



IMPROVECARENOW

# ImproveCareNow Newsletter

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## Your NWPG ICN team:

Right to left: Jennifer Erickson, Alison Ross RN,  
Arum Chun, Dr Fridge, Kyle Saxe, Dr Colson.

### QUICK FACTS:

- 1 NWPG joined ImproveCareNow in May 2011
- 2 Randall Children's Hospital helps to fund our participation in ImproveCareNow
- 3 There are over 10,000 children with Crohn's and colitis enrolled in ImproveCareNow nationally
- 4 We care for over 250 children with Crohn's and colitis at NWPG

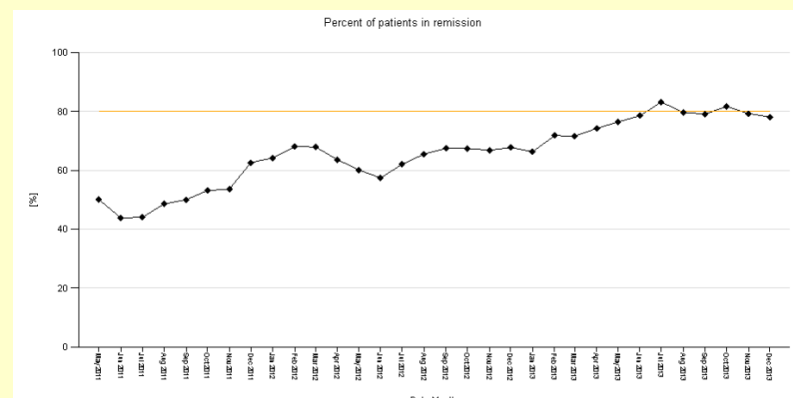


## Remission Rate Improving:

By Jacqueline Fridge, MD

*Since we joined Improve Care Now, our remission rate has improved, meaning more children are feeling well today.*

Nationally the remission rate is improving. However there are as many as 9,000 more children in the U.S. who could be in remission today, if the remission rate at their center was as good as the best in ICN.



## Who me? Get involved?

*By Jennifer Erickson*

My name is Jennifer Erickson and I am a parent of an IBD patient, and the Parent Advisory Liaison for NWPG and Improve Care Now. I hope to become a familiar face in the community and clinic, a comforting voice as we discover new ways to best support our families, and a bridge for increased communication between our patients and physicians.

There is an established support group for adults through the CCFA headed up by Mark McNamara [markjmcnamara@gmail.com](mailto:markjmcnamara@gmail.com) that meets up at OHSU on a monthly basis. We hope to add to the good they do through our own group, KwCC, geared for Kids with Crohn's and Colitis. Our kids, and us parents, are bound by a common diagnosis and similar stories. Commiseration and humor can play a great role in healing the spirit. Our children can really make a difference by sharing with their peers. We will talk about illness and treatments, diets, and fears, but we will mainly be a safe place to share our everyday lives, knowing we all understand the extra amounts of energy/effort/hope/steps/time/meds and help our everyday often requires. We are not alone on this journey to full remission and full lives.

- Our first KwCC meeting is on February 1st. 11am at the Natural Grocer's on Canyon Rd in Beaverton, just west of 217 (in the former Bed Bath and Beyond building.)

- Please LIKE our KwCCpdx Facebook page at <https://www.facebook.com/KwCCpdx>. All events and relevant information will be posted there as well as links to CCFA, ICN, and Empowered by Kids pages.

- One of our goals for the coming year is to make a showing at the Take Steps CCFA Walk on May 18th. Save the date.

Email me at [jenjo\\_icn@yahoo.com](mailto:jenjo_icn@yahoo.com) to join our email list or if you have any questions.

### *Nurse Alison's Corner.....Sign up for Camp Oasis NOW!*



*Save the Date for Camp Oasis!  
June 22-28, 2014 - Longbranch, WA*

The applications for the Crohn's and ulcerative colitis camp have just opened up. This is a sleep-away camp that takes place June 22-28th and is for anyone with IBD in 2nd to 12th grade. It is located in Longbranch, Washington at a YMCA camp. The camp is sponsored by the Crohn's and Colitis Foundation of America. Some of the activities you get to enjoy include: arts and crafts, swimming, climbing, campfires, singing, talent shows, and more. It is super fun and you get to meet other kids who have had similar experiences to you and make lifelong friends. For more information go to:

<http://www.ccfa.org/chapters/northwest/events/camp-oasis-2014.html>

The applications are due by April 28th so hurry! Feel free to call me if you questions.