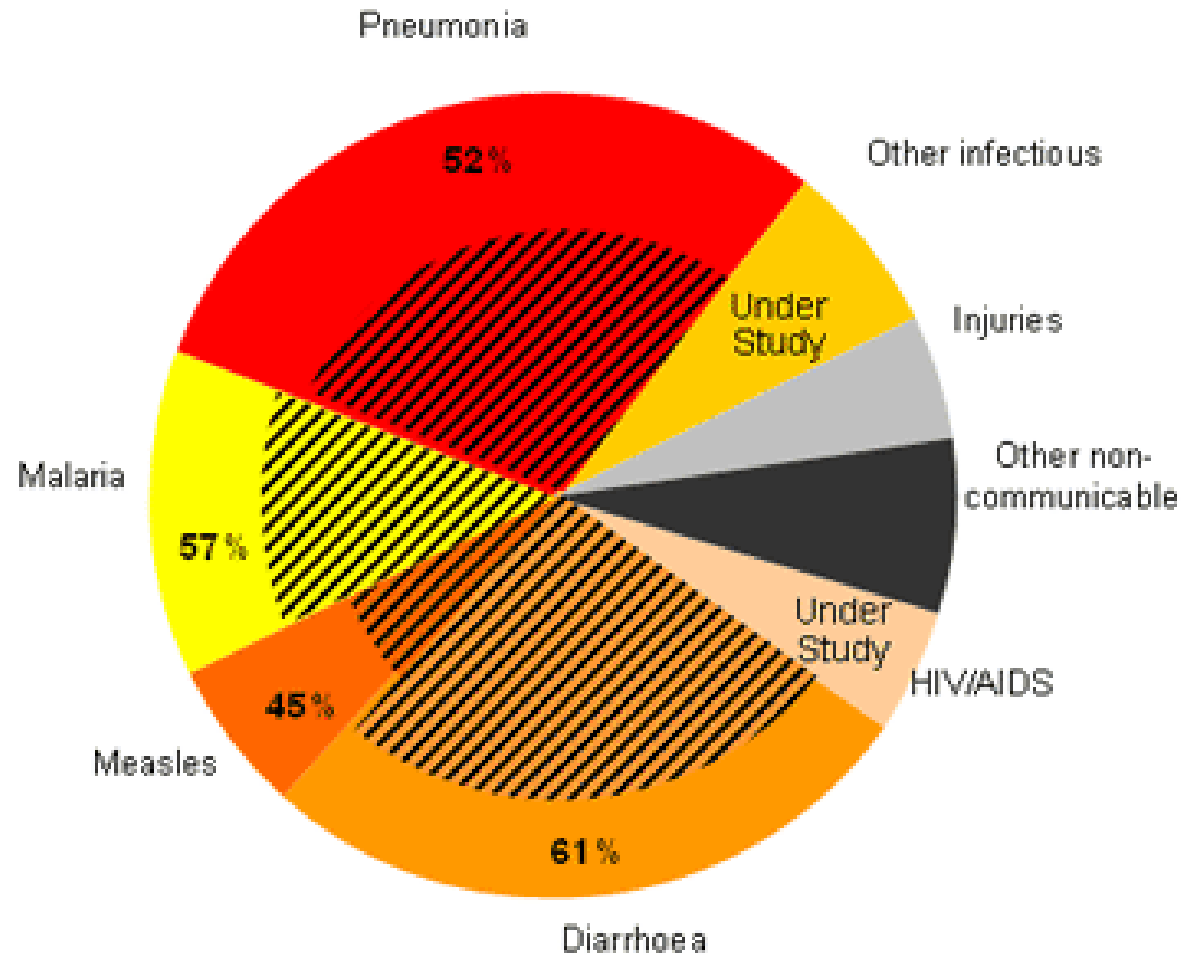


CHILDHOOD DISEASES

Diarrhoea, Pneumonia, Worm
Infestation

Deaths among children aged 28 days to five years 6.6 million/year



The shaded area shows the % of deaths from this infection that are due to the presence of undernutrition

Child deaths: Causes and epidemiological dimensions

Robert E. Black, M.D., M.P.H.

