

02. Modern lifestyle
03. Poor diet.

Effects:

- ↑ risk of disease
- Physical ailments (Injury, back ache)
- Emotional issues

Assessment of Obesity:

$$\text{Body Mass Index (BMI)} = \frac{\text{wt in kg}}{(\text{Height in m})^2}$$

BMI

Classification

18.5 - 24.99

Normal

≥ 25

Overweight

25 - 29.9

Grade I

&

30 - 40

Grade II

> 40

Grade III overweight.

Prevention

Treatment

- Exercise
- Fruit, vegetables, lean protein in diet
- Avoid sedentary lifestyle.
- Avoid junk foods.

- Phentermine
- Naltrexone
- Orlistat (approved for children of 12 years old)

Surgery:

- Gastric bypass
- Gastric Sleeve Surgery

Agitation ladder response:

Functions

Distraction
Ration exp. infing

PTCL Method:

- R. Rte - Rest
- I. FCL
- C. Confusion
- C. Clavation

Sub categories one of these are sign of:

- Once settling & from
- visible long & other aggr. aggr. aggr.
- Counting sand of sand
- Instability

Prevention:

- Use paper technique
- Give paper equivalent
- Don't break it
- Remove activity slowly.

Juvenile Delinquency

Juvenile: A boy who has not attained the age of 18 years or a girl who hasn't attained the age of 18 years.
Juvenile delinquency is abnormal or antisocial behavior by a juvenile.
Act of delinquency may include:

Wandering, wild, work, death, moral, poor
Vandalism, Spontaneous, Cautious
Deep lying, Stealing

Causes:

- Bad company
- Moral conflict
- Social disorganization
- Social pressure
- System failure
- Poverty
- Dropping

Prevention - two methods are:

- 1) Preventive Method:
 - Child guidance center
 - Individualized culture
 - Family club
 - Improve the child environment.
- 2) Rehabilitative method:
 - Legislative measures
 - Special school.

Prevalence

Prevalence is described as being there is frequency to which a group of persons fall into a category of disease or perhaps can have a given level of energy balance.

21) In Normal by activation of Hypothalamus

Following growth axis.
 Once in body but the pattern of timing of pubertal events involving progression in sexual system.

ADPP / Precocious Puberty
 It is caused by excess secretion of sex hormone (androgen & oestrogen)

For In
 Incomplete PP: Delayed manifestation of puberty without development of other signs of puberty.

Precocious Puberty
 Incomplete activation of sexual brain structures but most often appear in the first 2 years of life. Then progress for 3-5 yrs & in slowly progressing.
 No other signs of puberty development.

Premature Puberty
 Appearance of sexual traits before age in girls or boys in body without evidence of maturation.

Premature Menstruation
 Isolated vaginal bleeding in absence of other secondary sexual characteristics.

Hypersecretion is swelling of the breast tissue in boys or men, caused by an imbalance of the hormones in the body & testosterone. It can affect sex in both & growth.

Signs & symptoms
 Normal hormone change
 Uterus mild (stimulate)
 Clonidine
 No signs
 AIDs and
 venous AIDs and

Symptoms
 Small breast
 Breast tenderness
 Pain
 Nipple discharge

Abnormal:
 Puberty, tamoxifen
 Surgery: Liposuction, Mastectomy

Precocious:
 Avoid alcohol drugs, Review signs maturation.
 Avoid alcohol

Spot Injuries

See the injuries which occur during exercise or while participating in a sport.

Types:

Strain: Overstretching or tearing the ligaments.
 Sprain: Overstretching or tearing of muscles or tendons, knee injury

of body image. The individual may receive
 good advice to help in large eating followed by
 self induced vomiting to loose of calories
 in 6 months.

Cause:

- Dysfunctional in neurochemical
- Defects in the development
- After postnatal exposure

Signs

- Weight loss
- extreme loss of int. Org. hypofunction
- Distorted body image
- Bulimic acts

Management:

- Nutritional counselling
- Individual therapy
- Family therapy
- Psychotherapy
- Evidence suggests 8 self worth.

