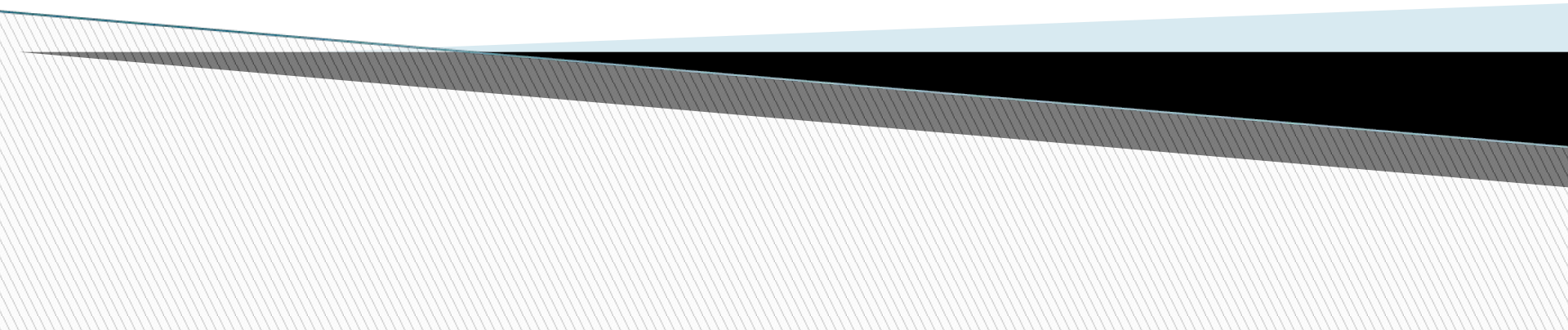


Block 4
Nutrition and Health Care during
Infancy and Early Childhood

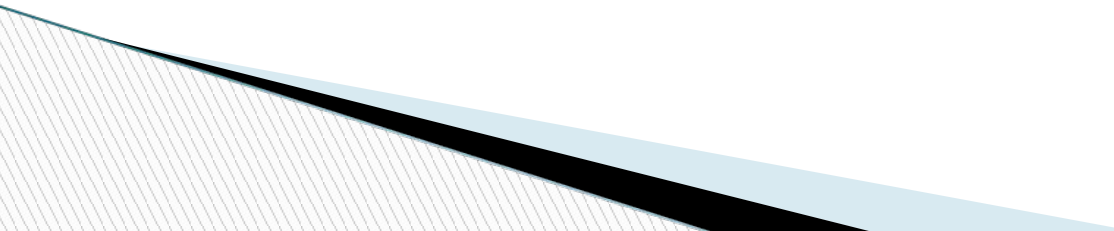
By: Prof. Rekha Sharma Sen



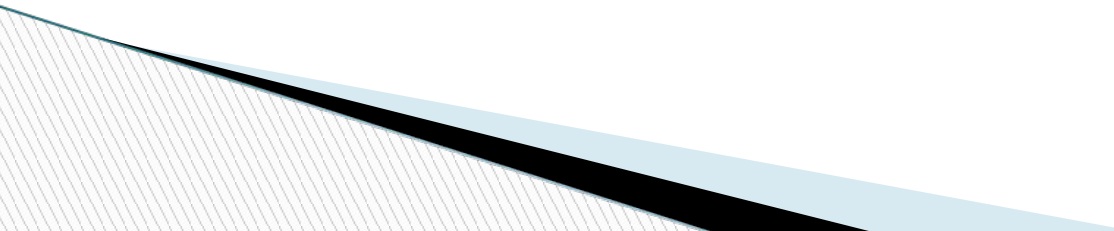
UNIT 14
HEALTH CARE OF
THE CHILD

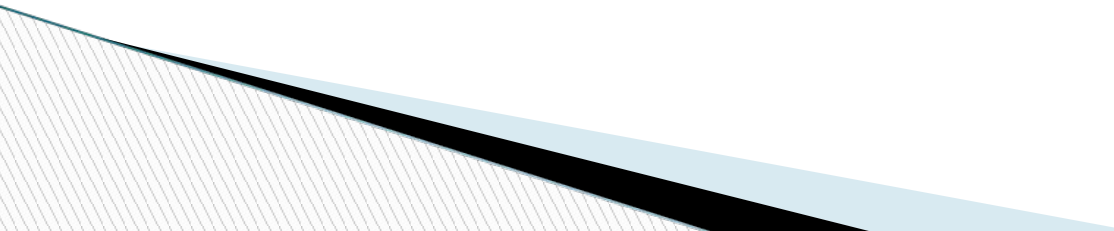


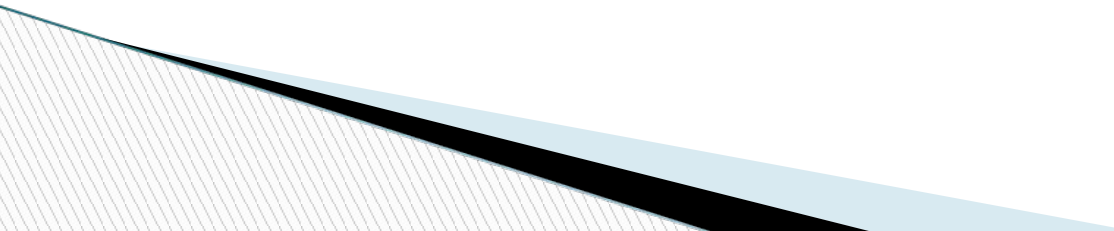
Objectives

- ❑ **Understand the need for a holistic approach to child health**
 - ❑ **Recognise a normal healthy child**
 - ❑ **Record the proper history to the child and her environment**
 - ❑ **Know about the aspects to look for during the physical examination of the child**
 - ❑ **Carry out simple examination procedures yourself**
 - ❑ **Recognize signs and symptoms of some common childhood illnesses**
 - ❑ **Know when to refer the child to the doctor**
 - ❑ **Take preventive action against diseases, through immunization, health education and growth monitoring.**
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A Holistic Approach To Child Health

