

Contents

SECTION -I

BASICS OF PRACTICAL PEDIATRICS

CHAPTER -1 : INSTRUMENTS

3-29

Laryngoscope 3; Endotracheal Tube 4; Self-inflating Bag 5; Face Mask 6; Oxygen Mask 6; Nasal Oxygen Catheter 7; Acrylic Oxygen Hood 8; Infant Feeding Tube 9; Suction Catheter 10; Umbilical Catheter 10; Dileys Mucus Extractor 11; Tongue Depressor 11; Tuberculin Syringe 11; Inhalers 12; Metered Dose Inhaler 12; Dry Powder Inhaler (DPI) 14; Nebulizer Chamber 14; Spacer 15; Bone Marrow Aspiration Needle 16; Bone Trehpine Biopsy 16; Lumbar Puncture Needle 17; Vim-Silverman's Needle 17; Trucut Biopsy Needle 17; Three Way 18; Microdrip Set 19; Blood Set 19; Guedel Airway 19; Intravenous Cannula 20; Sphygmomanometer (BP Apparatus) 20; Condom Catheter 21; Cord Clamp 21; Respiratory Exerciser 21; Urine Collection Bag 22; Infantometer 22; Sahli's Hemoglobinometer 22; Wintrobe's Tube 24; Westergren Tube 24; Neubauer's Chamber 25; RBC Pipette 25; Growth Chart 26

CHAPTER - 2: DRUGS

30-48

ORS (Oral Rehydration Solution) 30; Sodium Bicarbonate 34; Ringer Lactate 34; 25% Glucose 35; Mannitol (20% Solution) 36; Calcium Gluconate 36; Potassium Chloride (KCl) 36; Aminophylline 37; Adrenaline 38; Dopamine 38; Dobutamine 39; Atropine 39; Furosemide 40; Digoxin 40; Vitamin D 41; Vitamin A 42; Vitamin K 43; Diazepam 43; Phenobarbitone 43; Phenytoin 44; Phosphenytoin 45; Midazolam 45; Penicillin 46; Methyl Prednisolone 47; Difference between Prednisolone and Methyl Prednisolone 48

CHAPTER - 3: NEONATAL RESUSCITATION

49-59

Introduction 49; Basics of Asphyxia 49; Response to Birth 51; Initial Steps of Resuscitation 51; Evaluation 51; Bag and Mask Ventilation 52; Chest Compressions 52; Endotracheal Intubation 53; Neonatal Resuscitation Guidelines 2005 56; Medications 59; Epinephrine 59; Crystalloids 59; Soda Bicarbonate 59; Postresuscitation Care 59

CHAPTER - 4: IMMUNIZATION

60-89

Immunization History 60; BCG Vaccine 62; Oral Polio Vaccine 64; Injectable Polio Vaccine (IPV) 64; DTwP Vaccine 66; DTaP Vaccine (Acellular Pertussis Vaccine) 67; DT Vaccine 67;

Tetanus Toxoid 67; Tetanus Immunoglobulin (TIG) 68; TD Vaccine (Tetanus, Diphtheria Toxoid) 68; Tdap Vaccine 68; Measles Vaccine 68; MMR Vaccine 70; Mumps Vaccine 71; Rubella Vaccine 71; Hepatitis B Vaccine 71; Hepatitis B Immunoglobulin 72; Meningococcal Vaccine 73; Pneumococcal Vaccine 74; Influenza Vaccine 76; Rabies Vaccine 76; Rabies Immunoglobulin 77; H. Influenzae-b Conjugate Vaccine 77; Typhoid Vaccine 78; Chickenpox Vaccine 80; Hepatitis A Vaccine 81; Rotavirus Vaccine 8; Human Papilloma Virus (HPV) Vaccine 83; Combination Vaccines 84; Cold Chain 84; Edible Vaccines 87; Immunization in Special Circumstances 87

CHAPTER - 5: ANTIBIOTIC THERAPY**90-94**

Empirical Initial Antimicrobial Therapy 90; Postoperative Empirical Antibiotics 92; Fungal Infections 92; Liver Failure 92; Vancomycin 93; Carbapenems 93; Monobactams 93; Newer Macrolides 94; Quinolones 94; Gram Negative Resistant Infections Including Pseudomonas Infections 94; Other Newer Antibiotics 94

