

Health of Children

Common Childhood Illnesses

Common Immunizations

Basic First Aid

Common Illnesses

- What are some common childhood illnesses that you already know about or have heard of?
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Common Childhood Illness

- Allergies

- Body reaction to foreign substances (food or medicine, pollen or dust, skin contact)
- Symptoms: wheezing, runny nose, watery-itchy eyes, hives, congestion, diarrhea, vomiting



Common Childhood Illness

- Asthma
 - Respiratory condition when airways become narrowed.
 - Symptoms: whistling noise during breathing
 - Avoid contact with known triggers.



Common Childhood Illness

- Colds
 - Caused by viruses.
 - Can be transmitted easily.
 - Symptoms: runny nose, sneezing and coughing.
 - Acetaminophen can be used to reduce fever.
- Colic
 - Excessive crying in a healthy baby.
 - Symptoms: sensitive digestive system or nervous system, trapped gas, etc
 - Remedies: swaddle infant, hot water bottles on stomach, burp baby.

Common Childhood Illness

- Chicken Pox
 - Lasts about a week, caused by virus related to the herpes virus
 - DO NOT GIVE ASPRIN
 - Symptoms: itchy rash and fever, highly contagious
- Constipation
 - Change in regular bowel movement.
 - Caused by a change in diet, too little water, change in activity level, or intestine problems
 - Lots of fluid!!!

Common Childhood Illness

- Cradle Cap
 - Crusty or oily patches on scalp
 - Lasts the first few months
 - Baby oil or washing
- Croup
 - Viral infection of the upper airway
 - Symptoms: hoarse-barky cough
 - Cool vapor will help with lots of clear fluids.

Common Childhood Illness

- Diarrhea
 - Increased number of bowel movements
 - Dehydration is the biggest concern- Pedialyte is good
- Diphtheria
 - Sore throat, slight fever, and chills. Can interfere with airways.
 - May result in pneumonia and heart failure

Common Childhood Illness

- Flu
 - Symptoms: fever, chills, muscle aches, fatigue, and weakness.
 - Pregnant women, infants and elderly
 - Rest, fluids, and doses of acetaminophen
- Hepatitis B
 - Infection of the liver
 - Acute phase- flu like symptoms, diminished appetite, fatigue, abdominal pain, jaundice, dark urine
 - Chronic phase- affect the rest of life.

Common Childhood Illness

- HIB
 - Meningitis
 - Results: hearing loss, physical disabilities, or mental retardation
 - Swelling of epiglottis
- Impetigo
 - Small red pimple, ruptures, then scabs
 - Nose, mouth and diaper area
 - Treated with local washing, and antibiotic ointment

Common Childhood Illness

- Infection
 - Colds
 - Ear infections
 - Ear rubbing
 - May result in hearing damage
- Measles
 - Most serious of all
 - Caused by a virus
 - Symptoms: high fever, rash, runny nose, watery eyes

Common Childhood Illness

- Mumps
 - Spread person to person
 - Symptoms: fever, headache, earaches, and swollen glands
 - Can cause deafness, diabetes, brain damage, sterility
- Pertussis
 - Whooping cough
 - Bacteria found in mouth, nose or throat
 - Sever cases result in convulsion, collapse of lungs, pneumonia and brain damage

Common Childhood Illness

- Polio
 - Viral disease that often cripples and sometimes kills
 - Symptoms: fever, sore throat, nausea, headaches, stomach ache, pain and stiffness in neck, back and legs
- Roseola
 - Fever & rash mainly on torso
 - Drink large quantities of clear liquid

Common Childhood Illness

- Rubella
 - German measles
 - Slight fever and rash
 - Pregnant women can miscarry or lead to birth defects
- Scabies
 - Itchy skin caused by an insect mite (burrows into skin and lays eggs)

Common Childhood Illness

- Sore Throat
 - Infection or bacteria that causes a sore throat.
- Strep Throat
 - Viral and must be treated with an antibiotic
 - Throat culture must be taken
 - Symptoms: white patches on tonsils, red dots at back of mouth, large lymph nodes, fever, headache, stomach ache, vomiting, runny nose.

