



Oncology Updates

for the Children's Cancer and Blood Disorders Center



Survivor Day 2018

Moving Toward the Future



Sunday, September 16, 2018

1 – 4 p.m.

Bayville Farms Park
4132 First Court Road
Virginia Beach, VA 23455



- Free event
- Food & drinks
- Family fun
- Educational
- Honor your survivor

Our Survivor Day event, planned by nurses, social workers, child life specialists, education consultants, and others at CHKD, is an opportunity to gather with our oncology families at an outside venue and recognize their tremendous journeys with cancer.

To RSVP, please call Bryan Sellitti from Monday through Friday at (757) 668-6754.

Support

Parents and Caregivers Support Group

Tuesday, August 24, Noon – 1:30 p.m.

CHKD, 8th floor HemOnc conference room

Join other parents and caregivers of children with cancer for a support lunch. Please RSVP to Rebecca Ruck at (757) 668-9617 or Kelly Trejo at (757) 668-7931 to attend.

Education Corner

Papers, Pencils, and Platelets

The end of summer vacation is near and the beginning of the new school year is quickly approaching. Cancer treatment will not stop your child from attending school altogether unless directed by your physician, but it may limit some of your child's activities while in school.

While your child is being treated with chemotherapy and/or radiation, they are at risk for developing thrombocytopenia, or low platelets. Platelets are the cells that are responsible for helping your body form clots to stop bleeding. Your child's risk of bleeding increases as their platelet count drops – especially if it falls below 20.

If your child has low platelets, you may notice that they have more bruises, bleed when brushing their teeth, experience more nosebleeds, or find blood in other uncommon areas such as in urine and stool.

Low platelets themselves are not enough to keep your child out of school; however, you should take the following precautions:

- Have your child avoid contact sports or other activities that may cause injury.
- Make sure your child uses a soft bristle toothbrush and does not floss.
- Do not pack "sharp" foods that may irritate the gums in your child's lunchbox. Encourage fruits and vegetables.
- If a nosebleed does occur, pinch your child's nose for five to 10 minutes and apply a cold pack to their forehead.

Do not have them lie down or tilt their head back.

Unfortunately, low platelets are a possible side effect of chemotherapy and radiation that often cannot be avoided. The most important thing you can do as a parent or caregiver is to know your child's platelet level and be cautious of their activities when it's low.

More Tips to Prepare for School

For parents and caregivers of children undergoing cancer treatment, there's more than just new clothes and school supplies to think about. Here are a few reminders from Mandy Tribe, CHKD educational consultant, to help this hectic time go a little more smoothly:

- If your child has a 504 or IEP, make sure that it is current and that every teacher has a copy.
- Make sure the school has updated copies of these forms:
 - Medication administration
 - Educational accommodation
 - Homebound instruction
- Speak to your child's teacher(s) before school begins to review important points about your child's medical condition. If you have any concerns or questions, contact Mandy Tribe at (757) 668-7582 or MandyTribe@CHKD.org.

