

Contents

<i>About the Author</i>	<i>iii</i>
<i>Preface to the Third Edition</i>	<i>v</i>
<i>Preface to the Second Edition</i>	<i>vii</i>
<i>Acknowledgments</i>	<i>ix</i>
<i>Special Features of the Book</i>	<i>xi</i>
<i>Syllabus</i>	<i>xv</i>

SECTION I INTRODUCTION TO CHILD HEALTH NURSING

Chapter 1 Modern Concepts of Child Health.....	3-27
Introduction 3	
Historical Development of Child Health 4	
Philosophy and Modern Concept of Child Care 5	
Cultural and Religious Considerations in Child Care 5	
Factors Affecting Child Health 6	
Difference Between Adult and Child 6	
International Rights of Children 8	
National Child Welfare Policy 9	
Child Welfare Programs 12	
RMNCH+A Strategy 15	
Integrated Child Development Services Scheme 16	
School Health Program 18	
National Nutritional Program 19	
National Rural Health Mission 19	
Control of Iron Deficiency Anemia (WIFS Guidelines) 20	
LaQshya: Labor Room and Quality Improvement Initiative 21	
Mission Indradhanush 21	
MAA: Mother's Absolute Affection 21	
Child Welfare Agencies 21	
Children's Acts 22	
Changing Trends in Hospital Care: Preventive, Promotive and Curative Aspect of Child Health 24	
Chapter 2 Trends in Pediatric Nursing	28-39
Introduction 28	
Evolution of Pediatric Nursing 28	
Developments of Pediatric Nursing 29	
Trends in Pediatric Nursing 29	
Evidence-Based Practice 30	
Ethics in Pediatric Nursing Practice 32	
Role of a Pediatric Nurse 33	
Role of Pediatric Nurse at Different Levels of Care 34	
Qualities of Pediatric Nurse 35	
Expanded Role of a Pediatric Nurse 35	
Issues in Pediatric Nursing 36	
Nursing Process in Pediatric Nursing 37	
Chapter 3 Preventive Pediatrics	40-56
Concept of Preventive Pediatrics 40	
Preventive Immunization 41	
Commonly Used Vaccines 42	
Cold Chain 45	
Specific Guidelines to Store Vaccines 47	
Universal Immunization Program 47	
Under-Five Clinics 48	
Well-baby Clinic 50	
Preventing Measures Toward Accidents 50	
Chapter 4 Vital Statistics Related to Pediatrics	57-61
Child Morbidity and Mortality 57	
Child Mortality 58	
Child Morbidity 57	

Chapter 5 Hospitalized Child and Family62–74

Hospital Environment of Sick Child	62	Impact on the Family	66
Impact of Hospitalization on Child and Family	63	Communication Techniques for Children	67
Impact of Hospitalization on Child	64	Grief and Bereavement	67
Measures to Minimize the Impact of Hospitalization in Children	65	Nursing Care of a Sick Child	69
		Principles of Pre- and Postoperative Care of Children	71

SECTION II HEALTHY CHILD

Chapter 6 Growth and Development of Child77–91

Introduction	77	Factors Influencing Growth and Development	79
Patterns of Growth and Development	78	Biological Growth and Physical Development	80
Principles of Growth and Development	78	Theories of Growth and Development	81
Stages of Growth and Development	79	Techniques of Growth and Development Assessment	88

Chapter 7 Growth and Development of Different Stages92–116

Introduction	92	School-Age Children	106
Infancy	92	Adolescence	109
Toddler	99	Disorders of Growth and Development	113
Preschool Age Children	103		

Chapter 8 Health Maintenance of the Child117–143

Introduction	117	Playing Activities in Children	134
Nutrition of Children	117	Toilet Training	138
Breastfeeding	119	Role of Parents in Sex Education	139
Artificial Feeding	130	Menstrual Hygiene	139
Complementary Feeding or Weaning	131	Nutritional Guidance	140
Baby-Friendly Hospital Initiative	133	Role of Parents in Health Promotion of Adolescence	140

SECTION III NURSING CARE OF NEONATES

Chapter 9 Essential Newborn Care147–177

Introduction	147	Physical Assessment of Newborn	154
Classification of Neonates	147	Thermoregulation in the Neonate	156
Physical Characteristics of Normal Newborn	148	Kangaroo Mother Care	162
Care of a Normal Newborn	148	Newborn Resuscitation	164
Principles of Newborn Examination	151	Minor Problems of Newborn	171
Assessment of Gestational Age	151		

Chapter 10 Nursing Management of Common Neonatal Disorders178–227

Introduction	178	Respiratory Distress Syndrome	190
Low Birth Weight	179	Neonatal Jaundice	191
Prematurity	180	Neonatal Seizures	197
Intrauterine Growth Retardation	185	Neonatal Infections	199
Postmaturity	187	Retinopathy of Prematurity	205
Large for Date Babies	187	Necrotizing Enterocolitis	205
Asphyxia Neonatorum	188	Neonatal Hypoglycemia	209
Meconium Aspiration Syndrome	189	Infants of Diabetic Mothers	210

