

#### DEAR PARENTS,

As your pediatrician, I request your patience & cooperation so as to give your child appropriate & timely medical care. Please feel free to discuss any concerns with my staff in order to serve your child's best interests. I will address your concerns.

#### 1-FOR ALL ROUTINE/URGENT CONCERNS OR APPOINTMENTS CALL:

(760) 776-5620 (INCLUDING AFTER HOURS) / FAX: (760) 776-5626

HOURS: MONDAY - FRIDAY 9:00 AM - 4:30 PM

CLOSED FOR LUNCH (11:30 AM - 1:30 PM)

\*Hours Subject to change seasonally

AFTER HOURS: Press "0" to transfer to Pediatrician on Call.

To leave voice message for office staff, Press 3.

CALL 911 FOR EMERGENCIES! After Hours Messages will be evaluated for the next available Same Day appointment. If urgent care is needed, your child may be triaged to the Emergency Room or Urgent Care clinic for services not available in our office. Seek urgent care if your child has pain for >2 hours or other extreme condition per our handout regarding SICK CARE.

#### 2-ADDRESS:

39000 BOB HOPE DRIVE – KIEWIT BLDG, SUITE 211 RANCHO MIRAGE, CA 92270

# ERNESTO REYES MILLAN, M.D. MEDICAL DIRECTOR

Dr. Millan is and Indio High School, Class of 1979 Graduate. He attended the University of California, Irvine for undergraduate studies. Medical training was completed at Boston University School of Medicine in 1988. In 1984, Dr. Millan entered the Naval Medical service completing his pediatric training at Portsmouth Naval Hospital and Children's Hospital of the King's Daughters, Norfolk, Virginia.
 Dr. Millan, from1991-94, served as the pediatric consultant for the Family Practice Department, Newport Naval Hospital, Newport, Rhode Island. He returned with his family to the Coachella Valley in July 1994 and is currently affiliated with Eisenhower memorial Hospital. Dr. Millan is a fellow in the American Academy of Pediatrics and certified by the American Board of Pediatrics.

#### ANN L. PINNING, FNP- BC FAMILY NURSE PRACTITIONER

Ann Pinning is highly qualified for assisting me in caring for your child(ren). I have worked with her at JFK Memorial Hospital since 1995 and have noted her care as thorough, friendly and thoughtful. She has demonstrated excellent well child and critical care skills. She obtained her Nursing Credentials at Pacific Lutheran University, Tacoma, WA in 1981. She completed the Nurse Practitioner Program at California State University; Dominguez Hill, CA may 1999. She has been with us since July 1999. I fully expect that you will be pleased with her care.

Please review the "Sick Care" handout before calling for advice. Note which is your medical group. Notify our office if you need a follow up visit after going to the Urgent Care clinic or Emergency Room.

If you "WALK IN" without a pre-arranged appointment or "TARDY" by 15 minutes, expect to be scheduled / rescheduled for the next available "Same Day" appointment. If no appointments are available, then you will be referred to your designated urgent care clinic. The option of rescheduling for the next day may be inappropriate for issues of breathing problems, fever or extreme pain.

#### WE WORK BY APPOINTMENTS ONLY

Schedule for WELL CHILD VISITS / IMMUNIZATIONS:

