Contents

Section 1: Introduction

1. History of Child Health Nursing 3

- Principles of Child Health Nursing *6*
- Differences Between Adult and Child Nursing *7*
- Rights of the Child *10*
- Qualities of a Pediatric Nurse *10*
- Roles of the Pediatric Nurse *11*
- Reaction of Child and Family toward Illness and Hospitalization *12*
- Pediatric History and Physical Examination *16*
- Preoperative and Postoperative Nursing Management of Children *20*

Section 2: Healthy Child

2. Growth and Development 25

- Characteristics/Principles of Growth and Development *26*
- Stages of Development *28*
- Factors Affecting Growth and Development *29*
- Developmental Theories *31*
- Assessment of Growth *34*
- Assessment of Development *41*

3. Growth and Development of Infants 44

- Physical or Biological Development *44*
- Changes in Physiologic Systems *45*
- Psychosocial Development *47*
- Cognitive Development *48*
- Psychosexual Development *48*
- Spiritual Development *49*
- Moral Development *49*
- Social and Emotional Development *49*
- Adaptive Behavior *49*
- Assessment of Vision in Early Infancy *51*
- Common Play Behavior in Infants *53*
- Early Developmental Stimulation *53*
- Infant at a Glance *54*

4. Growth and Development of Toddlers 60

- Physical/Biological Growth *60*
- Physiological Development *61*
- Psychosocial Development or Emotional Development *62*

- Psychosexual Development *64*
- Sibling Rivalry *64*
- Intellectual or Cognitive Development *65*
- Moral Development *65*
- Spiritual Development *66*
- Social Development *66*
- Language and Speech Development *66*
- Health Protection and Promotion of Toddlers *67*
- Needs of Toddlers *68*
- Toddler at a Glance *70*

5. Growth and Development of Preschool Children **73**

- Preschool Children (3–5 Years) *73*
- Physical/Biological Development *73*
- Psychosocial Development *75*
- Psychosexual Development (Phallic Stage) *75*
- Intellectual or Cognitive Development *76*
- Spiritual Development *76*
- Social Development *76*
- Emotional Development *76*
- Language *77*
- Activities to Encourage Growth and Development *77*
- Teaching Safety Rules to Preschooler *77*
- Needs of Preschoolers *80*
- Preschool—At a Glance *82*

6. Growth and Development of School-Age Children **83**

- School-Age Children (6–12 Years) *83*
- Biologic Development *83*
- Maturation of Systems *84*
- Psychosexual and Psychosocial Development *84*
- Cognitive or Intellectual Development *85*
- Moral Development *85*
- Language and Speech *85*
- Needs of School-Age Children *87*
- Problems of School-Age Children *88*
- School Age at a Glance *89*

7. Growth and Development of Adolescents **90**

- Biologic Development *90*
- Puberty *91*
- Physiologic Development *93*
- Psychosocial Development *93*
- Psychosexual Development *93*
- Cognitive Development *94*
- Language and Speech Development *94*
- Spiritual Development *94*
- Needs of Adolescents *94*
- Life Skill Education *96*
- Problems of Adolescents *97*

- Growth and Development during Adolescence *101*
- Adolescence at a Glance *102*

8. Nutrition in Children **103**

Nutrition *103*
- Classification *103*
- Water *104*
- Energy *104*
- Carbohydrates *104*
- Proteins *104*
- Fats *105*
- Vitamins *105*
- Minerals *108*
- Food Guide Triangle *110*

Breastfeeding *110*
- Advantages of Breastfeeding *111*
- Preparation for Breastfeeding *111*
- Importance of Foremilk and Hindmilk in Mature Milk *112*
- Demand Feeding *112*
- Breastfeeding Positions *112*
- Breastfeeding Procedure *113*
- Breast Milk Storage and Expression *114*
- Maternal Illness and Breast Problems *115*
- Contraindications for Breastfeeding *115*
- Ten Steps to Successful Breastfeeding *115*

Weaning *116*
- Weaning Food *116*
- Feeding Guidelines *116*
- Formula-Feeding *117*