CHAPTER - 6: DIFFERENTIAL DIAGNOSIS OF ABNORMAL SIGNS**95-100**

Bulging Anterior Fontanel 95; Craniotabes 95; Bossing of Skull 95; Papilledema 95; Blue Sclerae 96; Setting Sun Sign 96; Cataract 96; Cat's Eye 96; Hypertelorism 96; Ocular Hypotelorism 96; Exophthalmos 97; Ptosis 97; Mongoloid Slant 97; Antimongoloid Slant 97; Low Set Ears 97; Micrognathia 97; Macroglossia 97; Gum Hyperplasia 98; Delayed Dentition 98; Trismus 98; Oral Thrush 98; Macrocephaly 98; Short Neck 98; Neck Rigidity 98; Costochondral Beading 99; Opistotonus 99; Micropenis 99; Abnormalities of Testicular Size 99; Café-au-lait Spots 99; Hemihypertrophy 99; Pigeon-Shaped Chest 100; Scoliosis 100

CHAPTER - 7: DIETARY HISTORY**101-104**

Dietary history 101; Healthy feeding habit for infants 102; Characteristics of ideal complementary food 102; Prolactin reflex 104; Oxytocin reflex 104; Factors affecting mother's reflexes 104

CHAPTER - 8: DEVELOPMENTAL HISTORY**105-111**

Developmental History 105; Methods Standardized for Assessment of Development in Children 106; Target Milestones 107; Milestones 107; Fine Motor and Adaptive 108; Scribbling 108; Tower of Cubes 108; Vision 108; Personal and Social 108; Language 109; Toilet Training 109; Eruption Sequence of Teeth 109; Permanent Teeth 109; Development of Localization of Sounds 109; Growth Standards 110; Which Charts to Use 110; Recommended Intervals and Parameters for Growth Charting 111; Growth Charting 111; Concept of Percentiles 111

CHAPTER - 9: FAMILY AND SOCIOECONOMIC HISTORY**112-115**

Socioeconomic History 112; Family History 112; Stillbirth Rate 113; Perinatal Mortality Rate 113; Neonatal Mortality Rate 113; Post-neonatal Mortality Rate 113; Infant Mortality Rate 113; Types of Families 113; Overcrowding 113; Degree of Relationship 113; WHO Criteria for Diagnosis of Anemia 113; Millennium Development Goals 113

CHAPTER - 10: GENERAL PHYSICAL EXAMINATION 116-125

Components of Head to Toe Examination 116; Clubbing 117; Cyanosis 117; Lymphadenopathy 118; Temperature 120; Pulse 121; Jugular Venous Pulse (JVP) 123; Jugular Venous Pressure 124; Pallor 125; Edema 125

CHAPTER - 11: ANTHROPOMETRY 126-130

Anthropometry 126; Weight 126; Height 126; Head Circumference 127; Body Ratio—Upper Segment/Lower Segment Ratio 127; Arm Span 127; Chest Circumference 127; Mid Arm Circumference 128; Skin Fold Thickness 128; Body Mass Index 128; Mid Parental Height 128; Classification of PEM 128; Age Independent Anthropometric Indices 129

CHAPTER - 12: HEALTH INDICATORS 131-135

Health Indicators 131; Mortality 131; Low Birth Weight (NFHS 3) 132; Immunization Coverage (NFHS 3) 132; Children with Diseases Taken to Health Facility 132; Treatment of Childhood Diarrhea With ORS (NFHS 3) 133; Anemia Status (NFHS 3) 133; Coverage of Anganwadi Centers (NFHS 3) 133; Household Characteristics (NFHS 3) 133; Education (NFHS 3) 133; Caste/Tribe Status (NFHS 3) 133; Marital Status (NFHS 3) 134; Current Contraceptive Use (NFHS 3) 134; Antenatal Care (NFHS 3) 134; Maternity Care (NFHS 3) 134; Child Nutritional Status (NFHS 3) 134; Nutritional Status of Adults 134; National Family Health Survey (NFHS) 134; Sample Registration Survey 134

