

PEDIATRIC PEARLS OF WISDOM

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OVERVIEW

- Pediatric services at the Life Connections Health Centre
- 10 Common childhood illnesses
- Signs & Symptoms that required medical attention
- Q & As

PEDIATRIC SERVICES

- **Family Medicine Physicians**
 - ❖ Dr Thakor
 - ❖ Dr Mantanona
- **Nurses**
- **Physical Medicine Team**
 - ❖ Physiotherapists: 14 & up
 - ❖ Chiropractors: Any age
 - ❖ Acupuncturists: Any age



PEDIATRIC SERVICES

- **Vision services:** 4 & up
- **Dental services:** Any age
- **EAP:** 14 & up
- **Stanford specialists**



COMMON CHILDHOOD ILLNESSES

1. COUGH & COLD SYMPTOMS

❖ WHO?

- Children of any age

❖ HOW?

- Usually caused by a virus
- Transmitted by coughing/sneezing/hand contact/surface contact

❖ SYMPTOMS?

- Runny nose, nasal congestion
- Sore throat, cough
- Fever

1. COUGH & COLD SYMPTOMS

❖ TREATMENT

- Rest
- Fluids
- Acetaminophen/Ibuprofen as directed if needed
- *MYTH: “My child needs antibiotics to get better”*

2. CROUP

❖ WHO?

- Under 5s, usually 6 months – 3 years

❖ HOW?

- Virus
- Transmitted by coughing/sneezing/hand contact/surface contact

❖ SYMPTOMS?

- Common cold symptoms
- Hoarse voice
- Barking cough
- High pitched sound when breathe in
- Worse at night

2. CROUP

❖ TREATMENT

- Depends on severity – can be mild/moderate/severe
- Rest
- Fluids
- Single dose steroid medication

3. STREP THROAT

❖ WHO?

- Mainly children/teens

❖ HOW?

- Bacteria
- Transmitted by coughing/sneezing/hand contact/surface contact

❖ SYMPTOMS?

- Sore throat
- Painful swallowing
- Fever
- Swollen/tender lymph nodes in neck
- No cough

3. STREP THROAT

❖ TREATMENT

- Antibiotics
 - complete full course
- Pain relievers as directed
 - Acetaminophen
 - Ibuprofen

4. EAR INFECTION

❖ WHO?

- Most common in children 6 months – 5 years

❖ HOW?

- Virus/bacteria
- Usually related to a common cold

❖ SYMPTOMS?

- Earache/ Ear fullness
- Reduced hearing on affected side
- Fever
- Associated cold symptoms

4. EAR INFECTION

❖ TREATMENT

- Depends on if suspected viral/bacterial cause
- If suspected bacterial cause – antibiotics
- Pain relievers as directed if needed
- Be aware of ear drum perforation – usually heals within a month

5. CONJUNCTIVITIS 'PINK EYE'

❖ WHO?

- Children of any age, often young children

❖ HOW?

- Bacterial
- Viral
- (Allergies)
- Transmitted by hand contact/surface contact

❖ SYMPTOMS?

- Itchy, watery, red eye
- Yellow discharge (bacterial)
- Crusting at corners (bacterial)
- Blurry vision

5. CONJUNCTIVITIS 'PINK EYE'

❖ TREATMENT

- Depends on cause
 - Viral – no treatment
 - Bacterial – antibiotic eye drops/ointment
- Avoid spread by:
 - Avoid touching eyes
 - Do not share towels/blankets/pillows
 - Hand washing

6. IMPETIGO

❖ WHO?

- Young children

❖ HOW?

- Bacterial skin infection
- Transmitted by close contact/surface contact

❖ SYMPTOMS?

- Affects any part of body, but usually seen around mouth/nose/ hands/ diaper area (babies)
- Itchy
- Red spots → Blister → burst → golden crust
'honey comb'

6. IMPETIGO

❖ TREATMENT

- Antibiotic ointment
- Oral antibiotics
- Avoid spread by:
 - Avoid touching lesions
 - Do not share towels/blankets/pillows
 - Hand washing

7. GASTROENTERITIS

❖ WHO?

- Children of any age

❖ HOW?

- Viral/ Bacterial – transmitted by hand contact, surface contact, contaminated food/water

❖ SYMPTOMS?

- Vomiting
- Diarrhea
- Abdominal Pain
- Fever

7. GASTROENTERITIS

❖ TREATMENT

- Rest
- Fluid replacement
- Oral rehydration

8. CONSTIPATION

❖ WHO?

- Children of any age

❖ HOW?

- Changes in diet
- Changes in routine
- Withholding

8. CONSTIPATION

❖ SYMPTOMS?

- Less than 3 bowel movements/week
- Passing small amounts of dry/hard stool
- Straining and pain associated with bowel movement
- Abdominal pain
- Nausea
- Overflow

8. CONSTIPATION

❖ TREATMENT

- Diet changes
 - Fiber rich fruits and vegetables
- Increase fluid intake
- Laxatives if necessary (consult doctor)

9. RINGWORM

❖ WHO?

- Children of any age

❖ HOW?

- Fungal skin infection
- Transmitted by direct skin contact/surface contact/animals/soil

9. RINGWORM

❖ SYMPTOMS?

- Ring shaped spot: round pink patch → clears in the center
- Scaly border
- Itchy
- Can be one or multiple patches

❖ TREATMENT

- Antifungal cream
- Avoid spread by:
 - Avoid touching lesions
 - Do not share towels/blankets/pillows

10. ECZEMA

❖ WHO?

- Most cases first seen in children under 5

❖ HOW?

- No specific cause
- Often seen in families with history of allergies/
asthma

10. ECZEMA

❖ SYMPTOMS?

- Dry skin → can become inflamed/red
- Itchy
- Commonly affects skin creases, but can be anywhere

❖ TREATMENT

- Avoid irritants
- Regular emollients
- Steroid cream/ointment when required for flares
- If infected - antibiotics

SEEK MEDICAL ATTENTION

❖ Fever

- Under 6 months
- High fever in older babies/children
- Prolonged

❖ Dehydration

- Dry mouth
- Not urinating as frequently

❖ Poor feeding



SEEK MEDICAL ATTENTION

❖ Breathing problems

- Wheezing
- Faster
- Struggling

❖ Lethargic

- not responding to normal social cues
- sleepy

❖ Rash

- Non-blanching (glass test)

❖ Pre-existing medical conditions

QUESTIONS???