Johns Hopkins Bloomberg School of Public Health

Full text at [The Lancet Childhood Diseases](#)¹



Diarrhoea



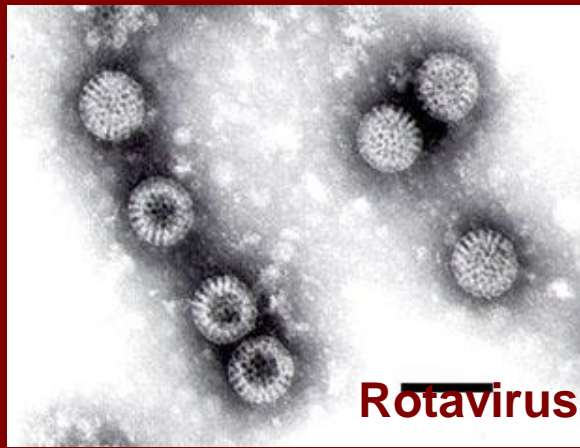
- One of The Major Cause For Infant & Child Mortality
- Caused By Bacteria And Viruses Mainly Due To Contamination Of Water
- If Occurs Recurrently Then Leads To Malnutrition, Which Ultimately May Lead To Death
- Hence Diarrhoea Should Be Treated As Early As Possible

Causes of Diarrhoea



- **Water Contamination Due To Human Faeces**
- Unsafe Drinking Water
- Poor Personal Hygiene
- Poor Environmental Sanitation
- Preparation, Storage & Handling of Food In Unhygienic Conditions / Ways





Causes of Diarrhoea

- **Watery Diarrhoea**
- 80% cases
- Caused by **Virus** known as Rotavirus
- Treatment : ORS
- **Bloody Diarrhoea**
- 20% Cases
- Caused by **Bacteria**
- Symptoms ; Fever, Mucus, Pain, Tenderness
- Treatment : ORS. Sometimes Antibiotics

Symptoms of Severe Diarrhoea & Dehydration

- Liquid Stools
- Sunken Eyes
- Sunken Fontanelle (In Infants)
- Dried Mouth & Tongue
- Thirst – Greater Than Normal
- Urine – Less Than Normal



Symptoms of Diarrhoea

- Elasticity is Lost
- Skin – A Pinch Goes Back Slowly



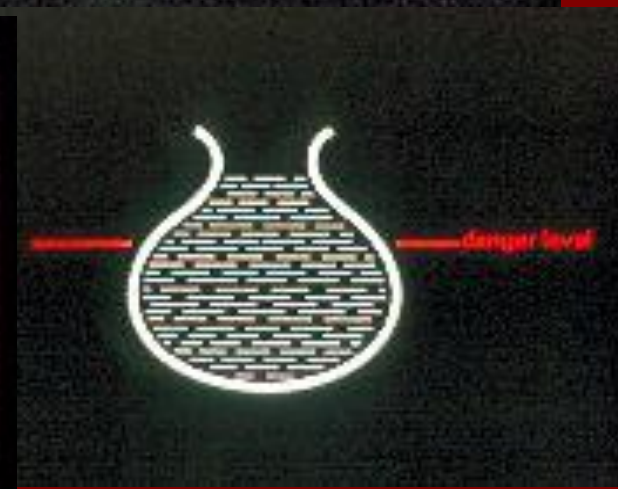
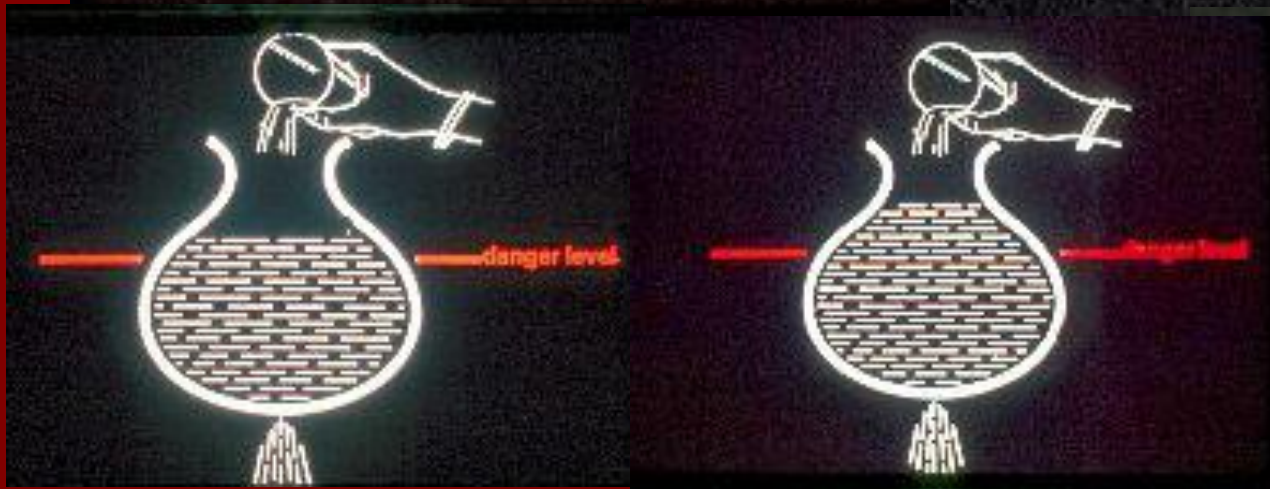
Feeding

