

# What We've Been Up To...



## Our mission is for Middleton Pediatrics to be a family-centered pediatric medical home in our community.

On May 2, 2016, Middleton Pediatrics was officially recognized as a Patient-Centered Medical Home. In order to be approved for recognition, we had to complete six standards and their elements through the National Committee for Quality Assurance. The entire recognition process took over a year and a half to complete.

Being recognized as a Patient-Centered Medical Home (PCMH) means caring for your child and all their pediatric health needs in the context of an ongoing relationship between us and your family, the "home" or place where you look first and continuously for your child's medical needs.

Caring for the health needs of children is a tremendous privilege and is best accomplished when the child and the family are familiar and comfortable with those who are serving them – that is the environment we are striving to create at Middleton Pediatrics. By doing so, we hope to be a blessing to both the families we are serving and the community in which we work.

### Middleton Pediatrics Welcomes...

## *Martina Romig*

Middleton Pediatrics is thrilled to introduce the newest member of our team! Martina is a medical assistant that has recently joined our pediatric team. She worked previously in pediatrics and is from the city of Seattle, Washington. We are excited for her to share her talents with the Middleton Pediatrics family!

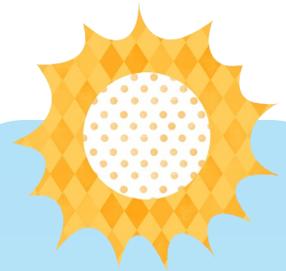
**Education:** Medical assisting from Pima Medical Institute, Nursing continuing education at Bellevue College, Phlebotomy continuing education

**Hobbies:** Going to the beach, traveling, fitness/gym, hanging with family and her boyfriend.

**Favorite Restaurant:** Cheesecake Factory!

**Favorite Quote:** "Be the change you wish to see in the world." -Mahatma Gandhi

**Fun Fact:** Drove across the country to move from Seattle, Washington to Florida!



## Summer 2016

"You can comb the sands or lie in the sun, the choice is yours as long as it's fun"

### Inside this issue

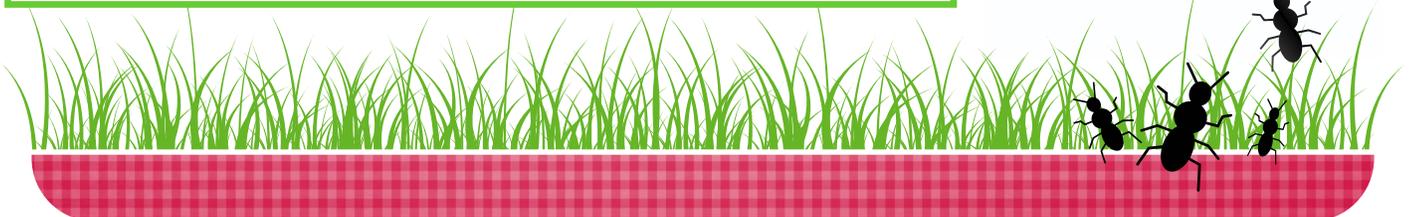
- ◇ NCQA Recognition
- ◇ Middleton Pediatrics Welcomes...
- ◇ 30 Month Well Child Visit
- ◇ Flumist Update: A Letter from Dr. Middleton
- ◇ Announcements from our team

### Well Child Care:

#### **30 month visit (2 1/2 year visit)**

Middleton Pediatrics has recently adopted the American Academy of Pediatrics recommendation for a child well visit at 30 months of age. At this visit, your provider will review language, development, behavior issues and growth.

**Please Note:** This visit is mid-way through the year. Please check with your insurance provider to make sure this visit is a covered option on your insurance plan. Please contact our office with any questions.



**DID YOU KNOW?**  
**That an Apple Floats on Water?**  
Have you ever put an apple into the water and noticed the apple float? Yes, apples float on water. It is because apples are made of 25 percent air!

Our office will be closed  
Monday September 5th, 2016.  
**Happy Labor Day!**

**Summer Word Search**

O B B R C N U S A F  
C V X E K I J H A T  
J F Z M L Y N H I O  
H W K M Z Y F C V U  
N U S U B U F S I Y  
K F Z S M R L Z V P  
R V B O Z A Z B B E  
G N R G D G M T C R  
Q X K N R S D N A S  
F H A S Y O W S R T  
S S K R G A G H P L  
S U N G L A S S E S  
P V B N H C A E B M  
K F G G V R J J S  
P V E C I S C H F Q  
N E E R C S N U S R  
A B J H Y D R A T E  
I F U B M W U R B T  
N B F Y M Q K I G A  
T I U X R P X A J W

HAT	SUMMER	SUNGLASSES
SUNSCREEN	SANDALS	SUN
HYDRATE	WATER	BEACH
SAND	PICNIC	

**Flumist Update: A Letter from Dr. Middleton**

Earlier this week, the ACIP (an advisory panel of the CDC) stated studies have revealed that in recent seasons the nasal spray version of influenza vaccine ("Flumist"; also referred to as LAIV) has been ineffective and therefore is no longer recommended. This is a fairly dramatic change from the recommendations of recent years, including some previous evidence that had suggested Flumist could be even more effective than injectable vaccine; however, this new recommendation is based on good evidence and surveillance. Therefore, in accordance with this recommendation, Middleton Pediatrics will be providing only injectable influenza vaccine during the coming flu season. This lack of effectiveness is disappointing, and we know this will be seen as "bad news" for many of the children who understandably preferred Flumist.

Because of this changed recommendation some will mistakenly argue the flu vaccines "don't work"; however, this is simply not true. In fact, the same findings that led to the recommendation against Flumist found that the injectable flu vaccine had an effectiveness of approximately 65% during this past flu season. This changing recommendation is actually an indication that the influenza vaccine and its effectiveness is regularly monitored and recommendations are changed accordingly.

One possible implication of this recommendation is a potential shortage of injectable influenza vaccine in the coming season (Flumist has been approximately 1/3 of the influenza vaccines given in recent seasons). Efforts are being made to ensure an adequate supply of vaccine is available, but there will be more to come on this.

Influenza remains a significant cause of illness and death, including among pediatric patients, and vaccination remains the most reliable method of prevention. Protecting against influenza through vaccination is a dynamic process. The circulating influenza strains may be different each season; therefore, each season's effectiveness tends to vary. We appreciate those who do this work -studying, monitoring, and adapting - developing the flu vaccine.

Michael Middleton

**Middleton Pediatrics**  
200 East Marks Street  
Orlando, FL 32803

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[middletonpediatrics.com](http://middletonpediatrics.com)

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*It's a girl!*

Jessica married her high school sweetheart, Triston, this past March.

We are happy to say that they are expecting a baby girl this coming December!

*Congrats, Jessica!*



*Kami tied the knot!*



Kameron Kirk was married on June 30th, 2016 in Orlando, FL. Shortly after their wedding, she and her husband, Brandon, took a road trip to their new home in Omaha, Nebraska.

*We wish Kami the best on her new adventure!*