Neurobiologic Implications:

Disorders are the primary basis for most of
 neurobiologic implications.
 Most systems implicated in human sexually functioning
 temp & hormone,
 There have been a body of info regarding how
 Implications from involve human via DM or LIT

Note of Implication

- First neurobiological feed mechanism e.g.
 1. Carbohydrate, endocrine, neurotransmitter,
 T. system / T. system
- By passing the DM
- e.g., dopamine, through intermediate host
 by ingestion
- e.g., Neuroendocrine mechanisms

Altered Pains

Abnormal pain - Acute, chronic
 long.

- Dementia - Schizophrenia
- Depression - Endothelium
- Anxiety - Cortisol
- Stress - T. system
- Pain - Feline dysfunction

Rx

- Anticholinergic drugs
- (gabapentin, meprobamate, Pregabalin).

Preventive Measures

- Proper disposal of pills
- Personal Protection (food, water, skin)
- Maintaining the relevance of infection
- Shave skin
- Nail cutting
- Hand wash
- Avoid travelling personal region

Dark.

Don't shed / grow fully even though
Don't tid / thumb & fingers.
Don't leave cloth in cold, wet / hanging.

02. Nail Biting

Psychopathia in a common oral
compulsive habit in children & adults. It
is may of coping with stress & confusing
day.

Causes:
Low self-esteem / boredom
habit, nervousness
lack of confidence
Fear or phobias
Anxiety coping

Many:
Bites nail joint
Jawen antibiotic
Jawen nail
Distress happy
Don't promise to stop
Dietary
Substitute activity

The Disorder

It is abrupt, repetitive, involuntary movements,
it is one of the compulsions.

Types of Tics:
Simple: few muscles / simple words.
Complex: many muscles / eye blinking,

Simple

(12)

Simple tic: head jerk | $< 1 \text{ yr}$
Simple tic: sniffing, hiccuping

Complex: Many muscle groups / full words
a) Simple motor: twiddling around, sniffing,
b) Complex phrase: Shout up / Yes Yes how much
Shout up / Yes Yes how much

Onset:
2-15 years.

Course:
Brain abnormalities
Genetic factors

Many:
Neurological diagnosis tests.
Compulsive movement of child's leg
Abilities.
Cognitive behavior therapy
Habit reversal
Medication: Antipsychotics.

Causes

Causes or bad habits is a disorder of
neurological mechanism in children who are
beyond the age, where normal habits enter
is required.

Normal age (brain control) = 2 1/2 - 3 yrs
Abnormal if not acquired beyond 4.5 years.

Management:

- During child in school understand to give the child in school understand position as a teacher (teacher's role)
- Involvement (elementary)
- Active

Self-Making (Self-Organization)

- Self-organization is a process that occurs when a person makes a decision about what to do next.
- Children: Most common effect, usually 6-12 years old
- Cause: Lack of sleep, Anxiety, Fatigue
- Signs: From stressed brain, difficult to make, Engage in social activities, Social withdrawal
- Substrate: - Rejection
- Medication: Antipsychotic drugs
- Prevention: Limit screen
- Medication: Antipsychotic drugs
- Parent involvement: Parent anxiety & conflict

Abile Disorders

1. Thumb Sucking

Defined as non-nutritive sucking of thumb or thumb.

Age of Onset: 0-1 year

Peak Age: 3-6 years of age

Signs: 3-6 years of age

Cause:

Physical: - Overstimulation, Neglect

Psychological: - Fear, Anxiety, Depression, Frustration

Behavioral: - Lack of attention, Frustration

Other: - Lack of attention, Frustration

< 4 yrs - No problem
> 5 yrs - Indication problem.

