



Contents

<i>Preface</i>	vii
<i>Prescription Writing</i>	xiii
<i>Abbreviations</i>	xv

1. Neonatology	1	2. Fluid and Electrolyte Disturbances	37
• Neonatal Resuscitation	1	• Fluid Requirement in Healthy Child	37
• Hypoglycaemia	8	• Hyponatraemia	38
• Respiratory Distress in Newborn	8	• Hypernatraemia	39
• Transient Tachypnea of Newborn (TTN)	9	• Hypokalaemia	40
• Respiratory Distress Syndrome	9	• Hyperkalaemia	41
• Respiratory Distress due to Patent Ductus Arteriosus	10	• Management of Dehydration in Children	42
• Persistent Pulmonary Hypertension	10	3. Growth and Development Disorders	45
• Meconium Aspiration Syndrome	11	• Tall Stature	45
• Pneumonia	12	• Short Stature	47
• Pneumothorax	12	• Obesity	47
• Apnoea	12	• Autism Spectrum Disorder (ASD)	48
• Apnoea of Prematurity	12	• Attention Deficit Hyperactivity Syndrome (ADHD)	48
• Perinatal Asphyxia (Birth Asphyxia)	14	• Tic Disorder and Sterotypes	48
• Neonatal Sepsis	14	• Conduct Disorders	49
• Fluid Therapy in Newborn	14	• Juvenile Delinquency	49
• Neonatal Jaundice	17	• Parasomnias	49
• Hypocalcaemia	21	• Eating Disorders	49
• Low-birth Weight Babies	21	• Pica	49
• Intrauterine Growth Retardation	25	• Tamper Tantrums	49
• Post-term Babies	25	• Breath-holding Spells	49
• Large for Date Babies	26	• Thumb Sucking	50
• Neonatal Seizures	26	• Stuttering	50
• Neonatal Shock	29	• Enuresis	50
• Hypothermia	31	• Bruxism	50
• Jitteriness	33	• Encopresis	50
• Neonatal Tetany	33	4. Infant Feeding	51
• Normal Abnormalities of Newborn	33	• Breastfeeding	51
• Common Birth Injury	34	• Artificial Feeding	52
• Congenital Malformations	34	• Weaning	54
• Superficial Infections	34	• Common Feeding Problems	55
• Anaemia	35		
• Haemorrhagic Disorders of the Newborn	35		
• Vomiting	36		
• Hypomagnesaemia	36		

5. Nutritional Disorders	57	• Severe Acute Malnutrition 57 • Vitamin A Deficiency 64 • Rickets (Vitamin D deficiency) 65 • Scurvy 66 • Thiamine Deficiency 66 • Deficiency of Vitamin B₂ 66 • Deficiency of Niacin 66 • Deficiency of Pyridoxine 66 • Deficiency of Vitamin B₁₂ and Folic Acid 66
6. Diseases of Gastrointestinal System and Liver	67	• Vomiting 67 • Gastroesophageal Reflux Disease (GERD) 68 • Diarrhoea 69 • Oral Rehydration Therapy 74 • Acute Bacillary Dysentery 76 • Amoebic Dysentery 77 • Bloody Diarrhoea 77 • Constipation 79 • Hepatomegaly 80 • Ascites 80 • Anasarca 81 • Abdominal Pain 82 • Dysphasia 84 • GIT Bleeding 84 • Liver Diseases 86 • Oral Candidiasis 89 • Recurrent Aphthous Stomatitis 89 • Acute Appendicitis 90 • Gallbladder Stones 90 • Choledochal Cyst 90 • Peptic Ulcer 90 • Acute Pancreatitis 91
7. Diseases of Cardiovascular System	92	• Congestive Cardiac Failure (CCF) 92 • Congenital Heart Diseases 94 • Acquired Heart Diseases 96 • Rheumatic Fever 96 • Rheumatic Chorea 97 • Mitral Incompetence 98 • Mitral Stenosis 98 • Aortic Stenosis 98 • Tricuspid Regurgitation 99 • Tricuspid Stenosis 99 • Bacterial Endocarditis 99 • Hypertension 100 • Cardiomyopathy 102 • Pericarditis 102 • Chronic Constrictive Pericarditis 103 • Myocarditis 103
8. Nervous System Disorders	104	• Headache 104 • Migraine 105 • Raised Intracranial Tension 107 • Seizures (Convulsions) 107 • Epilepsy 109 • Epileptic Spasm 111 • Auticonvulsant Drugs 112 • Encephalitis 115 • Pyogenic Meningitis 116 • Tuberculous Meningitis 118 • Cerebral Palsy (Little's Disease) 118 • Down Syndrome, Trisomy 21 119 • Mental Retardation 119 • Paraplegia 120 • Acute Hemiplegia of Childhood 120 • Hydrocephalus 121 • Craniosynostosis 121
9. Respiratory System Disorders	122	• Acute Respiratory Tract Infection 122 • Laryngotracheobronchitis (Croup) 122 • Epiglottitis 122 • Acute Bronchiolitis 122 • Pneumonia 123 • Bronchial Asthma 126 • Bronchiectasis 132 • Pleural Effusion 133 • Thoracic Empyema 133 • Lung Abscess 133 • Tuberculosis 133 • Haemoptysis 135 • Wheezing 135 • Tachypnoea 136 • Cough 136
10. Viral Infections	137	• Chickenpox 137 • Measles (Rubeola) 137 • German Measles (Rubella) 138 • Mumps 139

