



Complex Pediatrics Care Model

Mayo Clinic Complex Care Program

Mayo Clinic Children's Center provides comprehensive pediatric care, advanced treatment options, and a seamless health care experience for children and their families. With more than 200 medical providers in 40 medical and surgical specialties, Mayo Clinic experts provide care to more than 50,000 children and teenagers every year.

EXPERTISE AND EXPERIENCE

Mayo Clinic pediatric specialists have significant expertise and experience in treating children with all types of diseases and disorders, including complex and rare diseases. Mayo Clinic Children's Center ranks highly in numerous pediatric specialties in the annual *U.S. News & World Report* rankings for best children's hospitals.

COMPLEX CARE COORDINATION

Mayo Clinic's pediatric and adolescent medicine team serves families of children and teenagers who have complex conditions as well as physicians who refer patients to help manage complicated cases. Many parents turn to Mayo Clinic when they haven't found answers for their children at other medical centers. The General Pediatric and Adolescent Medicine Clinic offers comprehensive evaluations and treatment for children with problems that may not fit into a single subspecialty.

TEAM APPROACH, TAILORED TO EACH CHILD'S NEEDS

Mayo Clinic pediatric experts focus on one child and family at a time. Working as a team, medical professionals from various specialties communicate with families to set goals and develop a customized evaluation and treatment plan for each child.

ALL THE ADVANTAGES OF MAYO CLINIC

At Mayo Clinic Children's Center, teams of experts from various specialties collaborate to create a patient-centered practice for children and their families. Pediatric and adult specialists work together to provide the best expertise and transition of care when it's appropriate — creating a continuum of care throughout every stage of life.



ADVANCED TECHNOLOGY AND INNOVATIVE TREATMENTS

Physicians and scientists at the Children's Research Center at Mayo Clinic are at the forefront of research, including groundbreaking clinical trials that lead to innovative therapies and the best care models to improve healthcare for newborns, children and teenagers.

Our pediatric experts use state-of-the-art diagnostic and treatment techniques and the latest technology, including the Proton Beam Therapy Program for

children with certain types of tumors. Compared with conventional radiation therapy, proton beam therapy targets the tumor more precisely, allowing controlled doses while sparing surrounding healthy tissues and organs.

COMPREHENSIVE CHILDREN'S HOSPITAL AND OUTPATIENT SERVICES

In Mayo Clinic's family-friendly environment, pediatric specialists work as a team to meet each child's needs, as an inpatient or outpatient. As a Magnet hospital recognized for nursing

excellence, children are cared for by dedicated pediatric nurses. Child life specialists offer unique services for our smallest patients. Mayo Clinic also offers medical transport services, critical care response teams, pediatric pharmacists, dietitians, social workers, family advisors, spiritual care and many more pediatric services.

PATIENT STORY

From restless legs to dancing feet.



For the first four years of her life, Savannah Brock didn't sleep more than a few hours at a time. Though desperately tired, the child couldn't fall or stay asleep due to an unrelenting urge to move her legs.

While Savannah's parents knew something was wrong, medical tests didn't reveal the cause and medication didn't help. Then they met a Mayo Clinic pediatric sleep specialist who listened to the family's story and pinpointed the problem.

"It is not unusual for children with restless leg syndrome to go untreated for years," says Suresh Kotagal, M.D., Department of Neurology at Mayo Clinic. "Restless leg syndrome is underrecognized and underdiagnosed in children."

Treating patients with restless leg syndrome involves providing enough iron supplementation to cross the blood-brain barrier to correct the neurodeficiency.

For Savannah, who had a severe case of the illness, intravenous infusion therapy was required to provide an adequate amount of iron, while avoiding gastrointestinal side effects that are typically seen with oral iron treatment. Dr. Kotagal also prescribed Savannah the nerve medication gabapentin.

Not only did Savannah's first infusion allow her to sleep for sustained periods, but as a result of the treatment, Savannah became less emotional,

more focused and better at managing relationships, says Savannah's mother, Kelly.