It may lead to:

Malocclusion, teeth

Palate malformation

Speech problem

Learning problem

Management:

Do:

Discussion

Parenting

Parent & Researcher

Therapy

Behavioral

Relaxation

(13) Types of Child Abuse
Physical Abuse : It

Physical Abuse: It is the inflicting
of physical injury upon a child. Includes
beating, hitting, kicking,
biting, pulling, shaking,
scolding, etc.

Q7. Sexual abuse : It is an inappropriate sexual behavior with a child. It

- Interventions
 - Feeding a child's growth
 - Making child meets the adult's needs
 - Intolerance, Intest, Ryle, Sedary
 - Lactobacillus & small intestine

13. Controlled Abuse: Also known as mutual abuse, mutual abuse & psychological maltreatment, it includes all of the common (no love & respect) role by commission (negotiation, control).

Ph. Nephros : It is a disease to provide the child basic needs, It can be Physical (No food, clothing, medical care) Educational Emotional

05) Demetris & Family Values: One person
Demetris Blue of my intensity (a long
thousand years, emotional etc)

Child Protective Memo.

- Programmes
- Education
- Psychiatric help
- Rehabilitation
- Constitutional Provision : Rights for children

Breath Holding Spell

Breath holding spells are reflexive events in which typically there is a frightening event that causes another person's participation & child starts to cry. The crying stops as full expiration or full inspiration or full expiration or full inspiration or full expiration or full inspiration.

a) Dyamic (dysp - regimen beg - (opus - total cost of opus
von OP-Leistungsm., Elavie jekt)

b) Polled (Polyp - pain - Lay - Sten breaking - von Leistungsm.)

Cellulose
Parenteral Nutrition
Preservatives

Climate factors:
Vaccines given & many kids to per
Africa, color change
uniform followed by abnormal posturing & Swin

Aspirin

0.5 Epidural analgesia

Spinal Nerves
Myelography (Myelography)

(12)

Spinal Nerve
Injection of fluid into the
space of fluid within
injection.

Low:

Conduction time dysfunction

S/S

burning, loss
feeling in the
lowering areas.

Management

Myelography

Conduction time

(13)

Chronic Nerve
Recurrent Nerve Nerve
Nerve Nerve more than 6 weeks.

Causes:

Late R of ANM

95

Flaming loss

Overuse

Overuse

Prophylaxis

Prophylaxis

Prophylaxis

Prophylaxis

Prophylaxis

Child Abuse

Child abuse is a state of emotional
physical, economic & social maltreatment
inflicted on to a person below the
age of 18 years & to a globally
prevalent phenomenon.

Child abuse or maltreatment constitutes
all form of physical &/or emotional ill-
treatment, neglect or rejection
R, or sexual abuse, or other exploitation,
resulting in actual or potential harm to the
child's health, survival, development or
dignity in the context of a relationship
of dependency, trust & power.
(WHO)

Tonsillitis

It is defined as an inflammation of the tonsils characterized by red throat & fever.

Cause: Group A β hemolytic Streptococcus

S/S

Swollen throat
Enlarged tonsils covered with white exudate
Dysphagia
Mouth breathing
Enlarged adenoids.
Duller media

Management:

Med. Mgmt:
Acetaminophen / Ibuprofen.
Saline solution gargling.
Penicillin
Erythromycin
Surgical Mgmt.
Tonsillectomy.
Adenoidectomy.

Nsg Mgmt

- Provide dietary clearance.
- Satisfying / precise posture.
- Maintain good hygiene.
- Avoid irritants such as

Pharyngitis

Oral Medication

It is inflammation of the middle ear caused by bacterial & viral infection.

Cause:

Bacterial / viral upper respiratory infection
Allergic rxn
Exposure to smoke & cold climate.
Use of pacifier.

Types:

- Acute OM
- Chronic OM
- Seasonal OM

① Acute OM (lasting less than 6 weeks)

Cause:

URTI
S. Pneumoniae, H. Influenza.

S/S

Otitis
Pain
Fever
Nausea / vomiting.

