

THE PROCESS OF TREATMENT ON A CTO MISSION

Conversation with Katie Worst | Nurse Practitioner

[The process of treatment on a CTO mission]

[Katie Worst, Nurse Practitioner, Washington D.C., USA]

My name is Katherine Worst, I'm a nurse practitioner at Children's National in Washington DC, and I'm also a nurse practitioner with the CTO program. My first contact with these families has been when they walk in the door in clinic. Some of these families have known that Dr Levitt and his team are coming for several, up to years, before he makes it here. So, some of them have been anticipating this visit for a long time. And the providers that we've worked with, at least in Greece where we are, have been wonderful as far as they have testing and information ready to go, so that we have that information when we meet the family. But personally, I haven't met these families until they walked into the door in clinic. So, then we kind of go over their history and their surgeries that they've had and the medications that they take with the family there, and figure out exactly what they need us to do in order to address their current issues. And then those who don't need surgery, the nurse practitioner can spend time with them in clinic to kind of go over a plan of care. And those who do need surgery, have surgery, and then our nursing team and our nurse practitioners meet with the family following the procedure to kind of go over post-operative expectations, what the family needs to do to help take care of the child at home, and then long-term care, and what they're going to need to do for their bowels and how they're going to get that care. We also make sure that all these families have our contact information in addition to their local physicians and surgeons, so that even though we're not going to still be in that country, they have access to us, and we can continue to help guide them over years to come.