- Breast Feeding Should Be Continued For Infants Under 6 Months Even During Diarrhoea
- High Energy Rich Local Foods Such As Fats And Cereals Should Be Given.
- Foods Rich In Potassium - Lentils, Bananas, Citrus Fruits, Coconut Milk, Mangoes, Pineapples etc. Should Be Given
- Coarse Fruits And Vegetables, Wholegrain Cereals And Spicy Foods Should Be Avoided

Oral Rehydration Therapy (ORT)

- ORT Is The Cheap, Simple And Effective Way To Treat Dehydration Caused By Diarrhoea.
- When Diarrhoea Occurs, Essential Fluids And Salts Are Lost From The Body And Must Be Quickly Replaced.
- Many Children Who Die Due To Diarrhoea Could Be Saved If They Were Given ORT Promptly.

ORAL REHYDRATION



Oral Rehydration Therapy (ORT)

- Includes Giving Extra Fluids At Home Such As Tea, Soups, Coconut Water, Rice Water, Gruels And Fruit Juices To Prevent Dehydration, And The Use Of **Oral Rehydration Salts (ORS) Solution** To Treat Dehydration.



RICE WATER



- Take 1 Liter of Water, Add Some Rice
- Cook it, Mash the cooked Rice
- It should not be Too Thick Or Too Watery

Preparation of ORS



- Hands Should Be Washed With Soap & Water Before Preparing ORS
- Water Should Be Boiled And Cooled
- Take Pinch of Salt + One Fist Of Sugar
- Add It In One Liter of Clean Drinking Water
- Stir The Solution Thoroughly Till All The Contents Are Dissolved.

Preparation of ORS

- One Liter of Clean Drinking Water
- Pinch of Salt
- One Fist Sugar



Preparation of ORS

- **OTHER METHODS**
- One Teaspoon Salt And 8 Teaspoons Sugar
OR
- 1 Packet Of Oral Rehydration Salts (ORS)
 - with one liter of clean drinking or boiled water (after cooled)



Administering ORS

- Hands Should Be Washed With Soap And Water Before Feeding Solution.
- Solution Should Be Given To The Sick Child As Much Of The As It Needs, In Small Amounts, Frequently.
- Alternately Child Should Be Given Other Fluids - Such As Breast Milk and Juices.
- Solid Foods Should Be Continued if child is Six months or older.

Administering ORS...

- If Required, Fresh ORS Solution Should Be Prepared After 24 Hours.
- ORS Does Not Stop Diarrhoea. It Prevents The Body From Drying Up. The Diarrhoea Stops By Itself.
- If Child Vomits, Wait Ten Minutes And Give ORS Again. Usually Vomiting Will Stop.
- If Diarrhoea Increases And / Or Vomiting Persists, Take Child Over To A Health Clinic.

Diarrhoea Management



- Giving ORS is the Best Way to Treat Diarrhoea
- Hospitalization & Giving Saline should be used as the Last Alternative

Prevention of Diarrhoea

- Improving access to clean water and safe sanitation
- Promoting hygiene education
- Exclusive breast-feeding
- Improved weaning practices
- Immunizing all children; especially against measles
- Using latrines
- Keeping food and water clean
- Washing hands with soap (the baby's as well) before touching food
- and by sanitary disposal of stools.