Infant of a Mother with HIV	212	Prevention of Birth Injuries in Newborn	219
Birth Injuries	214	Organizational Set up of Neonatal Intensive Care Unit	219
Bone Injuries	218	Levels of Neonatal Care	223
Intra-abdominal Injuries	219	Neonatal Transport	224
Soft Tissue Injuries	219		

Chapter 11 Integrated Management of Neonatal and Childhood Illness 228–240

Introduction	228	Management of Sick Young Infants up to 2 Months of Age	232
Inadequacies in Health System	228	Management of Children Age 2 Months up to 5 Years	234
Integrated Management of Childhood Illness	229	F-IMNCI	238

SECTION IV NURSING MANAGEMENT OF COMMON CHILDHOOD ILLNESS

Chapter 12 Disorders of Respiratory System..... 243–267

Child with Respiratory Diseases: Approach and Common Symptoms	243	Bronchial Asthma	253
Congenital Malformations	244	Emphysema	259
Tracheoesophageal Fistula and Esophageal Atresia	244	Atelectasis	260
Congenital Diaphragmatic Hernia	246	Lung Abscess	261
Acute Respiratory Tract Infection	247	Pulmonary Edema	261
Pharyngitis	247	Pulmonary Embolism	262
Tonsillitis	248	Pleural Effusion	262
Acute Bronchiolitis	248	Empyema	263
Bronchiectasis	249	Pneumothorax	263
Croup	249	Choanal Atresia	264
Pneumonia	250	Adenoids	264
		Laryngomalacia	265

Chapter 13 Disorders of Endocrine System 268–281

Diabetes Mellitus	268	Childhood Obesity	276
Diabetes Insipidus	272	Precocious Puberty	277
Disorders of Pituitary Gland	272	Delayed Puberty	278
Disorders of Thyroid	273	Phenylketonuria	278
Disorders of Parathyroid Gland	274	Menstrual Abnormalities in Adolescence	279
Congenital Adrenal Hyperplasia	275		

Chapter 14 Childhood Emergency 282–304

Cardiopulmonary Resuscitation	282	Poisoning	290
Cardiopulmonary Resuscitation in Children	282	Drowning and Near-Drowning	294
Postresuscitation Stabilization (Postcardiac Arrest Care)	287	Hemorrhage	295
Foreign Body Aspiration	289	Burns in Children	295
		Emergency Triage Assessment and Treatment	300

Chapter 15 Disorders of Cardiovascular System 305–326

Introduction	305	Coarctation of Aorta	309
Congenital Heart Disease	305	Tetralogy of Fallot	309
Ventricular Septal Defect	307	Transposition of Great Vessels	311
Atrial Septal Defect	307	Total Anomalous Pulmonary Venous Connection	311
Patent Ductus Arteriosus	308	Pulmonic Stenosis	311

Tricuspid Atresia	311	Infective Endocarditis	319
Nursing Management of a Child with Congenital Heart Diseases	311	Congestive Cardiac Failure	320
Acute Rheumatic Fever	313	Cardiomyopathy	322
Rheumatic Heart Disease	317	Kawasaki Disease	323
Chapter 16 Hematological Disorders..... 327–347			
Anemia	327	Leukemia	335
Iron Deficiency Anemia	328	Hodgkin Lymphoma	339
Megaloblastic Anemia	329	Non-Hodgkin Lymphoma	340
Sickle Cell Anemia	330	Idiopathic Thrombocytopenic Purpura	341
Aplastic Anemia	331	Hemophilia	341
Thalassemia	332	Disseminated Intravascular Coagulation	344
Chapter 17 Disorders of Gastrointestinal System..... 348–392			
Diarrhea and Dehydration	349	Urachal Anomalies	372
Gastroesophageal Reflux Disease	353	Umbilical Hernia	373
Malabsorption Syndrome	355	Exomphalos (Omphalocele)	373
Celiac Disease	356	Gastroschisis	373
Cystic Fibrosis	356	Hernias in Children	374
Ulcerative Colitis	358	Diastasis Recti of Infancy	375
Acute Abdomen	358	Appendicitis	375
Cleft Lip and Cleft Palate	359	Parasitic Infestations	377
Hypertrophic Pyloric Stenosis	362	Hepatitis	379
Intestinal Obstruction	364	Hepatomegaly	380
Intussusception	364	Liver Abscess	382
Hirschsprung's Disease	366	Indian Childhood Cirrhosis	382
Meckel's Diverticulum	369	Extrahepatic Billiary Atresia	384
Anorectal Malformations	369	Wilson's Disease	386
Umbilical Anomalies	371	Cholelithiasis	387
Omphalitis	372	Choledochal Cysts	387
Omphalomesenteric or Vitelline Remnant	372	Pancreatitis	388
Chapter 18 Disorders of Genitourinary System 393–414			
Congenital Anomalies of Kidney and Urinary Tract	393	Acute Glomerulonephritis	405
Wilms Tumor	396	Acute Renal Failure	407
Hypospadias	398	Chronic Renal Failure	408
Epispadias	399	Hemolytic Uremic Syndrome	410
Exstrophy of Bladder	399	Hydronephrosis	410
Undescended Testis (Cryptorchidism)	400	Ambiguous Genitalia	411
Urinary Tract Infection	400	Polycystic Kidney Disease	412
Nephrotic Syndrome	402		
Chapter 19 Disorders of Central Nervous System 415–438			
Approach to a Child with Coma	415	Intracranial Space Occupying Lesions	430
Epilepsy	417	Head Injury	431
Meningitis	420	Brain Tumor	432
Hydrocephalus	423	Subacute Sclerosing Panencephalitis	433
Spina Bifida	426	Cerebral Palsy	434
Encephalitis	429	Cranial Deformity	436
Guillain-Barré Syndrome	429		