9. Accidents: Causes and Prevention **118**
- Injuries in Children (Accidents in Children) *118*
- Scope of the Problem *118*
- Risk Factors for Injuries *118*
- Principles of Injury Control *119*
- Common Causes of Injury *119*
- Precautions *123*

10. Play Needs of Children **125**
- Characteristics of Children's Play *125*
- Purposes/Values of Play *126*
- Factors Influencing Play *126*
- Types of Play *127*
- Selection of Play Materials *128*
- Play and Play Materials for Different Age Groups *129*

11. Immunization **133**
- Types of Vaccines *133*
- Vaccine Failure *133*
- Administration of Multiple Vaccines *134*

- Dose of Vaccine *134*
- Prematurity and Immunizations *134*
- Combination Vaccines *134*
- Common Vaccines *135*
- Immunization Schedule *139*
- National Immunization Schedule *140*

12. Preventive Pediatrics **141**

- Universal Children's Day *141*
- National Policy for Children *141*
- Legislations in Relation to Child Health and Welfare *142*
- Legislations Related to the Welfare and Rehabilitation of the Disadvantaged *142*
- Child Welfare Programs *142*
- Child Morbidity and Mortality Rates *147*
- Genetic Counseling *148*
- Child Guidance Clinic *149*
- Care of Under Five and Under Five Clinics/Well Baby Clinics *150*

Section 3: Neonatal Care

13. Care of a Newborn **155**

- Adaptations *155*
- Assessment of a Newborn *164*
- Birthmarks *166*
- Assessment for Wellbeing *172*
- Immediate Care of a Newborn *173*
- Kangaroo Mother Care (KMC) Practice (Towards Mother-Baby Friendly Care for LBW Infant) *181*
- Minor Disorders of a Newborn *183*
- Newborn Feeding *183*
- Fetal Death *185*

14. Birth Asphyxia **187**

- Clearing of Fetal Lung Fluid *187*
- Preparation for Delivery and Resuscitation of the Baby *188*
- 'Bag and Mask' Ventilation *190*
- Chest Compressions *191*
- Endotracheal Intubation *192*
- Resuscitation of the Preterm Babies *193*

15. Respiratory Distress Syndrome **195**

- Surfactant and Hyaline Membrane Formation *195*
- Pathophysiology *196*
- Clinical Manifestations of Respiratory Distress Syndrome *196*
- Assessment of Lung Maturity *197*
- Therapeutic Management *197*
- Treatment *198*
- Management of Ventilation and Oxygenation *198*
- Surfactant Replacement Therapy *199*
- Nutritional Management *200*
- Prevention of RDS *200*

- Complications of RDS *200*
- Nursing Diagnosis of an Infant with Respiratory Distress Syndrome *201*
- Transient Tachypnea of the Newborn *201*

16. Prematurity **202**
- Premature (Preterm) Infants *202*
- Prevention of Preterm Birth *203*
- Assessment of Immature Infants *204*
- Physiological Handicaps of Premature Infants *205*
- Nursing Care of a Premature Infant *208*
- Nursing Care of a Preterm Baby *211*

17. Neonatal Sepsis **221**
- Etiology *221*
- Predisposing Factors *221*
- Classification of Neonatal Sepsis *222*
- Clinical Features *223*
- Investigations *224*
- Management *226*
- Nursing Management *228*
- Prevention of Neonatal Sepsis *230*

18. Neonatal Hyperbilirubinemia **232**
- Causes of Neonatal Hyperbilirubinemia *234*
- Management of Hyperbilirubinemia *234*
- Phototherapy *235*
- Exchange Transfusion *237*
- Hydrops *238*

19. Meconium Aspiration Syndrome **240**
- Meconium Passage *240*
- Pathophysiology *240*
- Clinical Features *241*
- Management *241*
- Nursing Diagnoses *242*

20. Infants of Diabetic Mothers **243**
- Pathophysiology *243*
- Effect of Maternal Diabetes *243*
- Diagnostic Evaluation *246*
- Management *247*

21. Neonatal Seizures **248**
- Etiology *248*
- Pathophysiology *249*
- Seizures in Neonates vs Older Children/Adults *250*
- Clinical Manifestations *250*
- Diagnosis *251*
- Management *251*
- Nursing Management *252*

