Contents

SECTION 1: PEDIATRIC HISTORY-TAKING, BREASTFEEDING AND IMMUNIZATION

1. Rationale of the Pediatric History **3–12**
Pediatric History—Salient Feature 4
Points to Think Through for Effective History-Taking 5
Things to Do for Effective History-Taking 6
Symptoms 7
The Cardinal Ten (Historical) 8
Historical Link 8
Activities of Daily Living in Children 9
Pertinent Negatives in the History 10

2. History of the Presenting Problem and the Past Medical and Surgical History **13–18**
Clarification of the Pediatric History Under Specific Headings 13
Chief Complaint and History of the Presenting Complaint (HPC) 13
History of the Presenting Problem 13
History of Past Medical or Surgical Problems 17

3. Review of Systems **19–57**
Core Objectives 19
Symptomatic Enquiry of Systems 19
Review of Systems Spreadsheet 20
Symptomatic Enquiry using the Cardinal Ten (Historical) and the Historical Link 24
Respiratory System 24
History of Cough and Its Characteristics 24
Distinguishing Features in the History of Wheezing 27
Ear, Nose and Throat (ENT) 28
Gastrointestinal Tract 30
Abdominal Pain 30
Gastrointestinal Manifestations of Allergies to Cow's Milk Protein 34
Gastrointestinal Links 34
Cardiovascular System 35
Congenital Cardiac Lesions with Increase in Pulmonary Blood Flow 36
Congenital Cardiac Lesions with Decrease in Pulmonary Blood Flow 37
Links to Cardiac Failure 37
Genitourinary System 38
Nonspecific and Specific Symptoms 39
History in Hematuria and Suggested Diagnosis 39
Central Nervous System 41
Links of Onset to Neurological Event 41
Syncope 41
Seizures 42
Musculoskeletal System 45
Musculoskeletal Pain 45
Limb Abnormalities or Deformities 47
Child With a Limp 48
Endocrine System 48

Enquiry and Links 49
Neonatal History in Thyroid Disorders 50
Child with Ambiguous Genitalia 51
Skin 52
Dermatological Links to the Diagnosis of Allergy to Cow's Milk Protein 53
Hematological System 54
Link History to Hematological Abnormality 54

4. History of Pregnancy, Delivery, and the Neonatal Period **58–68**
History of Events Relevant to Birth and Delivery 58
Relevant Prepregnancy History 58
History of Pregnancy and Delivery 59
History of Events Related to Labor and Delivery 62
Apgar Score 62
Neonatal History 64
History of Neonatal Jaundice 65

5. Other Components of the Pediatric History **69–95**
Developmental History 69
An Approach to the Developmental History 70
Links in the Feeding History 80
Historical Importance of Inheritance 83
Link to Diseases 83
Other Historical Points 85
Link Between the Social History and Health 86
Specific Behavioral Problems and Temper Tantrums 88
Links to Behavioral Disorders 90
Factors in Drug Allergy 91
Importance of Drug Interactions in the Drug History 92

6. Clinical Links Relevant to Breastfeeding **96-105**
Reasons as to Why Breast Milk Protects from Diseases 96
Breastfeeding History 102

7. Immunization **106-119**
Immunizing Agents 106
Active and Passive Immunization 107
Vaccines and Vaccination 107
Counseling on Optional Vaccines 116
Vaccination and Breastfeeding 118

8. Analysis and Deduction in the Layout of a Complete Pediatric History **120-125**
Process of Analysis 120
History-Taking Requires Practice and Practice Makes Perfect 122
Layout of a Complete Pediatric History 124
Some Points to Reiterate 124

SECTION 2: COMPREHENSIVE PEDIATRIC PHYSICAL EXAMINATION

9. An Approach to the Pediatric Physical Examination **129–136**
Building A Rapport 129
The Cardinal Ten (Physical) 131

Physical Link 132
Pertinent Negatives 134

10. Pediatric Physical Examination **137–210**
Measurements 138
General Observation 149
Specific Observation and Examination 156
Systemic Examination 168
Thorax 168
Compare, Contrast, Capture and Consolidate (CCCC) Your Findings 171
Abdomen 172
Cardiovascular System 178
Nervous System 181
Correlate, Compare, Capture and Confirm 185
Musculoskeletal System 200
Ear, Nose and Throat (ENT) Examination 202
Skin 204

11. Layout of a Complete Pediatric Physical Examination **211–220**
Physical Examination 212
Systemic Examination 216

SECTION 3: NEWBORN: HISTORICAL AND PHYSICAL LINKS

12. Newborn **223–237**
Terms and Definitions 223
Normal Full-Term Neonate 224
Premature Neonate 224
Postmature Neonate 225
Important Physical Features of the Newborn 228

SECTION 4: DIFFERENTIAL DIAGNOSIS AND PROVISIONAL DIAGNOSIS WITH SELECTED CASE STUDIES

13. Formulation of Differential Diagnosis and Provisional Diagnosis **239–267**
Process of Formulation of the Provisional Diagnosis 241
Analytic Thinking During the Process of Formulation of the Diagnosis 243
Case Studies 244
Case Studies on Fever 244
System: Cardiovascular 254
System: Gastrointestinal Tract 257
System: Hepatobiliary 258
System: Nervous System 262
System: Development 264
System: Musculoskeletal 266

SECTION 5: 'THE KNOW' FACTS

14. Factual Knowledge **271–300**
Factual Knowledge Categorized As 'Must Know', 'Good to Know' or 'Nice to Know' 271
System: Fever in Children 271
System: Skin 272

System: ENT 275
System: Respiratory 277
Pattern of Wheezing: Clarify with the Cardinal Ten Historical and Physical Links 278
System: Cardiovascular 281
System: Gastrointestinal 283
System: Hepatobiliary 284
System: Renal 286
System: Blood 289
System: Childhood Malignancies 290
System: Endocrine 290
System: Central Nervous System 292
System: Musculoskeletal 297

Index *301*