Common Childhood Illness

- Tetanus
 - Lockjaw
 - Bacteria enter body through deep puncture wound or lacerations
 - Symptoms: Headache, irritability, and muscular stiffness. Jaw, neck and limbs become locked in spasms
- Thrush/Monilia
 - Yeast germs that get out of balance.
 - Can occur after treatment with antibiotics
 - Symptoms: (Thrush) white patches on inside of the cheeks and lips, the tongue and on roof of mouth. (Monilia) red bumps at edge of rash

Common Childhood Illness

- Virus
 - Microscopic germ that invades tissue and multiply quickly.
 - Interfere with normal body functions
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Practice

- Practice diagnosing childhood illnesses.
- “Play Doctor”!

Common Immunizations

- Polio
 - 4 doses (3 by 18 m & 4th by age 6)
- DPT
 - 3-in-1
 - 5 doses before age 7
- MMR
 - 3-in-1
 - 2 doses (15 m & 4 y)
- HIB
 - 2-in-1
 - 2, 4, 6, 15 m
- Hepatitis B
 - 3 doses
 - Given at least 1 month apart

Childhood Emergencies

- CPR
 - Cardio Pulmonary Resuscitation
 - CPR is performed differently on children
 - A- Airway (open the airway), B- Breathe (breather for the child), C- Circulation (check for a pulse on neck)
 - Chest compressions if no pulse is found (working for heart)

Childhood Emergencies

- Choking
 - Encourage child to cough, but be prepared to use the abdominal thrust
 - Never pound on the back
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Childhood Emergencies

- Seizures/convulsions
 - Normal impulse pattern of brain is disrupted- can be set off by poisons, fevers, or infections
 - Lay child on side in middle of floor. Do not leave child alone. Do not force anything in the mouth. Keep child on side.
 - Things to watch for: rise in temperature, loss of consciousness, stiff body, held breath, jerking of limbs, loss of bowel control, confusion, drowsiness

Childhood Emergencies

- Drowning
 - Help keep child warm once consciousness is back
 - Perform CPR if child is not breathing
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Childhood Emergencies

- Shock
 - Pale blue-grey skin, rapid weak pulse, shallow fast breathing, cold clammy skin, sweating, dizziness, blurred vision, restlessness, thirst, unconsciousness
 - Cover lightly with blanket to keep warm
 - Stay calm!!!
 - Dehydration, reactions to bites/medications, burns, electrical shock, heart trouble, sever bleeding, drop in blood pressure, overwhelming infections

Childhood Emergencies

- Poisoning
 - Vomiting, diarrhea, burns around mouth, convulsions
 - Syrup of ipecac induced vomiting
 - Types of poisons that should NOT be thrown up: anything corrosive like acids, bleach, lye, or weed killer

Childhood Emergencies

- Head Injury
 - Serious injury: discharge of blood from nose or ears, vomiting more than once, headache, irritability, drowsiness, stunned or dazed

Childhood Emergencies

- Bleeding
 - Direct pressure, elevate the arm above the heart and keep applying direct pressure.
 - If an object is stuck in a child's flesh, apply pressure above and below the object, not directly on it. Do not remove the object.

Childhood Emergencies

- Broken Bones
 - Simple fracture- the bone breaks in one place
 - Compound fracture- the bone is broken in 2 or more places
 - Symptoms: pain, swelling, bruising, possible deformation, being unable to move without pain.

Childhood Emergencies

- Burns
 - First degree- cool water
 - Second degree- if the burn is larger than the child's hand, see a doctor
 - Do not use butter, cream, ointment, chicken skin or other home remedies
 - Stop, drop & roll

Childhood Emergencies

- Eye Injury
 - Small specks not serious
 - Pour water over eye to remove non-imbedded items
 - If embedded, place a clean pad over eye, and go to emergency