

Ways to Support Children's Mental Health

At Nationwide Children's Hospital, we believe in caring for the whole child, that mental health is just as important as physical health.

So, it's time to have a conversation about our children, to raise our voices for this important cause! The On Our Sleeves (OOS) movement is a national movement to break the silence surrounding children's mental health. OOS provides education and information to the community so we can address the stigma associated with mental health conditions and work together to help families get the help they need.

Laboratory Services is raising their voice on behalf of children's mental health!

Helping children's mental health is something EVERYONE can do — not just parents and caregivers, and not just behavioral care providers.



Professionals of all types and in all settings who interact with children and their families can help provide support to a child struggling with a behavioral health condition.

- Acknowledge and show interest in kids around you.
- Be kind. It helps reduce everyday stresses that add up.
- Acknowledge someone who is struggling: show that you care. Attend to your concerns and hunches; it may make the difference in someone getting the help they need.
- Advocate for policies that promote family values and work-life balance.
- Be a mentor and role model. Find opportunities in schools and organizations through your work or community. Your time can make a difference in a child's life.
- Help make your work setting and neighborhood safe. Look out for kids!

How Laboratory Services Supports Children with Mental Health Conditions

Nationwide Children's Laboratory Services cares about your patients. Often providers of patients with mental health conditions need to order blood tests and ECG testing to monitor medication levels and health conditions. At times there are patients who exhibit challenging behaviors which can be triggered by stressful situations such as a blood draw. Here at Nationwide Children's we want to create an optimal patient experience by creating a supportive and safe environment. Our expert lab staff has been trained to assess, understand and work with the individual needs of your patients to mitigate the stress and anxiety related to blood collections. By working together we are improving patient outcomes while providing clinicians with important diagnostic information.

In addition to our expertly trained lab staff, Laboratory Services offers the following:

- A comprehensive test menu
- Direct courier services
- 24-hour access to medical and doctoral staff
- Online test ordering and results
- 17 convenient locations
- No age cap for services
- ECG services at most locations
- S.A.F.E. program for children who exhibit challenging behaviors

For questions, locations or to learn more about Nationwide Children's Laboratory Services, contact Client Services at (800) 934-6575 or visit NationwideChildrens.org/Lab. Go to OnOurSleeves.org to learn more about the On Our Sleeves movement to transform children's mental health.

INFORMATION TO KNOW

Warm Weather Reminder

Now that summer has arrived, it is important that samples placed in a lockbox prior to transport to the laboratory be maintained at the appropriate temperature.



*If refrigerated samples are stored in the lockbox, then a refrigerated cold pack should be placed in the lockbox to maintain the samples at the refrigerated temperature. **The cold pack should not be frozen**, since you do not want refrigerated whole blood samples to freeze.*

Many laboratory tests performed require adequate refrigeration of specimens. By following this lockbox practice, you will help insure the integrity of the samples and ultimately obtain reliable laboratory results.

Back to School Resources:

At Nationwide Children's Laboratory Services we offer the convenience of both ECG services and laboratory testing performed by exceptionally trained pediatric technicians.

ECG Services:

Rely on the Nationwide Children's Hospital pediatric cardiology experts when referring your patients for an ECG.

- Pediatric ECG interpretations are different. They reduce false positives that may result from an adult ECG interpretation.
- ECG results in 2 – 3 business days
- 10 convenient locations – walk-in services at 8 of our locations



Laboratory Services locations near you that provide ECG services:

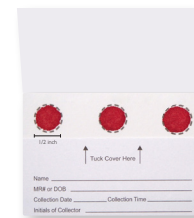
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| • Canal Winchester – 7901 Diley Road, Suite 150 | • Westerville – 433 N. Cleveland Avenue |
| • Dublin – 7450 Hospital Drive | • Mansfield – 536 S. Trimble Road – call (419) 528-1351 to schedule your ECG at this facility |
| • East Columbus – 6435 E. Broad Street | • Newark – 75 S. Terrace Avenue |
| • Hilliard – 4363 All Season's Drive | • Zanesville – 1166 Military Road, Suite 2B – call (740) 588-0237 to schedule your ECG at this facility |
| • Lewis Center – 7853 Pacer Drive | |
| • Marysville – 100 Colemans Crossing Boulevard | |

