

Child health problems

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Child

- A child is a person below the age of 18 years , unless laws of a particular country set the legal age – UNICEF .

Main health problems in child population are:

- Low birth weight
- Malnutrition
- Infections and parasitosis
- Accidents and poisoning
- Behavioral problems
- Other factors .

Low birth weight

Low birth weight

- **LBW infant is any infant with a birth weight of less than 2.5 kg(2500 g or 5.5 pounds) regardless of gestational age .** It includes two kinds of infants :
 - 1. Pre-term babies : Their intrauterine growth is normal but they are born too early i.e before 37 weeks of gestation
 - 2. Small-for- date babies : These may be born at term or pre-term , clearly as a result of retarded intrauterine foetal growth .

Importance

- LBW is the single most important determinant of the chances of survival , healthy growth and development of baby .
- Infant mortality is 20 percent more for the LBW babies . Therefore these are at-risk babies.
- It's a challenge for the mother as they are at high risk for development of infections and malnutrition ; therefore extra care is required.

Prevention

Direct intervention measures

- Early identification of at-risk mothers e.g .diseases , infection ,malnutrition, heavy workload .
- **1.** increase food intake
- **2.** controlling infections

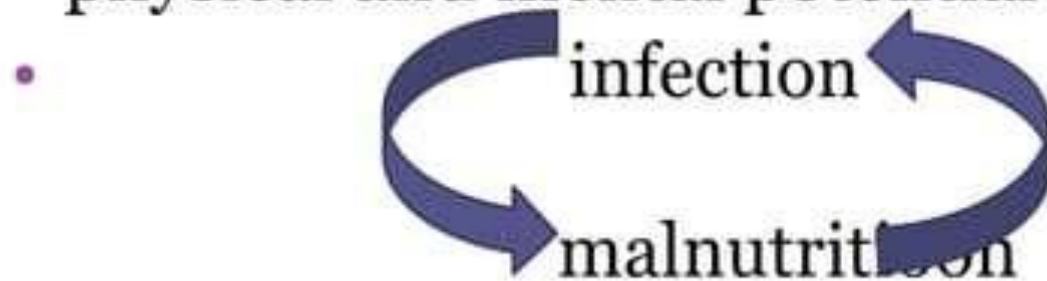
Indirect intervention

- Family planning
- avoidance of excessive smoking
- Improved health and nutrition of young girls
- Improved enviromental conditions
- Improved socio-economic conditions
- Government support ; leave with full wages

Malnutrition

Malnutrition

- It is simply deficiency of nutrition , most widespread condition which affects the health of children .
- *Consequences* : more prone to infection and slow recovery , slow growth , do not achieve full physical and mental potential .

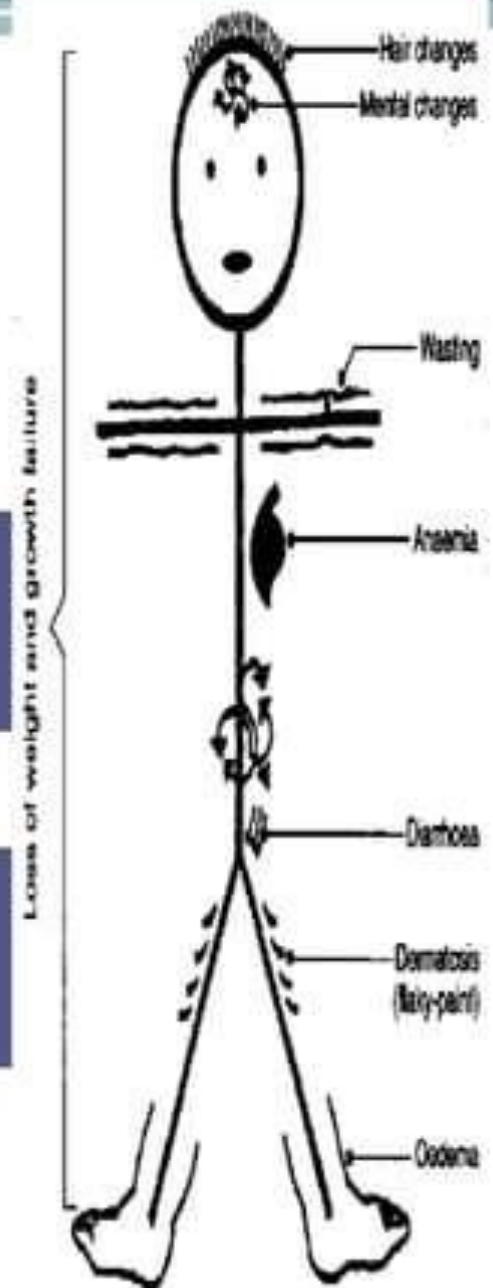


types

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Protein-energy malnutrition

Micronutrient malnutrition



Marasmus vs. Kwashiorkor



FIGURE 9-23 Childhood malnutrition. **A**, Marasmus. Note the loss of muscle mass and subcutaneous fat; the head appears to be too large for the emaciated body. **B**, Kwashiorkor. The infant shows generalized edema, such as swelling and puffiness of the face, hands, and legs. (A, From Clinic Sarah, Research/ Kenya.)

Infections and parasitosis

List of common infections:

- Diarrhoea
- Respiratory infections
- Measles
- Polio
- Tetanus
- Tuberculosis .



Germ Farm



Accidents and poisoning

- Important health problem in developed countries .
- Burns , poisoning
- Trauma
- Traffic accidents
- Falls
- Drowning





Behavioral problems

- Identification of behavioral health problems can be tricky .
- Children abandoned by their families present with severe social and health problems .

ΔΙΣΛΕΞΙΑ



Other factors



Other factors

- Maternal health
- Family
- Socio-economic circumstances
- Enviroment
- Social support and health care

Thank you !