Medical Mgmt:

Penicillin, Amoxicillin

Formula for DR's Recommended by WHO & UNICEF

Preventing

Sodium Chloride

2.6 g/L

Fluid excretion

Glucose amylase

135 g/L

Potassium Chloride

1.5 g/L

Trisodium Citrate, disphate

2.9 g/L

Urea + 1L per 8-24 hrs

Drinking

Vomiting or a possible sign of gastric contents

Causes:

Acoustic irritation

Reflex vomiting

Some upset or vomiting later

Obstruction of digestive tract

Food intolerance

Metabolic disorder

Signs

Abdominal pain

Dehydration

Fever

Rapid pulse

Dry mouth

Management

1. If just the case

2. Give oral rehydration (Metabolic balance)

3. Nutritional support (Vitamin, Vit C)

4. In case of obstruction of digestive tract, children shouldn't be given anything by mouth.

1. Drink & eat little & often

2. Give low in fat & bitter

3. Cold water reduce small intestines

4. Cold water reduce small intestines

5. Cold water reduce small intestines

6. Cold water reduce small intestines

7. Cold water reduce small intestines

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20. Cold water reduce small intestines

21. Cold water reduce small intestines

22. Cold water reduce small intestines

23. Cold water reduce small intestines

24. Cold water reduce small intestines

Interventions

1. Bile stained: It is seen in

Distal duodenal obstruction

Intestinal obstruction

2. Non-bile stained: Content with projectile

Vomiting - seen in

Dysphagia

Protein loss

3. Non-bile stained: Content with non-projectile

Vomiting - seen in

Intestinal

Management:

- 50% RDA of calories
- Strict underlying disease
- Regular & precise follow up.

Nutrition

- Optimum Nutrition
- Parental support & education
- Feeding environment

Feeding interval < 4 hrs & 20 minute feeding for older children needs short intervals

Diarrhoea

Loose stool = floating through. It is the second leading cause of death in children under 5 years of age.

Def: due to viral, Diarrhoea is defined as having 3 or more loose stools per day or having more stools than normal for the age.

Incidence:

1.5 - 2 billion deaths per children in India. Due in 8 children die of diarrhoea in India. It is mostly due to contaminated food & water sources.

a) Acute Diarrhoea (< 14 days)
b) Chronic Diarrhoea (> 14 days)

2. In form of clinical presentation
a) Acute watery Diarrhoea
b) Acute bloody Diarrhoea.

Etiology
Infective
Dysger
Dietary causes
Surgical conditions
Signs of Dehydration
Diarrhoea
- Thirst, dry skin
- Poor blood flow
- Fatigue
- Light-headedness

1. Clinical feature & management.
2. Mild Diarrhoea (2-5 loose stools)
3. Moderate (10 or more loose stools)
4. Severe (10 or more loose stools, 24 hrs)

Dr. Dietary
Pyl. Exam
Stool Exam
Stool culture
Diet left

Management
Replacement of fluid
Administration of prescribed drugs
Maintenance of nutritional status.
Educate mother regarding prevention of Diarrhoea.

IV Solution ..

- Apply Starch during milk prep.
- Some during milk stopping or bottle
- ~~care~~ , during milk stopping or bottle

After
Remove gloves & wash hands.
Disinfectant instrument (bottle).
Jate Quaring totally to its place.

Diagnosis & Starch Problem of a Child

(a) Infancy.

Failure to Thirst.

Def: $\rightarrow$ FT is a term used to describe inadequate growth or the inability to maintain growth in children.

Classification

1. Organic :

FT due to underlying medical cause like.
Premature birth, Maternal Smoking, drug abuse, Poor absorption of food.

2. Inorganic : FT caused by other than medical reason.

Poor feeding skills as part of parent.
Lack of parenting preparation.
Child neglect
Emotional deprivation.

Causes of FT

- Inadequate caloric intake.
- Inadequate absorption
- Excessive loss of calories
- Altered growth potential & regulation
- Increased caloric requirement.