22. Necrotizing Enterocolitis **254**
- Pathology *254*
- Signs and Symptoms *254*
- Investigations *255*
- Management of Necrotizing Enterocolitis *255*
- Complications of NEC *256*
- Prevention of NEC *256*

23. Neonatal ICU **257**
- Physical Facilities *257*
- Personnel *259*
- Equipment *259*
- Miscellaneous Items *261*
- Neonatal Ventilators *261*
- Laboratory *261*
- NIDCAP (Newborn Individualized Developmental Care and Assessment Program) *262*
- Humanized Care and Rhythmic Stimulation of Newborn Babies *262*

24. Preventive Neonatology **264**
- Prenatal Care *264*
- Care of Mother During Pregnancy *264*
- High-risk Pregnancies *265*
- Identification of Genetic and Developmental Anomalies *265*
- Antenatal Diagnostic Measures *265*
- Commonly Used Sampling Procedures for Antenatal Diagnosis *266*

Section 4: Systemic Disorders in Children

25. Nutritional Deficiencies in Children **271**
- Malnutrition *271*
- Protein-Energy Malnutrition [PEM] *271*
- Vitamin Deficiency *275*
- Deficiency of Macrominerals *278*

26. Respiratory Disorders and Infections **280**
- Respiratory Sounds *280*
- Congenital Disorders *280*
- Respiratory Alterations *281*
- Infections of Lower Respiratory Tract *284*

27. Gastrointestinal Disorders **298**
- Cleft Lip (CL) and Cleft Palate (CP) *298*
- Tracheoesophageal Fistula *301*
- Obstructive Disorders *304*
- Intestinal Obstruction *306*
- Duodenal and Jejunal Atresia *306*
- Intussusception *308*
- Malrotation and Volvulus *309*
- Hirschsprung's Disease *310*
- Colostomy *313*

- Umbilical Hernia *315*
- Exomphalos (Amniocele, Omphalocele, Celosomia) *315*
- Gastroschisis *316*
- Inguinal Hernia *316*
- Congenital Diaphragmatic Hernia (CDH) *318*
- Anorectal Malformation *319*
- Malabsorption Syndrome *321*
- Celiac Disease (Gluten Sensitive Enteropathy) *322*
- Lactose Intolerance *322*
- Cystic Fibrosis *323*
- Diarrhea *324*
- Constipation *329*
- Appendicitis *330*
- Hepatic Alterations *331*
- Failure to Thrive (FTT) *336*

28. Cardiovascular Disorders **339**

- Assessment *339*
- Diagnostic Evaluation *340*
- Fetal Heart *342*
- Congenital Heart Diseases *344*
- Left to Right Shunts (Acyanotic) *344*
- Right to Left Shunts (Cyanotic) *351*
- Congestive Heart Failure *358*
- Infective Endocarditis (Bacterial Endocarditis) *370*
- Acute Rheumatic Fever *372*
- Rheumatic Heart Disease *376*

29. Hematological Disorders **377**

- Anemia *377*
- Bleeding Disorders *389*
- Leukemia *395*
- Lymphoma *403*
- Nursing Care of Patient on Chemotherapy *407*
- Nursing Care of Children Undergoing Radiation Therapy *411*

30. Genitourinary Disorders **414**

- Common Investigations in Renal Diseases *414*
- Congenital Abnormalities *415*
- Acquired Conditions of Urinary Tract *425*

31. Neurological Infections and Disorders **444**

- Congenital Anomalies *444*
- Mental Retardation (Intellectual and Developmental Disabilities) *455*
- Cerebral Palsy (CP) *460*
- Seizure Disorders in Children *465*
- Febrile Seizures *469*
- Increased Intracranial Pressure *473*
- Altered Level of Consciousness *474*
- Craniocerebral Trauma (Head Trauma, Head Injury) *480*
- Meningitis *482*
- Encephalitis *486*

- Reye's Syndrome *487*
- Guillain-Barré Syndrome (GBS) *488*
- Myasthenia Gravis *489*
- Intracranial Space Occupying Lesions (ICSOL) *490*
- Brain Abscess *494*
- Neurocysticercosis *494*
- Nursing Care of a Child with Brain Tumor *494*