Savannah returned home to Mississippi and to the care of her local pediatrician who'd been given literature from Dr. Kotagal on the condition and how to manage it. Every six weeks, she received a blood test. The results were sent to Dr. Kotagal who closely monitored her iron levels to ensure that she didn't develop an iron excess.

Two years ago, when Savannah was nine, her medical team began decreasing the iron supplements. "As of today, she's on no medicine at all, and she's doing great," adds Kelly.

Mayo Clinic Children's Center

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MAYO CLINIC CHILDREN'S CENTER SPECIALTIES AND SUBSPECIALTIES

- Allergy and immunology
- Anesthesiology
- Cardiology
- Cardiovascular surgery
- Child and family advocacy
- Community pediatric and adolescent medicine
- Critical care
- Dermatology
- Developmental and behavioral pediatrics
- Emergency medicine
- Endocrinology and metabolism
- Gastroenterology and hepatology
- General pediatric and adolescent medicine
- Genetics (medical)
- Gynecology, adolescent
- Hematology and oncology
- Infectious diseases
- Maxillofacial surgery
- Neonatal medicine
- Nephrology
- Neurology
- Neurosurgery
- Ophthalmology
- Orthopedic surgery
- Otorhinolaryngology
- Physical medicine and rehabilitation
- Plastic and reconstructive surgery
- Psychiatry and psychology
- Pulmonology
- Research
- Rheumatology

MULTISPECIALTY CLINICS AND CENTERS (3 OR MORE SUBSPECIALTIES)

- Adrenoleukodystrophy Clinic
- Aerodigestive Clinic
- Angelman Syndrome Clinic
- Asthma Center
- Bariatric Surgery Clinic
- Brain Injury Program
- Brain Tumor Clinic
- Cerebral Palsy Clinic
- Chemotherapy/Radiation Long Term Effects Clinic
- Childhood Sarcoma Clinic
- ComPASS (Palliative Care and Integrative Medicine)
- Congenital Heart Clinic
- Craniofacial Clinic
- Cystic Fibrosis Center
- Dana Child Developmental and Learning Disorders Program
- Eosinophilic Esophagitis Clinic
- Epilepsy Clinic
- Erythromelalgia Clinic
- Feeding Program
- Fetal Surgery Program
- Friedreich's Ataxia Clinic
- Hemophilia/Coagulopathy Clinic
- Immunodeficiency Disorders Clinic
- Inflammatory Bowel Disease Clinic
- Long QT Syndrome Clinic
- Marfan Syndrome Clinic
- Neurodevelopmental Follow-up Clinic
- Pain Clinic
- Pain Rehabilitation Center
- Pediatric Diagnostic Referral Clinic
- Pediatric Level 1 Trauma Center
- Renal stone clinic
- Spina Bifida Clinic
- Spinal Deformities Clinic
- Sports Medicine Center
- Transplant Center
- Travel Clinic
- Vascular Malformations
- Velo-Pharyngeal Insufficiency Clinic

OTHER SPECIALTY CLINICS AND PROGRAMS

- Attention Deficient Hyperactivity Disorders (ADHD) Clinic
- Anxiety Disorders Clinic and Intensive Therapy Program
- Arrhythmia and Device Placement Clinic
- Child and Adolescent Intensive Mood Program (CAIMP)
- Constraint Induced Movement Therapy Program
- Dermatology Genetics Clinic
- Diabetes Clinic
- Facial Paralysis and Reanimation Clinic
- Fertility Preservation
- Functional Movement Disorder Program
- Heart Failure Clinic
- Hyperlipidemia Program
- Learning Disorders Assessment Clinic
- Metabolic Bone Clinic
- Mood Disorders Clinic
- Neuromuscular Clinic
- Plagiocephaly Program
- Proton Beam Therapy Program
- Pulmonary Hypertension Clinic
- Thyroid Nodule/Thyroid Cancer Clinic
- Transitions Program
- Transgender Clinic
- Voiding Clinic
- Weight Management Clinic