			VICTUELITION		IID1	
Birth		<u> </u>		. <u></u>	HepB1	
2 Week	No Vaccina					
2 Month	DTaP1	HIB1	IPV1	Prevnar 1	HepB2	RotaTeq1
4 Month	DTap2	HIB2	IPV2	Prevnar2	· <del></del>	RotaTeq2
6 Month	DTaP3	HIB3	IPV3	Prevnar3		RotaTeq3
9 Month					HepB3	
12 Month				MMR1-VAR	IVAX1	HepA1
15 Month	DTaP4	HIB4		Prevnar4		
18 Month						HepA2
24 Month					Vacc	cine Catch Up
36 Month	No Vaccina	<u>tion</u>				
4-6 Year	DTaP5	_	IPV4	MMR2-VAR	<u>IVAX2</u>	!
11-14 Year	Tdap Boost	ter	MCV1	HPV series		
16 Year			MCV2	MenB series		
HPV is offere	ed from ages 1	0-18 years with	h the second do	se 2 months after	the first and the	third dose 4
months after	the second.	-				
Physical exar	ns are routine	ly_needed annu	ally as of 2 yea	rs of age until 18	years old.	
		• -				
DTaP (Dipht	heria, Tetanus	, Pertussis)		IPV (Polio)	)	
HepA (Hepat	itis A)	,		MMR (Measl	es, Mumps, Rub	oella)
HepB (Hepatitis B)				Prevnar (Strep Vaccine)		
HIB (H. Influenza vaccine)				RotaTeq (Rotavirus vaccine)		
HPV (Human Papilloma Virus vaccine)				Varivax (Chicken Pox vaccine)		
Tdap (Tetanus, Pertussis)				MCV (Men	ingococcal Quad	l. Vaccine)
II * `	ngococcal Ty	pe B vaccine)		`		ŕ

#### Unique Pediatrics

39000 Bob Hope Dr.-Kiewit Suite 211-Rancho Mirage, CA 92270 Ernesto R. Millan MD-Tel: (760) 776-5620-Fax: (760) 776-5626-After Hours Urgent: (760) 776-5622 COVID-19 testing Hotline: (760) 837-8988

#### FEVER CARE (Temp > 100.4):

Don't be afraid of fever, it is your child's method to fight an infection. Many illnesses have mild fever for 2-4days. For temperatures in armpit, add 1 degree to compare to rectal/oral/ear temperatures. Use armpit temps to screen for fever. Check rectal, oral, or ear to confirm fever. Use an ear thermometer on children >6 months of age. Normal temps in rectum/oral/ear range from 97.6-100.3 F. Start a fever reducer for temp >102.0 F.

Acetaminophen (Tylenol-Panadol) about 8mg/lb every 4-6 hours. Max of 500-650 mg/dose for adolescent.

Ibuprofen (Motrin-Advil) about 8mg/lb every 6-8 hours\*Must be >6mos. age\*Max of 200-400 mg. dose for adolescent.

Call Office: Child <3 mos. age with any detected fever warrants urgent care!

Child >3 mos. Age needs urgent care if fever is >104.0 F for more that 3-4 hrs. and tried acetaminophen, ibuprofen, and 15 min lukewarm bath. Schedule routine appt. for fever of 100.4-103.9 F by 3rd or 4th day or if fever >102.0 F for more than 12 hrs. with acetaminophen or ibuprofen. (Try switching meds by 8-12 hrs.)

#### MINOR COUGH AND COLD:

This minor viral illness usually resolves by 7-14 days. The 1st 3-4 days are the worst for cough & congestion.

Child < 2 vrs. - For congestion use humidifier or nasal suction with nasal aspirator 2-3 x's/day, don't overdue suctioning. Consider 1-2 saline drops (1/4 tsp salt per 8 oz. water) to loosen mucus. Remember 1 nostril at a time. For cough use warm liquids (breast milk, formula, water) to soothe irritated throat. I usually don't recommend meds as they are stimulants & can cause irritability, however, Zarbee's makes a natural cough suppressant with honey for children >12 mos. age and Agave for babies <12 mos. age.

Child>2yrs.-For congestion and cough use pseudoephedrine (Dimetapp, Sudafed, etc.) and dextromethorphan (Robitusin DM, Triaminic DM, etc.) Cough drops can be a choking hazard for those under 5 yrs. of age. Buy Children's syrup, it's the cheapest, >2yrs old give full-recommended dose every 4-6 hrs. as needed.

Cali Office: Schedule an apt for nasal discharge 7-10 days/prolong or repeat onset of fevers/worsens during 2<sup>nd</sup> week of illness or ill for >2wks/severe sore throat without cough could be strep. Urgent care for rapid difficulty breathing/chest pain/prolong, intense, or frequent coughing spasms/restricted breathing with unusual sounds of wheezes (when exhales) or stridor (when inspires) cyanosis (bluish) discoloration.