SECTION-II**LONG CASES IN PEDIATRICS****CHAPTER - 13: PROTEIN ENERGY MALNUTRITION (PEM) 139-151**

History 139; General Physical Examination 141; Systemic Examination 141; Diagnosis 142; Investigations 142; Treatment 142; Discussion 145

CHAPTER - 14: RENAL SYSTEM 152-164**NEPHROTIC SYNDROME**

History 152; General Physical Examination 153; Systemic Examination 153; Diagnosis 155; Differential Diagnosis 155; Investigations 156; Treatment 156; Discussion 159

CHAPTER -15: CARDIOVASCULAR SYSTEM 165-192**CONGENITAL HEART DISEASE**

History 165; General Physical Examination 167; Systemic Examination 167; Diagnosis 169; Differential Diagnosis 169; Treatment 170; Discussion 172

RHEUMATIC HEART DISEASE

History 178; General Physical Examination 180; Differential Diagnosis 181; Investigations 182; Treatment 182; Discussion 185

CHAPTER -16: RESPIRATORY SYSTEM**193-205****PLEURAL EFFUSION**

History 193; General Physical Examination 194; Systemic Examination 195; Differential Diagnosis 196; Investigations 197; Treatment 198; Discussion 199

PNEUMOTHORAX

Symptoms 203; General Physical Examination 203; Systemic Examination 203; Investigations 204; Treatment 204; Discussion 205

CHAPTER -17: GASTROINTESTINAL SYSTEM**206-225****HEPATOSPLENOMEGALY**

History 206; General Physical Examination 207; Systemic Examination 208; Diagnosis 210; Differential Diagnosis 210; Investigations 218; Discussion 219

CHAPTER -18: CENTRAL NERVOUS SYSTEM**226-290****TUBERCULOUS MENINGITIS (TBM)**

History 226; General Physical Examination 227; Systemic Examination 228; Diagnosis 231; Differential Diagnosis 232; Investigations 232; Treatment 233; Discussion 234

HEMIPLEGIA

History 240; General Physical Examination 242; Systemic Examination 243; Diagnosis 245; Differential Diagnosis 245; Investigations 245; Treatment 245; Discussion 246

PARAPLEGIA

History 249; General Physical Examination 250; Systemic Examination 250; Diagnosis 252; Differential Diagnosis 252; Investigations 253; Treatment 254; Discussion 254

HYDROCEPHALUS

History 258; General Physical Examination 259; Systemic Examination 259; Diagnosis 259; Differential Diagnosis 259; Investigations 259; Treatment 259; Discussion 260

ACUTE FLACCID PARALYSIS

History 262; General Physical Examination 263; Systemic Examination 264; Differential Diagnosis 266; Investigations 266; Treatment 267; Discussion 267

CEREBRAL PALSY

History 270; General Physical Examination 272; Systemic Examination 272; Diagnosis 274; Differential Diagnosis 274; Investigations 274; Treatment 275; Discussion 275

NEURODEGENERATIVE DISEASES

History 279; General Physical Examination 280; Systemic Examination 280; Investigation 280; Treatment 281; Differential Diagnosis 281; Discussion 283

FLOPPY INFANT

History 285; Chief Complaints 285; General Physical Examination 286; Systemic Examination 286; Diagnosis 287; Differential Diagnosis 287; Investigations 287; Discussion 289

SECTION- III**SHORT CASES IN PEDIATRICS****CHAPTER -19: SHORT STATURE 293-300**

History 293; General Physical Examination 294; Systemic Examination 295; Differential Diagnosis 295; Investigations 296; Treatment 297; Discussion 297

CHAPTER -20: DOWN'S SYNDROME 301-306

History 301; General Physical Examination 302; Systemic Examination 302; Diagnosis 302; Investigations 302; Treatment 302; Discussion 302

CHAPTER -21: RICKETS 307-314

History 307; General Physical Examination 308; Diagnosis 309; Investigations 309; Treatment 309; Discussion 310

CHAPTER -22: NORMAL NEONATE 315-324

History 315; General Physical Examination 316; Systemic Examination 317; Diagnosis 319; Discussion 320