Pneumonia



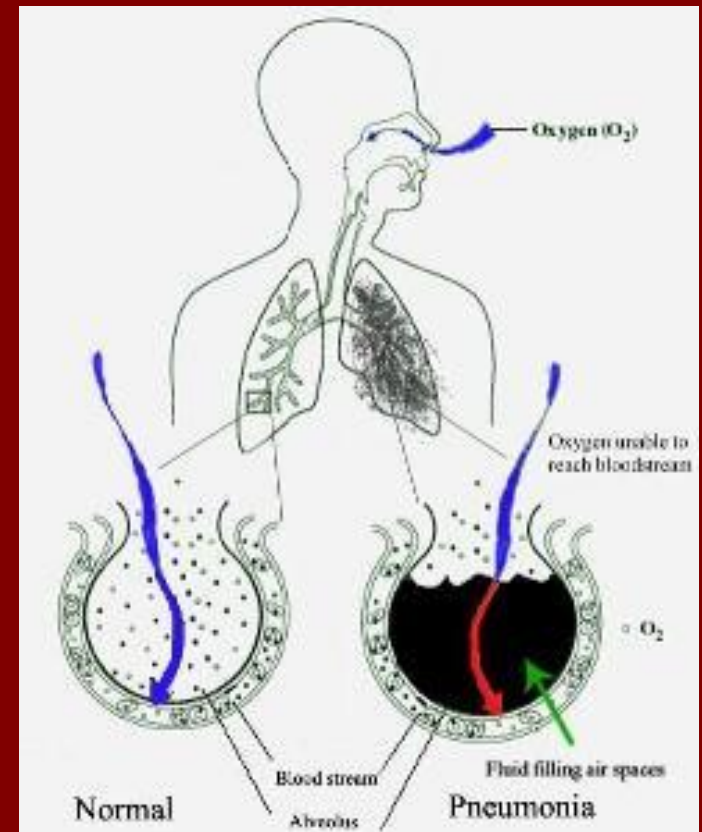
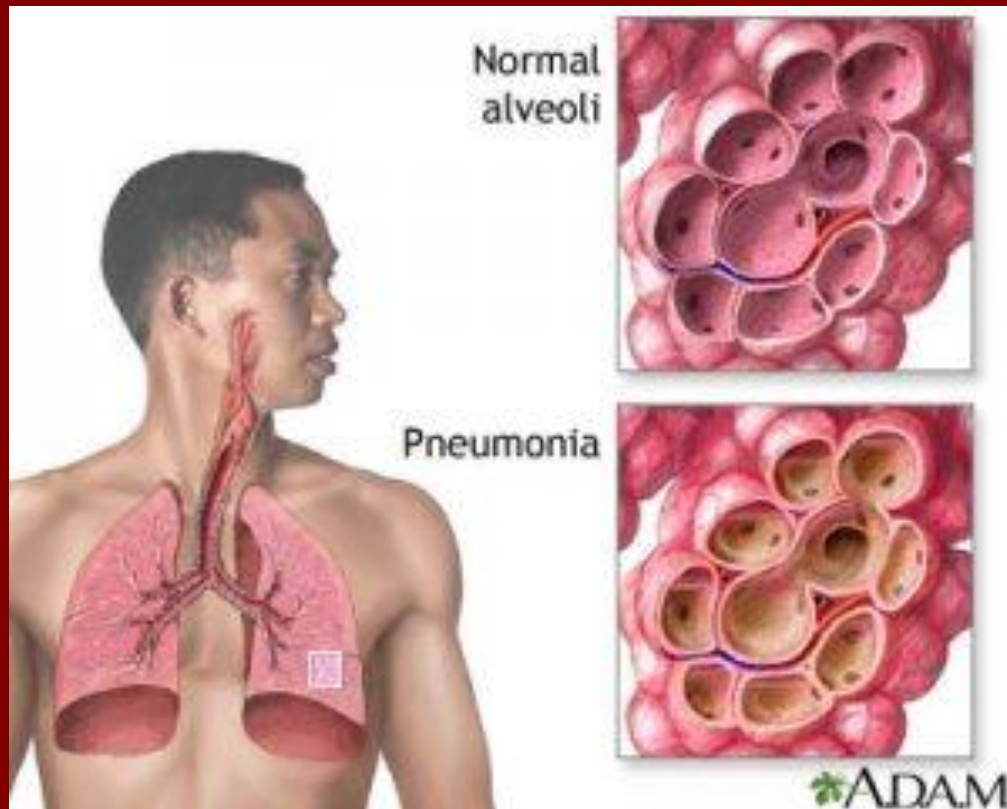
- It is One of The **Major Causes of** Infant and Child **Mortality**
- Often Pneumonia Begins After an Upper Respiratory Tract Infection (An Infection of the Nose and Throat).
- When this happens, Symptoms of Pneumonia Begin After 2 or 3 Days of a Cold or Sore Throat.