#### VOMITING ILLNESS CARE:

Do not start diet change unless noted recurrent or persistent vomiting. For example 4-6 episodes over 4 hours observation. Most vomiting illness resolves by 1-2 days. I don't recommend meds to inhibit vomiting as care may be delayed for emergencies. Most meds for vomiting have side effects of drowsiness, dizziness, and abnormal facial movements.

If needed: Restrict all liquids and solids for 1 hour. Then reintroduce clear liquids (water, juice, Gatorade, pedialyte, Jell-O water, and gelatin) at 1oz serving per 15 min of observation for vomiting. If tolerated for 1 hour advance to 2oz servings. By 3rd hour advance top 3oz servings. If tolerated, may reintroduce BRATT diet (banana, rice, applesauce, tea, toast, cooked egg white, soy milk/formula, cereal, noodles, soft cooked veggies or fruit) again at 15 min intervals about 4-8 bites/serving. Resume regular diet if not vomiting for 24 hours.

For strictly breastfed infants, offer 10 mins of breastfeeding or breastfeed 1 side for 15 mins then wait 15 mins to see if tolerated. Strictly formula fed infants can be bottle-fed clear liquids for 4-8 hours.

Call Office: Urgent appts for intense abdominal pain>2hrs/green vomitus. Not tolerating above plan by 2-3 hours/ dehydration noted by dry mouth, no tears, sunken eye sockets, not urination by 12 hour intervals/lethargic-extreme sleepy behavior/vomiting >2days.

#### **DIARRHEA ILLNESS CARE:**

It's normal for infants to have frequent soiling at 2-3 hr. intervals. Older children can have 1-2 stools per day. Diarrhea (loose-watery stools) can last up to 2 wks. starting with frequency of 1 per 2 hrs. The rate of diarrhea diminishes by half every 3 days till resolved. Diarrhea of 1 per 3 hrs. (8BM's/day) warrants diet treatment similar to the above treatment for vomiting. Resume regular diet if having 1 diarrhea stool per 6 hrs. (<5BM's/day). Medicine for diarrhea? Not recommended as diet changes should be sufficient, not effective, or carry risk of hives.

Call Office: Same as vomiting instructions/bloody diarrhea/diarrhea past 2 wks. duration.

ANY CHILD WITH > 2HOURS OF SEVERE PAIN NEEDS URGENT-EMERGENCY CARE!!! ANY CHILD WITH >4HOURS OF MILD PAIN NEEDS TO BE SEEN IN 24 HOURS!!!

(revised March 2020)

Tylenol Dosing Chart:

USING CAMIN	<del> </del>		A: 1: 1	1 t cm 1 1
Weight	Age	Children's	Children's	Jr Tylenol
		Liquid 160mg	Tylenol 80mg	160 mg in
		In 5mL (Itsp)	In each Tab	Each Tablet
6-11 lbs	0-3 mos	1/4 tsp / 40 mg		
12-17 lbs	4-11 mos	1/2 tsp / 80 mg		
18-23 lbs	12-23 mos	1 tsp / 160 mg		
24-35 lbs	2-3 years	1 1/4 tsp or	2 tablets	
	-	200 mg		
36-47 lbs	4-5 years	1 ½ tsp or	3 tablets	
	"	7.25 mL		
48-59 lbs	6-8 years	2 tsp or 10 mL	4 tablets	2 tablets
60-71 lbs	9-10 years	2 ½ tsp or	5 tablets	2 1/2 tablets
	] -	12.5 mL		
72-95 lbs	11 years	3tsp or 15 mL	6 tablets	3 tablets
96 lbs & over	12 years			4 tablets

Children's Tylenol Cold, Flu & Allergy Dosing Chart:

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Weight	Age	Plu Multi	Plus Flu	Plus Cold	Plus Cold	Plus Cougi	-
Ŭ	-	Symptom			& Allergy	& Runny	& Sore
		Cold				Nose	Throat
6-11 lbs	0-3 mos			-4466			
12-17 lbs	4-11 mos						~
18-23 lbs	12-23 mos						
24-35 lbs	2-3 yrs	i tsp or	l tsp or	1 tsp or	itsp or	1 tsp or	1 tsp ог
	J	SmL	5 mL	5 mL	5 mL	5 mL	5 mL
36-47 lbs	4-5 yrs	l tsp or	I tsp or	1 tsp or	1 tsp or	1 tsp or	I tsp or
	[	5 mL	5 mL	5 mL	5 mL	5 mL	5 mL
48-59 lbs	6-8 yrs	2 tsp or	2 tsp or	2 tsp of	2 tsp or	2 tsp or	2 tsp or
	,	I0 mL	10 mL	10 mL	10 mL	10 mL	10 mL
60-71 lbs	9-10 yrs	2 tsp or	2 tsp or	2 tsp or	2 tsp or	2 tsp or	2 tsp or
		10 mL	10 mL	10 mL	10 mL	10 mL	10 mL
72-95 lbs	li yrs	2 tsp or ·	2 tsp or	2 tsp or	2 tsp or	2 tsp or	2 tsp or
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96 lbs	12 yrs						
& over	1				ļ	l	

Motrin Dosing Chart:

Weight	Age	Infant Drops	Children's	Junior	Junior	Children's
	• .	1	Suspension	Strength	Strength	Cold
			-	Caplets	Chewables	Suspension
6-11 lbs	0-3 mos				-,	
12-17 lbs	4-11 mos	1.25 mL				
18-23 lbs	12-23 mos	1.875 mL				
24-35 lbs	2-3 yrs		I tsp or			l tsp or
	1		5 mL			5 mL
36-47 lbs	4-5 yrs		1 ½ tsp or			1 tsp or
			7.5 mL			5 mL
48-59 lbs	6-8 yrs		2 tsp or	2 caplets	2 tablets	2 tsp or
			10 mL			10 mL
60-71 lbs	9-10 yrs		2 1/2 tsp or	2 1/2 caplets	2 1/2 tablets	2 tsp or
		}	12.5 mL			10 mL
72-95 lbs	11 yrs		3 tsp or	3 caplets	3 tablets	2 tsp or
	1		15 mL			10 mL
96 lbs	12 yrs				***********	
& over					}	1

Ernest R. Millan, M.D. 39000 Bob Hope Dr Suite K-211, Rancho Mirage, CA 92270 Phone (760) 776-5620 Fax (760) 776-5626

## NOTICE OF PRIVACY PRACTICES

# THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

The Health Insurance Portability & Accountability Act of 1996 (HIPAA) is a federal program that requires individually identifiable health information used or disclosed by us, whether electronically, on paper, or orally, be kept confidential. HIPAA gives the patient significant new rights to understand and control how health information is used. It also provides penalties for covered entities that misuse personal health information.

We may use and disclose your medical records only for the following purposes:

> Treatment. Providing, coordinating, or managing health care and related services by one or more health care providers.

Payment. Obtaining reimbursement for services, confirming coverage, billing or collection activities, and utilization review.

Health Care Operations. Conducting quality assessment and improvement activities, auditing, cost-management analysis, and providing customer service.

We may also create and distribute de-identified health information by removing all individually identifiable information.

We may contact you to provide appointment reminders, information about treatment alternatives, or other health-related benefits and services, which might be of interest to you.

Any other uses and disclosures may be made only with written authorization. You may revoke such authorization in writing and we are required to honor and abide by that request, except to the extent that we have already taken actions relying on your authorization.

You have the following rights, which you can exercise by presenting a written request to our office.

