newborns to 18 years of age. Examples of children who come to HSC include those who:

- Have medical complications because they were born too early
- Need long-term, acute care

### FOR FURTHER INFORMATION, PLEASE CONTACT:

The Pediatric Admissions Department:  
(860) 827-4841 or (800) 220-7723

Our offices are located at:  
Hospital for Special Care  
2150 Corbin Avenue, New Britain, CT

There is ample, free parking.

See website for directions: [http://www.hfsc.org/p\\_driving.asp](http://www.hfsc.org/p_driving.asp)

- Need rehabilitation after orthopedic surgery, injury or catastrophic illness
- Need wound care or long-term intravenous antibiotics
- Need some time to outgrow their need for a ventilator

Upon admission to the pediatric program at HSC, individualized comprehensive treatment plans are developed for each child. Specialized inpatient rehabilitation programs and services include:

### Medical Developmental Assessment

Dr. John Pelegano, Chief of Pediatrics, is board certified in both general pediatrics and in developmental-behavioral pediatrics. In appropriate cases, complete developmental evaluations are performed and a unique plan of developmental therapy are created through collaboration with a full spectrum of therapeutic services.

### Therapeutic Recreation Program

The recreational therapy staff provides a varied and stimulating individualized activity program designed to meet the needs of each patient. Children participate in individual and group sessions with the goal of maintaining a quality of life and improving health and wellbeing through recreational experiences. Recreational opportunities include art, crafts, music, outdoor experiences, sensory stimulation, reading, games, cooking, gross and fine motor activities, socialization and community trips, as appropriate.

### Caring and Sharing Enrichment Program

HSC's on-site child care center and the Department of Pediatrics have collaborated to create an on-going, voluntary program promoting the physical, social, emotional, cognitive

and developmental growth of children on the pediatric unit and those attending HSC's child care center. With parental approval, appropriate pediatric patients spend time with the child care population either in the child care center or on the pediatric unit. This program affords the pre-school age patients to learn by modeling their peers and also promotes understanding and acceptance of children with special needs among the mainstream child care population.

### Community Activities

At the time of discharge, parents are educated about the many community resources and activities available, such as parent support groups, camps and sports activities for children.

### The Activities of Daily Living Apartment (ADL)

The Activities of Daily Living Apartment is a fully-equipped, home-like apartment available inside the hospital. Once a family has been trained to care of their child in preparation for discharge, the family can practice their skills independently in the ADL apartment. This ADL apartment is located off the pediatric unit, yet within the hospital. Should problems arise during this time, the pediatric staff can be on-hand to assist, problem-solve or answer questions. This apartment allows families to become familiar and comfortable in providing care for their children while support is available, if needed.

### Day Passes and Trips Home

When children are ready for a trip outside of the hospital, the pediatric staff will work with families to assure a safe, healthy and fun experience with other patients in the community, or at home.

### Respite Care

HSC provides short-term care that allows families take a break from the daily routine and stress of caring for a child with complex, medical needs. Respite care is an essential part of the overall support that families may need to keep their child living with a disability or chronic disease, at home.

### Educational Services at Hospital for Special Care

Education is an important part of a child's growth and development. Educational services are provided based on each child's individual needs.

### On-Unit Education

From birth to age three, children have a greater capacity to learn and develop. Resources will be provided to children and their families so that each child can learn and grow at a rate that is consistent with their abilities.

### Community Schools

When children are well enough to go to a community school, HSC will facilitate planning with the school system for the child to attend a school in the child's home community, if possible. If distance is an issue, then attendance at a community school near the hospital will be arranged. If the child is unable to travel, a tutor will come to HSC.

### Discharge Planning

The overall goal is to stabilize and improve each child's medical condition(s) while improving their functional abilities so that children can be discharged home as soon as possible. If the child is unable to go home, he or she may go to a medical foster family or possibly remain at HSC for a period of time. Long-standing relationships with community providers of all types enable the pediatric staff to help identify the best possible option for each child.

HSC will provide the necessary training to caregivers, home healthcare agencies, and school nurses to facilitate a child's welcome back to the community. The pediatric unit social worker will provide you with multiple resources to assist you in caring for your child's needs.

HSC also provides outpatient therapy accredited by the Commission on Accreditation of Rehabilitation Facilities, (CARF).

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## PULMONARY REHABILITATION STAFF

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### John Pelegano, M.D.

#### *Chief Pediatrics*

Dr. Pelegano is the Chief of Pediatrics at HSC and has over 20 years of experience working with medically-complex children. Dr. Pelegano is also an assistant professor of clinical pediatrics at the University of Connecticut School of Medicine, and from 1997 through 2003 was also an assistant clinical professor at Yale University in the School of Nursing. He is board certified in both general pediatrics and developmental-behavioral pediatrics by the American Board of Pediatrics. He is a member of several professional organizations, has published several articles in the pediatric literature and has frequently presented topics relating to children with special health care needs in local and national settings.

### John Bean, P.A.

#### *Pediatric Physician Assistant*

John Bean received his undergraduate degree in Psychology from Clark University in Worcester, Massachusetts and graduated with his Bachelor of Science for Physician Assistant from the Hahnemann University School of Allied Health in 1985. He has worked as a physician assistant in several hospitals in the Philadelphia area, as well as at Mt. Sinai Hospital in Hartford, Connecticut and the former New Britain General Hospital. Once he joined the HSC family however, John fell in love with our pediatric patients and has been continuously employed here for the past 21 years.