Pneumonia

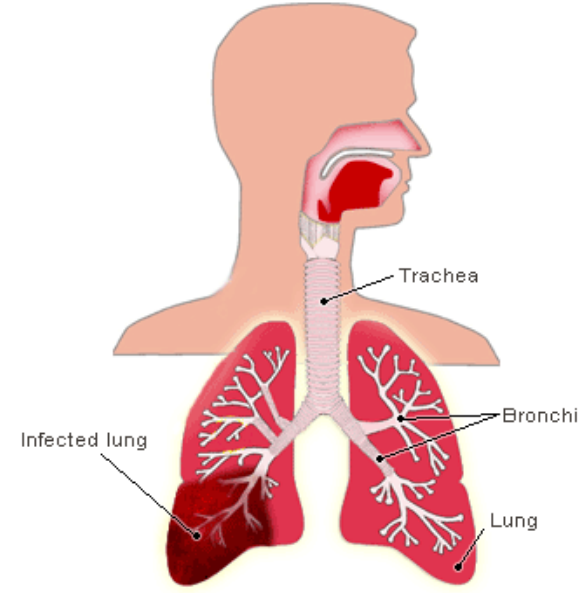
Common Symptoms

- Cough
- Unusually Rapid / Fast Breathing
- Breathing With Grunting Or Wheezing Sound
- Child is Unable to Suck Breasts
- Lips may Become Bluish
- Decreased Activity
- Poor Feeding (In Infants) Or Loss of Appetite (In Older Children)