Lead and Hemoglobin Screening:

Nationwide Children's laboratory Services offers a blood lead and hemoglobin* screening test using a filter card. Both tests ordered together only requires three circles filled with blood on the filter card. Collecting these tests on the same card reduces patient distress, provides a quick collection, gains a higher patient compliance, and is very easy to transport.

Collection using the Lead and Hemoglobin Filter Card has these benefits:

- Improves patient compliance
- Simple fingerstick collection method
- Specimens can be mailed to our laboratory
- Quick turn-around time is usually 2 to 3 days upon receipt in the lab
- A terrific value-added service for your practice



**This assay is considered a screening test. The results may vary from a whole blood CBC due to different methodologies. Laboratory Services recommends follow-up testing be performed, if clinically warranted, using a non-filter card test.*

For questions or to obtain blood filter cards, please call Client Services at (800) 934-6575.

TEST UPDATES

Hematology Testing Now Offered at the Mansfield *Close To Home*SM Center

The Mansfield *Close To Home* Lab, located at 536 S. Trimble Road, now offers Hematology testing on site. The following tests can be performed:

- Complete Blood Count (CBC)
- Automated WBC Differential*
- Platelet Count
- Hemoglobin
- Hematocrit

*If required, manual WBC Differentials will be sent to the Core Laboratory at main campus for analysis.

Solid Tumor Fusion Analysis

The NCH Institute for Genomic Medicine (IGM) Clinical Laboratory now offers a new test called Solid Tumor Fusion Analysis. This test evaluates for the presence of oncogenic gene fusions in solid tumors. Identifying a specific oncogenic fusion present in the patient offers an opportunity to treat the patient with therapeutics specific to the oncogenic fusion present in the patient. This test will identify gene fusions involving 111 genes relevant to solid tumors.

Influenza A & B, and Respiratory Syncytial Virus PCR Testing From Source Other than a Nasopharyngeal Collection

Nationwide Children's Hospital Molecular Microbiology Laboratory has developed specific testing for Influenza and Respiratory Syncytial Virus testing on non-NP collected patient samples such as blood, BAL's, and endotracheal aspirates. This testing targets the specific virus and should generally be used following the identification of virus by nasopharyngeal collection.

Remel M4 Viral Transport Media will Change to M6



The Clinical Microbiology and Immunoserology Laboratory will be changing their viral transport media from the blue capped M4 container to the M6 red capped conical bottom container. Unlike the M4 media, which needs to be stored refrigerated between 2°-8°C prior to inoculation of patient sample, the **M6 media can be stored at room temperature (<30°C) until the published expiration.**

Providing it has not expired, please use the remainder of your M4 media before you start using your new supply of M6 media. We will continue to accept samples that have been collected in M4 media and before the published expiration date. After sample collection, both M4 and M6 collected specimens **MUST be refrigerated** and transported on ice or refrigerated cold-packs.

For more information about these test updates, please contact Nationwide Children's Laboratory Client Services at (614) 722-5477 or (800) 934-6575.



When your child needs a hospital, everything matters.™

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How can Nationwide Children's Laboratory Services help your practice?

- Pediatric pathologist consults on lab results
- Wide acceptance of insurance plans
- Pediatric reference ranges
- Services to enhance the laboratory process in your practice
- Interface compatibility with provider EMR systems



If you would like to become a client or learn more information about Nationwide Children's Laboratory Services, contact us at (800) 934-6575 or visit our website at NationwideChildrens.org/Lab.

Would you like to receive the Nationwide Children's Laboratory Services Newsletter electronically? Please e-mail us at LaboratoryServices@NationwideChildrens.org and let us know!