

# JLGH SUMMER 2025 RECAP

## Q&A for Extended Learning

The Summer issue of The Journal of Lancaster General Hospital offered articles on transitioning pediatric patients to adult care, vaccine-preventable pediatric illnesses and vaccine hesitancy, GLP-1 receptor agonist safety considerations, and other practice recommendations. Review the questions and answers below to see how much you remember from the issue. Need a refresher? All issues of JLGH are available at [JLGH.org](http://JLGH.org).

Q  
A

**List tools and methods that can help pediatric patients with complex medical conditions successfully transition to adult care.**

Implementing intentional programming, using medical workbooks to help identify goals, creating and developing a transition plan, and appointing a transition coordinator are initiatives that may help lead to a smooth and successful transition.

Q  
A

**What is the “3A” approach to help clinicians counsel patients regarding the risks and benefits of vaccines in the new era of social media myths?**

Avoid fear tactics when counseling parents during a well-child visit, ask for permission to debunk myths in the office, and adapt language and key phrases to use with every family.

Q  
A

**Compounded versions of GLP-1 receptor agonists have gained popularity among consumers. How should clinicians advise patients before they purchase these products?**

Patients should understand that compounded drugs do not undergo FDA premarket review for safety, effectiveness, or quality. Prescriptions should be filled at state-licensed compounding pharmacies using the base form of the drug obtained from FDA-registered facilities. Pharmacies should be able to ensure compounding sterility and avoid the addition of other ingredients that may cause interactions. Pharmacists should be both FDA registered and credentialed to compound.

Q  
A

**Parents should keep communication channels open and be an example regarding their children’s use of electronic devices. What recommendations can clinicians offer adolescents?**

Devices should be put away one hour before bedtime. Device features such as “Do Not Disturb” and “Notifications” should be set to control usage. Children should be encouraged to spend less time on devices to allow more time for other activities like exercising and spending time with family.

Q  
A

**Foreign bodies ingested by adults might pass through without harm, although complications may occur. Name some emergent complications and treatment options.**

Intestinal perforation, bleeding, sepsis, compression necrosis, and obstruction are the most likely complications, especially if an object has a diameter >5 cm or a sharp edge. Endoscopy, including enteroscopy or colonoscopy, may be warranted.