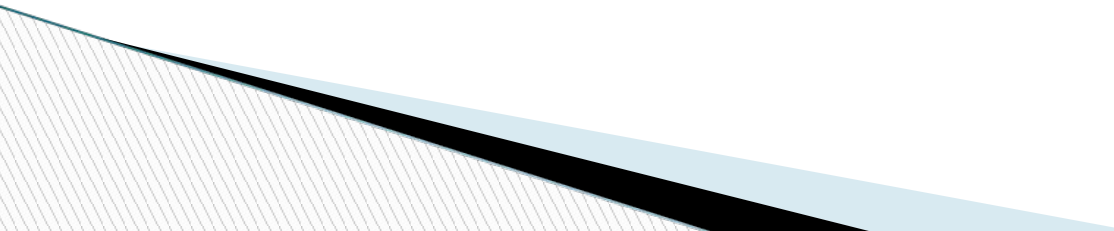
- Good Health includes physical as well as psychological and mental well-being of the person.**
 - A healthy child can cope with her environment in a manner appropriate for her age group, and, therefore, displays physical, mental and emotional balance.**
 - Eats properly, sleeps well at night and during day, plays without fretting or being irritable. Change in appearance or behaviour of the child could be due to some ill-health even if no symptoms of disease are seen.**
- 

- ❑ Development of a child is affected by many factors, is multidimensional (takes place in many areas at the same time), integrated (development in one area affects another); takes place continuously.**
 - ❑ Care of either healthy or sick children must take a holistic approach.**
 - ❑ Our concern should not just be ensuring that the child survives by providing physical care. We have to help the child to develop as a total being.**
- 

