

# PKU CLINIC SCHEDULE

In an effort to keep PKU Clinic days productive, educational, efficient and fun, we have grouped children of similar ages together and scheduled a “block” of time for each group. The general outline for PKU Clinic is as follows:

1. All families check in at the front desk, pick up a number, and proceed to the parent meeting room (Room 239)
2. Once in Room 239, children and parents are directed to the appropriate activity:
  - weighing and measuring
  - blood draw
  - nutrition assessment
  - parent group meeting
  - nutrition education class
  - individual discussion with staff and other parents

Vicki will direct each child to the nurse’s station. Each child will be weighed and measured and then have their blood drawn in Room 225.

Note: children younger than 3 years of age are weighed and measured wearing only a diaper or underwear. Children 3 years of age and older are weighed with their clothes on, but shoes off.

Our plan is for about half of the children to be weighed and measured and have their blood drawn before the parent group/children’s educational group. The remaining children will complete this activity after the group meeting. To maximize learning and prevent disruption of the group meetings, it is important to minimize the confusion and movement in and out of Rooms 239 and 246.

Please plan on spending approximately 2 hours at clinic during clinic days. During this time, you can expect individualized attention focused on PKU management and opportunities to learn more about PKU through formal educational activities and structured parent discussions. **Please help us serve you better by calling to let us know whether or not you plan to attend clinic, or if you plan to attend a different appointment time: (206) 598-1800 or toll-free in Washington 1-877-685-3015.**

Our primary objective is to provide education, information, and support to families in an interesting and productive format. If you have specific questions or concerns, contact one of the PKU Team members.



Cristine M. Trahms Program for Phenylketonuria  
University of Washington - CHDD - Box 357920, Seattle, WA 98195

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<http://depts.washington.edu/pku>

# THE CLINIC SCHEDULE

## **Wednesday AM (Infants) and Thursday AM (Toddlers)**

9:00 – 9:30 Measuring, blood draws, individual nutrition assessments

9:30 – 10:00\* *Parent Discussion in Room 239:* Parenting guidance and information about “anticipated” parenting challenges during the early years. Time to share individual successes, concerns, and experiences.

*Children’s Education Group in Room 246:* Toddlers with PKU and older siblings meet for nutrition education activities and self-management skills classes. A low protein food/cooking activity is featured at the end of each session.

10:00 – 11:00 Continue measuring and blood draws, individual nutrition assessments, speaking with staff and other parents

## **Wednesday PM (School-Age) and Thursday PM (Adolescents)**

1:00 – 1:30 Measuring, blood draws, individual nutrition assessments

1:30 – 2:15\* *Parent Discussion in Room 239:* Parenting guidance and information about “anticipated” parenting challenges during the elementary and secondary school years. Time to share individual successes, concerns, and experiences.

*Children’s Education Group in Room 246:* Children participate in activities designed for their age and skill level. Sessions focus on increasing self-management skills, as well as building on general PKU knowledge already mastered. A low protein food/cooking activity is featured at the end of each session.

2:15 – 3:00 Continue measuring and blood draws, individual nutrition assessments, speaking with staff and other parents

*\* To facilitate educational opportunities, please try to be on time.*



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