CHAPTER -23: HIGH-RISK NEONATE 325-329

Hlgh-risk Babies 325

CHAPTER -24: KALA-AZAR 330-336

History 330; General Physical Examination 331; Systemic Examination 331; Diagnosis 332; Differential Diagnosis 332; Investigations 333; Treatment 334; Discussion 335

CHAPTER -25: THALASSEMIA 337-351

History 337; General Physical Examination 338; Systemic Examination 338; Diagnosis 341; Differential Diagnosis 341; Investigations 341; Treatment 342; Discussion 343

CHAPTER -26: LYMPHOMA**352-358**

History 352; Systemic Examination 354; Diagnosis 354; Differential Diagnosis 355; Investigations 355; Treatment 356; Discussion 357

CHAPTER -27: LEUKEMIA**359-365**

History 359; General Physical Examination 360; Systemic Examination 360; Diagnosis 361; Differential Diagnosis 361; Investigations 361; Treatment 363; Discussion 363

CHAPTER -28: HYPOTHYROIDISM**366-372**

History 366; General Physical Examination 367; Systemic Examination 367; Diagnosis 367; Differential Diagnosis 367; Investigations 367; Treatment 368; Discussion 369

CHAPTER -29: DUCHENNE MUSCULAR DYSTROPHY (DMD) 373-381

History 373; General Physical Examination 374; Systemic Examination 375; Diagnosis 337; Differential Diagnosis 377; Investigations 378; Management 378; Discussion 379

CHAPTER -30: ATAXIA**382-386**

History 382; General Physical Examination 383; Systemic Examination 383; Differential Diagnosis 384; Investigations 385; Treatment 385; Discussion 385

CHAPTER -31: MENINGOMYELOCELE**387-392**

History 387; General Physical Examination 388; Systemic Examination 389; Investigations 390; Treatment 390; Discussion 391

SECTION -IV**MISCELLANEOUS STUDIES****CHAPTER -32: INVASIVE PROCEDURES****395-401**

Lumbar Puncture (LP) 395; Intraosseous Cannulations 396; Heel Puncture 396; Subdural Tap 396; Bone Marrow Aspiration 397; Bone Trepbine Biopsy 397; Liver Biopsy 398; Kidney Biopsy 399; Insertion of Nasogastric Tube 399; Abdominal Paracentesis 400; Pericardiocentesis 400; Suprapubic Tap 401

CHAPTER -33: LEGAL ACTS**402-407**

The Juvenile Justice (Care and Protection of Children) Act, 2000 402; The Prenatal Diagnostic Techniques (Regulation and Prevention of Misuse) Act, 1994 403; Adoption Act 404; The Infant Milk Substitutes, Feeding Bottles And Infant Foods Act, 1992 (IMS Act)405; Medical/Legal Pitfalls 407

CHAPTER-34: TIMING OF SURGERY FOR COMMON PEDIATRIC CONDITIONS 408-409

Timing of Surgery 408

CHAPTER - 35: X-RAYS 410-421

Respiratory System 410; Cardiovascular System 414; X-ray Skull 415; X-ray Bones 416; Gastrointestinal System 419; Retrograde Pyelography 420; CT Scan 420; MRI 420; Role of Radiation 421; Choice of Investigation 421

CHAPTER - 36: ABG ANALYSIS 422-424

Normal Values 422; Steps to ABG Analysis 422

CHAPTER - 37: SOCIAL PROGRAMS 425-429

Nutritional Supplementation Programs in India 425; Vitamin A Prophylaxis Program 425; Prophylaxis Against Nutritional Anemia 425; Iodine Deficiency Disorder Control Program 426; Special Nutrition Program 426; Balwadi Nutrition Program 426; Applied Nutrition Program 426; Mid-day Meal Program 426; Universal Immunization Program (UIP) 427; Child Survival and Safe Motherhood (CSSM) Program 427; Maternal and Child Health 427; Reproductive and Child Health (RCH) 428; Integrated Child Development Services (ICDS) Scheme 428; Integrated Rural Development Program (IRDP) 429; Adult Literacy Campaign 429; India Population Project (IPP) 429; International Programs 429

Appendix: Neonatal Resuscitation: 2010 American Heart Association Guidelines 431

Index 433