- ❑ **It is crucial to care for the whole child; looking after her emotional, social and stimulation needs, along with providing physical care.**
 - ❑ **Health and development are inseparable.**
 - ❑ **So adopt a multidimensional approach to child care, in health and in sickness,**
- 

History-Taking

An important part of health care is knowing the proper history of the child and her environment

- **Every child should have a health card.**
 - **Prenatal history-** indicates complications during pregnancy which may have affected fetal growth and development.
 - **Birth history-** The birth process has a tremendous bearing on the health of the child.
- 

- **Family history-** indicates possible genetic disorders in the family.
- **Past illnesses of the child**
- **Present status**
- **Nutrition History-** Suggests deficiencies of vitamins and other nutrients.
- **Growth History-** Indicates milestones in child's development. Ask questions which will help you to know if the child's physical, language, cognitive development is as per norms.

- ❑ **Immunization History-** Indicates child's protection against infectious diseases.
- ❑ **Social and Environmental History** – role of parents and other family members; hygiene and safety of the environment

EXAMINATION OF THE CHILD:

A) By Observation:

a) General Appearance:

- 1) Recording of Height**
- 2) Recording of Weight**
- 3) Body Structure – overly prominent head, enlarged wrists, bowlegs indicate rickets due to Vitamin D deficiency.**

b) Motor and Sensory Responsiveness:

- 1) Vision 2) Hearing**

c) Mental Responsiveness – alertness; curiosity, asking questions

d) Physical Examination

***i) Inspection of skin:* There may be a skin rash, dry patches on the skin, dry or wet eczema, pale whitish patches, boils, ulcers and wounds on the skin. Skin may be dehydrated as well. There may be small raised red areas between fingers, elbows, insides of the thighs or all over the body that itch extensively- Scabies. There may be signs of leprosy as well.**

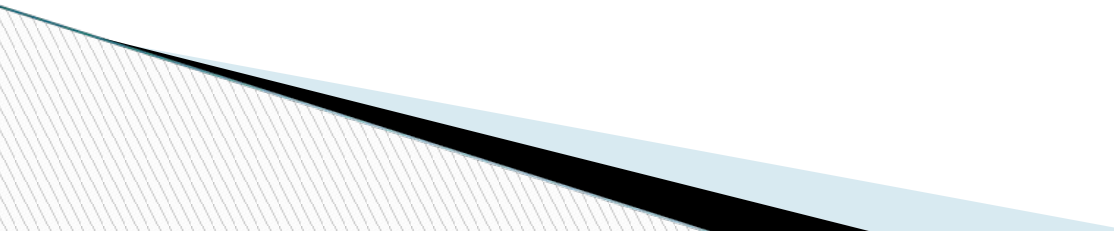
ii) Finger nails: Note the colour and shape of nails for signs of anaemia and jaundice.

iii) Scalp and hair: check hair and scalp. Indicates protein deficiency.

iv) Examination of head and neck: Inspect the following:

- a) Eyes**
- b) Ears**

c) Mouth:

- i) Vitamin B deficiency: Corners of the mouth cracked or white. Unusual redness of the tongue or a fissured tongue. Could also indicate fever.**
 - ii) Fungal infection: A white coating inside the mouth,.**
 - iii) Digestive disorders: A coated tongue in Constipation or indigestion and infections.**
 - iv) Anaemia: Unusual paleness of the tongue.**
 - v) Dehydration: Unusual dryness of the tongue.**
 - vi) Starvation: Tongue may be brown and dry.**
-
- d) Teeth: Bleeding of gums indicate Vitamin C deficiency. Tartar – can harbour infections; Caries**
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- e) Throat: Sore throat – tonsils get infected easily; could be streptococcal infection which is dangerous.**
- f) Neck: Thyroid – swelling in front of neck with no other symptom; Protruding nodules at the side of the neck: symptom of TB in children.**

v) Examination of the chest

vi) Examination of the abdomen

vii) Examination of the Limbs: Check for wasted muscles (for malnutrition); check if limb is unusually stiff or limp; swelling of feet (could be due to malnutrition, kidney disorders, liver disorders or heart disease).