- > To request restrictions on certain uses and disclosures of protected health information. This includes disclosures to family members, other relatives, personal friends, or other persons identified by you. We are not required to agree to requested restrictions. However, if we do agree to a restriction, we are obligated to abide by it unless you agree in writing to remove it.
- > To a reasonable request to receive confidential communications from us by alternative means or at alternative locations.
- > To inspect and copy your protected health information.
- > To amend your protected health information.
- > To receive an accounting of disclosures of protected health information.
- > To obtain a paper copy of this notice upon request.

This notice is effective as of January 1<sup>st</sup>, 2008 and we are required to abide by the terms of the *Notice of Privacy Practices* currently in effect. We reserve the right to change the terms of our *Notice of Privacy Practices* and to make new notice provisions effective for all protected health information that we maintain. You may request a written copy of a revised *Notice of Privacy Practices* from this office.

Should you feel your privacy protections have been violated, you may file a written complaint, about violations of the provisions of this notice or of the policies and procedures of our office, with this office or with the Department of Health & Human Services, Office of Civil Rights (address below). We will not retaliate against you for filing a complaint.

Please contact us for more information. For more information about HIPAA contact:

The U.S. Dept. of Health & Human Services, Office of Civil Rights 200 Independence Ave. SW, Washington, D.C. 20201 Phone (202) 619-0257 or toll free (877) 696-6775.



# WELCOME TO UNIQUE PEDIATRICS!

General Pediatrics—39000 Bob Hope Dr—Kiewit Suite 211—Rancho Mirage, CA 92270	
Ernesto R. Millan, MDTelephone: (760) 776-5620 Fax: (760) 776-5626	

#### FAMILY DEMOGRAPHICS FORM

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# PATIENT ACKNOWLEDGEMENT AND CONSENT FORM

I Understand that, under the Health Insurance Portability & Accountability Act of 1996 (HIPAA), I have certain rights to privacy regarding my protected health information. I consent to this information being used to:

Conduct, plan, and direct my treatment and follow-up among the multiple healthcare providers who may be involved directly or indirectly in that treatment.

Obtain payment from third-party payers.

Conduct normal healthcare operations such as quality assessments and professional certifications.

I have access to your *Notice of Privacy Practices* containing a more complete description of the uses and disclosures of my health information. I understand that you have the right to change the *Notice of Privacy Practices* from time to time and that I may contact this office at any time to obtain a copy of the current *Notice of Privacy Practices*.

I understand that I may request <u>in writing</u> that you restrict how my private information is used or disclosed to carry out treatment, payment, or health care operations. I also understand you are not required to agree to my requested restrictions, but if you do agree, then you are bound to abide by such restrictions.

I understand that I may revoke this consent in writing at any time, except to the extent that you have taken action relying on this consent.

Name:	 
Signature:	· · · · · · · · · · · · · · · · · · ·
Relationship to Patient:	 
Date:/	·
I.D.#:	

IERAL PEDIATRICS—39000 BOB HOPE DRIVE-KIEWIT SUITE 211-RANCHO MIRAGE, CA 92270

ERNESTO R. MILLAN—MEDICAL DIRECTOR—TEL: (760) 776-5620—FAX: (760) 776-5626

## NEW NO SHOW POLICY

Beginning July 1<sup>st</sup>, 2014 if you do not show for your appointment and do not call before Noon on the day before the scheduled appointment, it will be documented as a NO SHOW.

NO SHOW appointments will be handled in the following manner.

## First offense:

You will have 2 weeks to reschedule a make-up Well Child Appointment.

## Second offense:

Make up Well Child appointment needed for office services (Rx, SDA & Special Problem Appointments) as well as disenrollment for subsequent No Shows.

### Third offense:

Three NO SHOW appointments in any 12 month period will constitute a Forced Transfer of Care. We will notify your insurance that we wish to divorce you as patients and you will need to find a new Physician. We pride ourselves on being able to schedule and see our patients in a timely manner, however, if we have patients that habitually do not show up for their appointments, it makes it difficult for the office to run efficiently.

We thank you for your cooperation and look forward to treating your child to the best possible care we can offer.

Sign:	Date:
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