32. Endocrine Disorders **500**
- Disorders of Pituitary Gland *500*
- Disorders of Thyroid Gland *503*
- Disorders of Adrenal Gland *507*
- Disorders of Pancreas (Hormone Secretion) *510*

33. Orthopedic Disorders **521**
- Fracture *521*
- Developmental Dysplasia of Hip (DDH) *527*
- Congenital Clubfoot *529*

34. Disorders of the Skin **531**
- Scabies *531*
- Impetigo *532*
- Fungal Infections *532*
- Acne Vulgaris *534*

35. Communicable Diseases **535**
- Chickenpox (Varicella) *535*
- Measles (Rubeola) *537*
- German Measles (Rubella) *538*
- Diphtheria *538*
- Pertussis *539*
- Tetanus *540*
- Mumps *541*
- Poliomyelitis *542*
- Tuberculosis *544*
- Worm Infections (Helminthiasis) *546*

36. Child Health Emergencies **551**
- Poisoning *551*
- Foreign Bodies *557*
- Burns *558*
- Drowning *569*
- Shock *571*

37. HIV/AIDS in Children (Acquired Immunodeficiency Syndrome) **576**
- Mode of Transmission *576*
- Pathophysiology *576*
- Classification and Clinical Manifestations of HIV *577*
- Diagnostic Evaluation *577*
- Treatment *577*

- Prevention *578*
- Prevention of Vertical Transmission from Mother to Child *578*
- Nursing Care *578*

38. Disorders of Ear and Eyes **580**

Disorders of Ear *580*
- Otitis Media *580*
- Hearing Impairment *581*

Disorders of the Eye *585*
- Impairment of Visual Acuity *585*
- Impaired Muscular Efficiency *586*
- Strabismus (Squint) *586*
- Amblyopia (Lazy Eye) *587*
- Altered Physical Integrity *588*
- Infections of Eye *590*
- Blindness *591*
- Eye Trauma *593*
- Retinoblastoma *594*

Section 5: Behavioral and Social Problems

39. Behavioral and Social Problems in Children and Adolescents **599**
- Behavioral Disorders in Children *599*
- Behavioral Problems of Childhood *600*
- Behavioral Disorders in Adolescents *604*
- Management of Mentally Challenged Children *605*
- Welfare Services for Challenged Children in India *607*

Section 6: Genetic Disorders

40. Genetic Disorders in Children **613**
- Terms Used in Genetics *613*
- Pattern of Inheritance *614*
- Classification of Genetic Disorders *614*
- Common Chromosomal Disorders *618*
- Sex Chromosomal Anomalies *622*
- Prenatal Screening *623*
- Gene Therapy *624*

Section 7: Administration of Medications to Children

41. Administration of Medications to Children **629**
- Safety Rules for the Administration of Drugs *629*
- Medication History *630*
- Calculation of Drug Dosage *630*
- Administration of Oral Medications *630*

- Rectal Administration *631*
- Administration of Eye, Ear and Nose Drops *631*
- Intramuscular Medications *632*
- Subcutaneous Injections *633*
- Intravenous Injections *633*

Section 8: Integrated Management of Neonatal and Childhood Illness

42. Integrated Management of Neonatal and Childhood Illness 637

- Aims *637*
- IMNCI Guidelines *637*
- Color Code Case Management Strategy *638*
- IMNCI Case Management Process—6 Steps *638*

Appendices* *641

- *Appendix I:* Pediatric Doses of Common Drugs *641*
- *Appendix II:* Maturational Assessment of Gestational Age (New Ballard Score) *643*
- *Appendix III:* Neonatal Resuscitation *646*
- *Appendix IV:* Growth and Development Assessment Format for Newborn *647*
- *Appendix V:* Growth and Development Assessment Format for Infant *650*
- *Appendix VI:* Growth and Development Assessment Format for Toddler *653*
- *Appendix VII:* Growth and Development Assessment Format for Preschooler *656*
- *Appendix VIII:* Growth and Development Assessment Format for Schooler *659*
- *Appendix IX:* Physical Examination Format *662*

Index *667*