B) Measuring Some Health Indicators:

i) Recording the Pulse:

Normal Pulse rate for younger children: 120-130 per minute.

Normal Pulse rate for children above 4 yrs: 80-90 per minute.

ii) Recording the rate of Breathing: Normal rate is 20-24 breaths per minute. A respiratory rate of more than 50 breaths per minute in a child less than 1 yr of age and more than 40 breaths per minute in a child more than 1 yr of age indicates acute respiratory infection.

iii) Temperature reading and recording

Caring for The Healthy Child

Healthy children can be protected from becoming ill by three major methods:

- **Growth Monitoring**
- **Immunization**
- **Health Education for the mother and other members of the family, including older children**

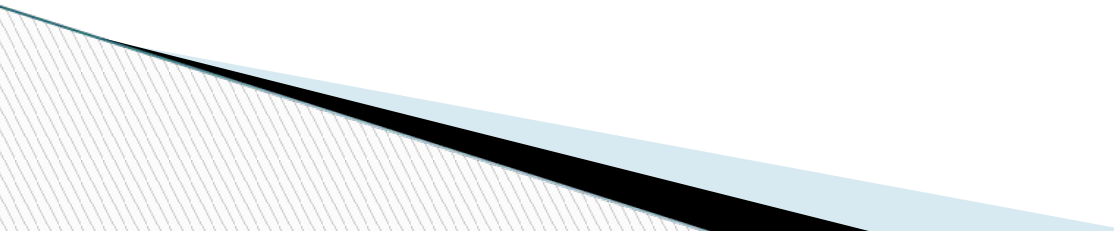
GROWTH MONITORING:

- i) **Measure Weight: Record the child's weight regularly to monitor her growth and plot it on weight chart.**
- ii) **Measure the Arm Circumference: Measure mid-arm circumference of children to check for malnutrition.**

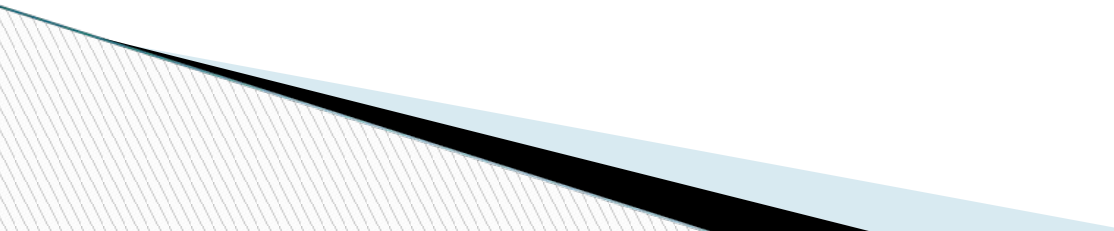
Details in Block 6 – Unit 20



IMMUNIZATION

- **Children can be immunized against certain childhood diseases. They can thus be protected against some debilitating illnesses that are caused by infection.**
 - **At birth child has some immunity passed on from the mother; breast milk also provides some immunity; this ‘natural immunity’ lasts for about three months.**
 - **Body also produces antibodies in response to infection – active immunity; this production of antibodies can be stimulated through vaccines.**
 - **Maintaining cold chain of vaccines; Sterilized syringes**
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Vaccines and Toxoids for Immunization

- **Triple antigen:** against Diphtheria, Whooping cough and Tetanus
 - **Polio Vaccine**
 - **MMR:** against measles, mumps and rubella
 - **BCG:** against tuberculosis
 - **TAB:** against typhoid
 - **Cholera Vaccine**
 - **Hepatitis B**
 - **Tetanus vaccine**
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Thank You