Pneumonia

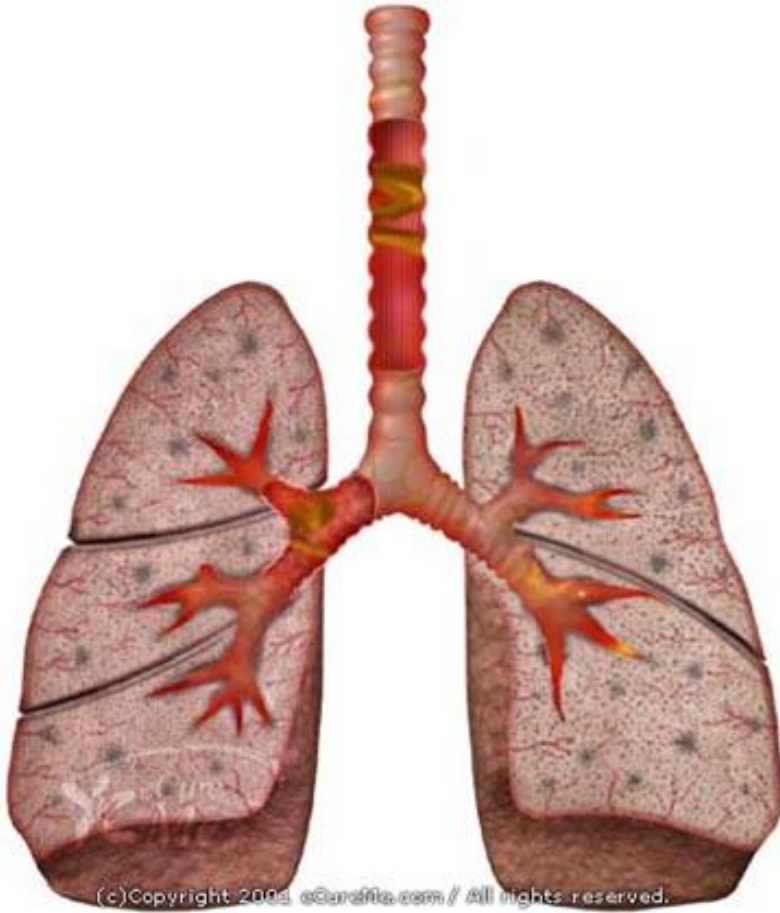


Pneumonia



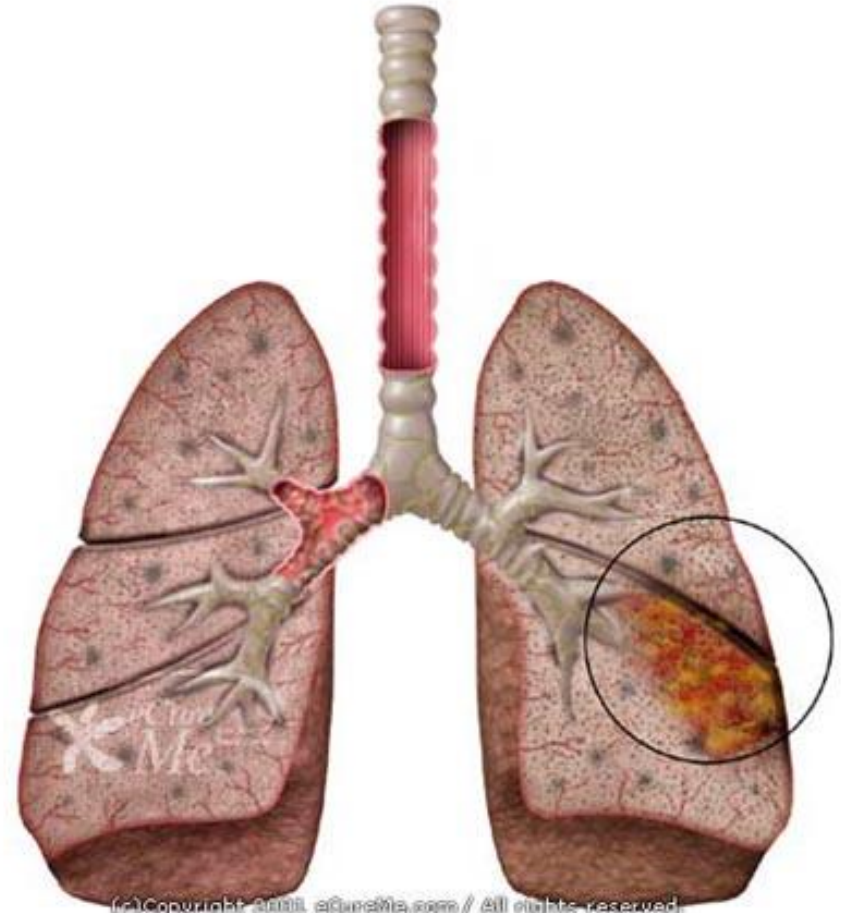
- Breathing Is Considered As Rapid / Fast When The Respiratory Rate (Per Minute) Is -
 - 60 Or More in Children Upto 2 Months
 - 50 Or More in Children 2-12 Months Old
 - 40 Or More in Children 1 – 5 Year Old

Bronchitis & Pneumonia



BRONCHITIS

Childhood Diseases1



PNEUMONIA

Bronchitis & Pneumonia

Many a times Doctors treat children with Bronchitis for Pneumonia for Different Reasons

Bronchitis

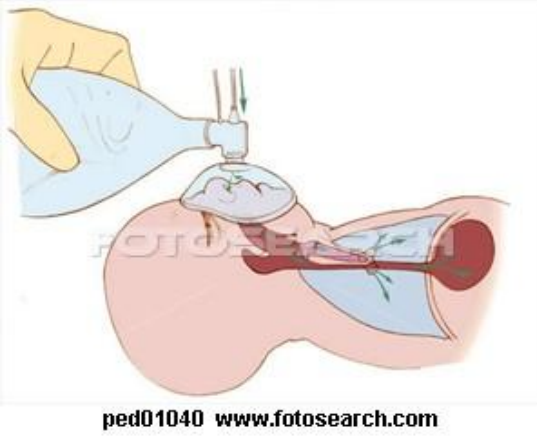
- Cough & Cold
- Child is eating food / drinking normally
- Normal Activities
- No need of Antibiotics

Pneumonia

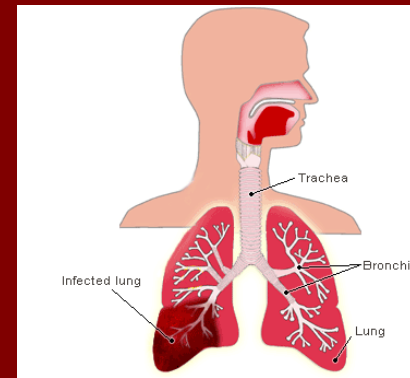
- Rapid Breathing, Lips become bluish
- Difficulty in eating food / breastfeeding
- Decreased Activities
- Antibiotics should be given

