

NEXUS CHILDREN'S HOSPITAL CHANGES PROGRAM



REDIRECTING THE ATTENTION.

STRUCTURED TREATMENT & SUPPORT FOR GREATER HEALTH

Nexus Children's Hospital offers a safe, structured environment for children with established weight control problems, including Prader-Willi Syndrome (PWS). Addressing comorbid medical issues and behavioral complications characteristic of individuals with PWS, our Changes Health and Wellness in-patient program helps our young patients who have found traditional outpatient programs unsuccessful.

Our program incorporates low-calorie diets, set daily schedules, individualized physical training regimens, and behavioral health support for both the patient and family members. Our expert staff is dedicated to seeing each patient reach his or her health goal and maintain that goal after discharge.

Individualized Treatment

A hallmark of care at any Nexus facility is our multidisciplinary team. Coordinating services to provide the most effective treatment program for each patient, or team utilizes evidence-based assessment measures.

- » Attending Physician
- » PM&R Physician
- » Neurologist
- » Psychiatrist
- » Psychologist
- » Dietician
- » Nurses
- » Respiratory Therapist
- » Case Manager
- » Social Worker
- » Occupational Therapist
- » Physical Therapist
- » Speech Therapist

Standards of Care

As one of two childhood weight and behavioral management inpatient programs recommended by the national Prader-Willi Syndrome Association, our program is designed to treat children from ages 3 to 21. Nexus' Changes Health and Wellness Program has a variety of goals including:

- » Decrease BMI
- » Resolve weight associated related conditions
- » Develop strategies to manage behavior
- » Decrease unstructured time
- » Develop coping skills for at home, school, or in the community Improve overall quality of life

The continued implementation of structure by family members, caregivers, and friends is imperative to the ongoing successful management of PWS.

Diagnoses Criteria

- » Individual with PWS
- » Body mass index (BMI) greater than 35
- » At least 2 comorbidities

Patients with a PWS diagnosis do not have to meet other criteria upon admission.

Common Comorbid Conditions

- » Type II diabetes and associated complications
- » Obstructive sleep apnea (OSA)
- » Obesity hypoventilation syndrome
- » Intertrigo (skin breakdown, yeast and bacterial infections in deep fat folds)
- » Leg edema
- » Cellulitis
- » Venous stasis disease with risk of thrombotic events

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OUR FACILITY.

INPATIENT ADMISSIONS PROCESS

Nexus Health Systems' admission team at works closely with family members to ensure that the admission process is efficient. To refer a patient, **please fax patient demographics, history, physical, and physician's order or call the admissions office.**

Note: Additional information may be requested.

Houston Campus

2929 Woodland Park Drive
Houston, Texas 77082

Phone: 855.729.0855

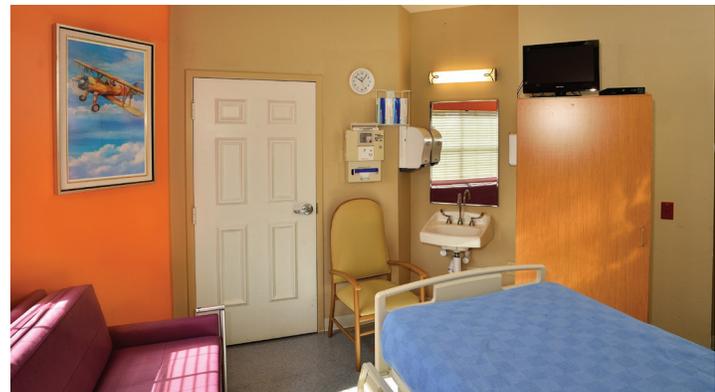
Fax: 888.589.0554

For a complimentary informational session or tour,
please call the admissions office.

*All commercial insurance, private pay, and Medicaid plans,
including all Texas managed Medicaid plans, accepted.*



Nexus Children's Hospital is accredited
by DNV-GL's NIAHO® and are ISO
9001:2008 certified.



NEXUS
CHILDREN'S HOSPITAL
MENDING MINDS.
A Nexus Health Systems Facility

nexuscontinuum.com