



Complex Primary Care Clinic Team



Lisa Plotnik, MD, FAAP



Stephanie Winn, MSN, APRN



Lorraine Dandurand, RN

Contact Us

Individuals and families can call our clinic to request that they be added to the Complex Primary Care Clinic. Referrals by health care providers are also welcome. Please contact us at (603) 695-2690.



Dartmouth-Hitchcock Manchester
Internal Medicine-Pediatrics
100 Hitchcock Way, Manchester, NH 03104

chadkids.org

Complex Primary Care Clinic

INTERNAL MEDICINE - PEDIATRICS



“

I was so stressed when I had to transition Lacey's care to an adult primary care provider after she could no longer see her pediatrician. It was really hard to find someone with the right experience. Then I found Dr. Plotnik and she has been wonderful. She handles the health care for all four of my children, who each have special needs, and me!”

-Laurie, Lacey's caregiver



Full service, wraparound care for children and adults with special health care needs and their entire family



Our team of providers

are part of Internal Medicine–Pediatrics at Dartmouth-Hitchcock Manchester and the Children’s Hospital at Dartmouth-Hitchcock (CHaD). We provide care for children and adults with special health care needs. Because we want to be sure the needs of the entire family can be met in one place, we will also provide care for family members.

Here are examples of the kinds of support services our clinic provides:

- Have age-appropriate preventive health discussions such as nutrition, exercise, dating/sex and advanced directives (making your health care wishes known if you can’t speak for yourself).
- Help families manage multiple appointments or treatments with specialists and arrange transportation for those with medical equipment.
- Coordinate with community organizations that help adults and children get the services, care and equipment they need.
- Write care plans for families to share with others who need to know the specifics of the patient’s health care treatment.
- Coordinate communication with specialists who are involved in the patient’s care to make sure that the entire care team is aware of each specialist’s portion of the treatment plan.
- Help bridge the gap between behavioral health services and medical care for people with developmental disabilities.
- Provide home visits, when needed, for those patients who have illnesses or disabilities that make it difficult or unsafe to leave their home.

Who we are here to help

The Complex Primary Care Clinic provides care to children and adults who have had disabilities since birth or other complex medical conditions. Our patients have medical conditions such as:

- Cerebral palsy
- Autism
- Developmental disabilities
- Complex congenital heart disease
- Cystic fibrosis
- Metabolic disorders
- Those who need equipment such as a G-tube, J-tube or tracheostomy

Additionally, we can see family members of these complex care patients so that everyone takes care of their health and the entire family unit receives supports provided by the clinic.

Benefits of the clinic

Our goal is to help patients and families live the most comfortable life they can while managing their family member’s health needs. Our team is dedicated to our patients by trying to:

- Reduce costly trips to the emergency room, which can be traumatizing to the patient and family
- Prevent or shorten necessary hospitalizations
- Simplify the family’s medical care to ease the burden on the family
- Meet the family’s goals so that they have a more satisfying life experience with their loved one that needs complex care, as well as the rest of the family