Management of Pneumonia

- Continue Feeding As Before. If The Child Is Unwilling To Take Food, Give Small Quantities Frequently.
- Continue Breast Feeding In Breast-fed Children.
- Give Enough Fluids Orally.
- Give Paracetamol For Fever.
- Give Antibiotics Like Amoxycilin or Ceptran
- Give Vapour ('*Vaphara*')To The Child
- For Cough And Cold; Honey, Ginger, Tulsi etc. Could Be Given To Children.(But Not To The Babies Below Two Months Of Age)



Pneumonia



- Mothers Should Be Aware About The Danger Signs Of Pneumonia Like; Breathlessness, Convulsions And Irritability etc.
- In Case of Severe Pneumonia, Child Should Be Immediately Taken To The Hospital With Facilities of Oxygen and Intensive Care As Well As Invasive Facilities.

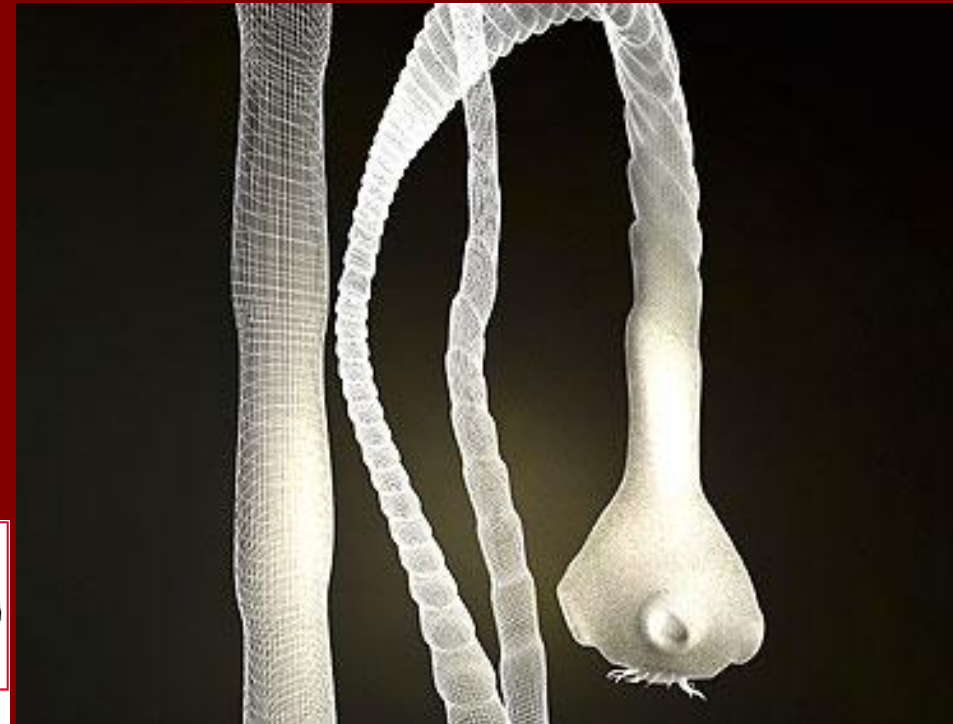
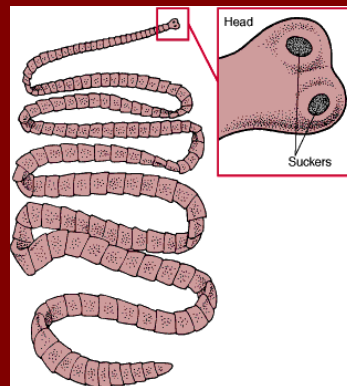


Worm Infestation

- Roundworms



Tapeworms



Hookworms



Worm Infestation

- **Causes –**
 - Impure Drinking Water,
 - Food Contamination
 - Unhygienic Conditions
- **Signs –**
 - Child Looks Thin, Weak, With Pot-Belly
 - Sometimes Worms Are Seen In Fecal Matter

Deworming

Whatever Child Eats Is consumed By Worms,
Child Becomes Malnourished

- **Periodic Deworming Is Necessary**
- Deworming Programme in Anganwadis, Primary Schools
- Medicine : Mebendezole / Albendazole
- Frequency – Every Six Months
- Dose does not depends on Age
- Medicine kills worms in the body

Other Measures

- Safe & Pure Drinking Water
- Use of Latrines
- Wearing footwear
- Maintaining Cleanliness & Personal Hygiene
- Hand Washing With Soap / Ash Before Handling, Eating Food & After Defecation

THANK YOU