• Acquired Immunodeficiency Syndrome (AIDS) 139		• Haemolytic Anaemias 168	
• Chikungunya 139		• Hereditary Spherocytosis 168	
• Dengue 140		• Hereditary Elliptocytosis 168	
11. Bacterial Diseases	142	• Sickle Cell Anaemia 168	
• Whooping Cough 142		• Thalassaemia 169	
• Diphtheria 142		• Idiopathic Thrombocytopenic Purpura 169	
• Typhoid Fever 143		• Haemophilia 169	
• Tetanus 144		• Leukaemias 170	
• Staphylococcal Infection 145		• Acute Lymphocytic Leukaemia (ALL) 170	
• Pneumococcal Infection 145		• Acute Myeloid Leukaemia (AML) 171	
12. Parasitic Diseases	146	• Chronic Myeloid Leukaemia (CML) 172	
• Enterobiasis (Pinworms) 146		• Congenital Pancytopenia (Fanconi Anaemia) 172	
• Ascariasis (Roundworms) 146		• Acquired Pancytopenia 172	
• Hookworm Infestation 146		• Polycythaemia 172	
• Tapeworm Infestation 147		16. Endocrinology	173
• Tricuriasis 147		• Congenital hypothyroidism 173	
• Amoebiasis 147		• Acquired hypothyroidism 173	
• Giardiasis 147		• Hashimoto's Disease 173	
• Malaria 147		• Hyperthyroidism 173	
• Filariasis 150		• Diabetes Mellitus 174	
13. Renal Disorders	151	• Type 1 Diabetes Mellitus 174	
• Urinary Tract Infection (UTI) 151		• Diabetic Ketoacidosis 176	
• Haematuria 152		• Type 2 Diabetes Mellitus 177	
• Acute Post-streptococcal Glomerulonephritis 152		• Disorders of Adrenal Glands 177	
• Pyelonephritis 153		17. Dermatology	178
• Nephrotic Syndrome 153		• Acne 178	
• Proteinuria 155		• Diaper Dermatitis 178	
• Acute Kidney Injury (AKI) 156		• Contact Dermatitis 178	
• Dysuria 159		• Tinea Infection 179	
• Vesicoureteral Reflex 159		• Pityriasis Versicolor 179	
• Renal Calculi 159		• Moniliasis 180	
• Chronic Renal Disease 160		• Paronychia 180	
14. Poisoning	161	• Herpes Simplex 180	
• Components of Management of Poisoning 161		• Warts 181	
• Management and Antidotes for Various Poisonings and Envenomings 162		• Scabies 182	
15. Haematological Disorders	166	• <i>Candida</i> Infection (Yeast) 182	
• Anaemias 166		• Eczema 183	
• Iron Deficiency Anaemia 167		• Hyperpigmentation 183	
• Macrocytic (Megaloblastic) Anaemia 168		• Vitiligo 184	
		• Melasma 184	
		• Pruritis Vulvae 184	
		• Dry Skin 184	
		• Urticaria and Angioedema 184	
		• Atopic Dermatitis 185	

18. Intravenous Fluids	186	• Ringer Lactate (RL) 186 • Isolyte P 186 • Isolyte P Forte 186 • Normal Saline (NS) 186 • Half Normal Saline 187 • 25% Dextrose 187 • Dextrose Saline (DNS) 187 • Albumin Infusion 187
19. Miscellaneous	188	• Oxygen Therapy Devices 188 • Prevention of Genetic Disorders 189 • Diagnosis of Chromosomal or Genetic Disorders 189 • Rheumatological Disorders 190 • Systemic Lupus Erythematosus 190 • Childhood Malignancies 190 • Phimosis 191 • Burn Treatment 191 • Duchenne's Muscular Dystrophy 191 • Congenital Malformations 191 • Common Birth Injuries 191 • Pyrexia of Unknown Origin (PUO) 192 • Acute Fever 193 • Night Sweats 194 • Anorexia 194 • Prolapse of the Rectum 194 • Coma 195 • Hypertensive Encephalopathy 195 • Vertigo 195
20. ENT and Eye Diseases	196	• Acute Otitis Media 196 • Recurrent Otitis Media 196 • Otitis Media with Effusion 196 • Chronic Suppurative Otitis Media 196 • Otitis Externa 196 • Fungal Otitis Externa 197 • Viral Rhinitis 197 • Epistaxis 197 • Viral Pharyngitis 198 • Infectious Mononucleosis 198 • Acute Bacterial Pharyngotonsillitis 198 • Miscellaneous Ear Diseases 198 • Hearing Loss 198 • Eye Diseases 199 • Infections of the Eye 199 • Refractive Errors 200 • Cataract 200 • Subconjunctival Haemorrhages 200 • Squint 200 • Drugs Resulting in Ocular Damage 200
21. Immunisation	201	• General Considerations 201 • Individual Vaccines and their Schedules 203
22. Emergency Triage	208	• Introduction to Triage and ABCD Approach 208 • Airway and Breathing (A and B Assessment) 208 • Airway Choking in Children 209 • Unresponsive Child with a Palpable Pulse 209 • Circulation (Shock) 210 • Coma 212
23. Nutrition in Healthy and Sick Children	214	• Nutrition in Healthy Child 214 • Recommended Daily Dietary Allowance (RDA)/Reference Daily Intake (RDI) 214 • Breastfeeding 215 • Diet for Obese Child 217 • Nutrition in Adolescence 218 • Nutrition in a Sick Child 219 • Inborn Errors of Metabolism 227 • Food Allergies 228 • Nutritional Care in Intensive Care Units 228 • Special Enteral Formulas 230 • Assessment of Nutrition 231 • Considerations about Nutrition 231
		<i>Appendix</i> 233
		<i>Bibliography</i> 305
		<i>Index</i> 307