S/S

Height, weight & head circumference don't meet standard growth charts.
WT $<$ 3rd percentile
Physiologic, Mental & Social skills not as per age.

Secondary sexual characteristics delayed in adolescents
Lethargy, Unresponsiveness, Irritability

Diagnosis

$\rightarrow$ History taking
Premature? Nutritional history
Medication & Tests

Examination & Tests
Phys. Exam, CBC, Hormone studies.

Measurement of Degree of FT
Degree of FT

Examination	Mild	Medium	Severe
Weight	75-90%	60-74%	$< 60\%$
HT	90-95%	85-89%	$< 80\%$
Weight gain	81-90%	70-80%	$< 70\%$

- Apply shade during winter season.
- Stone during winter stopping or during

After

Remove stone & wash hands,
Perianthase instruments (tearable).
Take dressing totally to its place.

(a) Disorders & Health Problems of a Child Infancy.

Failure to Thrive.

Def: $\rightarrow$ FTT is a term used to describe inadequate growth or the inability to maintain growth in Child.

Classification

1. Organic: FTT due to underlying medical cause like:

Perinatal birth, Metabolic Disorder, drug abuse,
Poor absorption of food.

2. Inorganic: FTT caused by other than medical reason.

Poor feeding skills or poor of parent.

Lack of parenting preparation.

Child neglect

Emotional deprivation.

3. Mixed: Don't have organic & inorganic cause.

Causes of FTT

- Inadequate caloric intake.
- Inadequate absorption.
- Excessive loss of calories.
- Altered growth potential & regulation.
- Interfered caloric requirement.

S/S

Weight, height & head circumference don't follow standard growth charts.
WT $<$ 3rd percentile
Physical, Mental & Social Skills not as per age.

Secondary: Several characteristics delayed in adolescents
Letargy, Underperformance, Irritability

DX

- $\rightarrow$ History taking
- Physical, Nutritional
- Medical, Nutritional history

$\rightarrow$ Examination & Tests

- Phys Exam, CBC, Hormone Studies.

Assessment of Degree of FTT
Degree of FTT

Organic/Inorganic	Mild	Medium	Severe
WT	75-90%	60-74%	$<$ 60%
Ht	90-95%	85-89%	$<$ 80%
Wt/Ht ratio	81-90%	70-80%	$<$ 70%

- Difficulty about drinking with spoon.
- severe, drinking with stopping or burping.
- severe, drinking with stopping or burping.

After
Remove gloves & wash hands.
Percentuminate instruments (separable)
Joke Drinking totally to its place.

(a) Disorders & Stalk Problems of a Child Infancy.

Failure to Thieve,
Def: FTT is a term used to describe inadequate growth or the inability to maintain growth in children.

Classification

1. Organic: FTT due to underlying medical cause like:
Premature birth, Neonatal Jaundice, drug abuse,
Poor Absorption of food.

2. Inorganic: FTT caused by other than medical reasons:
Poor feeding skills as part of parent.
Lack of parenting preparation.
Child neglect
Emotional deprivation.

3. Mixed: Low level organic & inorganic causes.

Causes of FTT

- Inadequate caloric intake.
- Inadequate absorption.
- Excessive loss of calories.
- Altered growth potential & regulation.
- Increased caloric requirement.

S/S

Weight, height & head circumference don't meet standard, growth charts.
wt < 3rd percentile
Physician, Mental & Social skills not on par age.
Secondary sexual characteristics delayed in adolescents
Lethargy, Unresponsiveness, Irritability

Diagnosis

- History taking
• Perinatal, Nutritional history
• Medical, Nutritional history

→ Examination & Tests
• Phys, Exam, CBC, Hormone studies.

Assessment of Degree of FTT
Degree of FTT

Organic Inorganic	Mild	Medium	Severe
wt	75-90%	60-74%	< 60%
ht	90-95%	85-89%	< 80%
fatness loss	01-90%	70-80%	< 70%