(E) PAEDIATRICS

The course outline is as follows :

List of suggested topics for teaching the undergraduates is given below, however the individual faculties can alter/add topics as per their discretion in respective institution:

- Common problems of children in Pakistan and statistics of Pakistani children
- Clinical methods in paediatrics
- Nutrition (breast feeding, infant feeding , weaning) and nutritional disorders:(PEM, rickets, vitamin A deficiency, iodine deficiency, iron deficiency)
- Growth and development.
- Common pediatric infections: measles, tetanus, polio, diphtheria, whooping cough, aids
- Malaria, enteric fever, tuberculosis, chicken pox, common skin infections
- Expanded program of immunization (EPI) .newer vaccines
- Diarrheal diseases.
- Acute respiratory infections (ARI).
- IMCI (integrated management of childhood illness).
- Neonatology: resuscitation of new born, care of normal new born, birth asphyxia, premature and low birth weight babies, neonatal jaundice, neonatal sepsis, neonatal fits, respiratory distress of new born, common skin conditions of neonates; pyloric stenosis, myelomeningocele, hydrocephalus, common congenital abnormalities and birth trauma.
- Neurology: meningitis, febrile, convulsions, epilepsy, cerebral palsy, mental handicap, cerebral malaria, encephalitis
- Cardiology: congenital heart diseases [VSD, PDA, TOF, ASD], rheumatic fever. Congestive cardiac failure, clinical assessment of a cyanotic neonate/infant.
- Haematology: anaemias, thalassemia, leukemias, bleeding disorders.
- Nephrology: nephrotic syndrome, urinary tract infections, acute glomeulonephritis
- Endocrinology: hypothyroidism, short stature, diabetes
- Pulmonology: croup, asthma, tuberculosis, pneumonias , pleural effusions.
- Gastroenterology: abdominal pain, malabsorption, hepatitis, cirrhosis, acute liver failure
- Diarrhea[acut/echronic] dysentery, worm infestations, giardia, amoebiasis, rectal polyp.
- Genetics: patterns of inheritance, Down's syndrome,

- Social pediatrics: right of child, child abuse, enuresis, encoparesis, hyperactivity
- Dyslexia, attention deficit disorder
- Miscellaneous: poisoning, prevention of home accidents, behavioral disorders.
- Pediatric surgery: hernia, intussusceptions, intestinal obstruction, tallipes, congenital dislocation of hip, vesico ureteral reflux.

SKILLS:

1. Students will demonstrate his ability to obtain a relevant clinical history from a parent or an older child.

2. Student will demonstrate his ability to perform adequate clinical examination of a child of any age (including newborn).

3. Student will be able to interpret clinical and laboratory data to arrive at a diagnosis.

4. Student will be able to advise appropriate nutritional measures for healthy and sick children (Breast feeding, avoidance of bottle, proper weaning)

5. Student will be able to counsel the parents on health promotive and disease preventive strategies for the child e.g. immunization procedures; hand washing)

6. Student will be able to recognize and manage common health problems of children.

7. Student will recognize the danger signs of disease in children and be able to appropriately refer children with severe disease to appropriate specialists/hospitals.

8. Student will demonstrate his ability to perform essential clinical procedures relevant to children e.g.
- Resuscitation of newborn.
- Basic cardio-pulmonary resuscitation.
- Anthropometric measurements.
- Measuring blood pressure
- Starting intravenous lines/ draw blood sample
- Administration of oxygen therapy
- Giving nebulizer therapy [bronchodilator]
- Use of growth chart

OBSERVE THE FOLLOWING SKILLS:

1. Lumbar puncture
2. Bone marrow aspiration
3. Supra pubic puncture
4. Subdural tap
5. Thoracentesis
6. Pericardiocentesis
7. Liver biopsy
8. Renal biopsy
9. Observe passing of catheter
10. Observe pericardial tap

RECOMMENDED BOOKS:

1. **Text book of paediatrics** by Pervaiz Akbar

2. **Essentials of Paediatrics** by Nelson. Latest Edition.

3. **Online Journals and Reading Materials** through HEC Digital Library Facility