Chapter 20 Orthopedic Problems in Children 439–455

Muscular Dystrophies	439	Juvenile Rheumatoid Arthritis	451
Floppy Infant Syndrome	441	Osteomyelitis	452
Osteogenesis Imperfecta	442	Scoliosis	452
Developmental Dysplasia of the Hip	442	Kyphosis	453
Clubfoot	445	Lordosis	453
Fracture	447		

Chapter 21 Disorders of Skin, Eye and ENT 456–475

Disorders of Skin			
Atopic Dermatitis	458	Corneal Diseases	467
Seborrheic Dermatitis (Cradle Cap)	460	Childhood Cataract	467
Diaper Dermatitis	460	Congenital Glaucoma	467
Impetigo	461	Refractive Errors	468
Scabies	462	Amblyopia	468
Pediculosis	462	Strabismus	468
Acne Vulgaris	463	Optic Nerve Diseases	469
Miliaria	464	Disorders of Ear	
Juvenile Psoriasis	464	Otitis Externa	469
Lichen Planus	464	Otitis Media	469
Molluscum Contagiosum	465	Mastoiditis	471
Dermatophytosis	465	Hearing Impairment	471
Warts	465	Disorders of Nose	
Disorders of Eye		Rhinitis	472
Congenital Problems of Eye	466	Sinusitis	473
Disorders of Eyelid	466	Epistaxis	473
Diseases of Orbit	466	Disorders of Throat	
Conjunctival Disorders	466	Nonsurgical Management	474
		Surgical Management	474

Chapter 22 Common Nutritional Disorders in Children 476–497

Introduction	476	Vitamin Deficiencies	488
Assessment of Nutritional Status	477	Mineral Deficiency	494
Protein Energy Malnutrition	480		

Chapter 23 Fluid, Electrolytes and Acid-Base Imbalances 498–507

Introduction	498	Management of Electrolyte Imbalances	500
Composition of Body Fluids	498	Management of Acid-Base Imbalance	503
Management of Fluid Volume Imbalances	499		

Chapter 24 Communicable Diseases 508–533

Measles	508	Malaria	521
Chickenpox	509	Kala-azar (Visceral Leishmaniasis)	524
Diphtheria	509	Zika Virus Disease	525
Pertussis	510	Scrub Typhus	525
Tetanus	510	Swine Flu	525
Poliomyelitis	511	HIV in Children	526
Tuberculosis	513	Treatment of Opportunistic Infection in HIV	529
Typhoid	515	Amebiasis	530
Leprosy	516	Giardiasis	530
Dengue	517	Filariasis	531

Chapter 25 Genetic Disorders..... 534–542

Introduction 534	Turner Syndrome 537
Classification of Genetic Disorders 534	Klinefelter Syndrome 538
Down Syndrome 536	Genetic Counseling 539

SECTION V MANAGEMENT OF BEHAVIOR AND SOCIAL PROBLEMS IN CHILDREN

Chapter 26 Common Behavioral Disorders in Children and Management 545–561

Behavioral Problems in Different Stages of Childhood 545	School Phobia 553
Behavioral Disorders 546	Attention Deficit Hyperactivity Disorder 553
Sleep Disorders 551	Learning Disabilities 555
Conduct Disorder 552	Juvenile Delinquency 557
Oppositional Defiant Disorder 552	Child Guidance Clinic 558
Sexual Disorders 552	

Chapter 27 Psychiatric Disorders in Children and their Management 562–571

Childhood Schizophrenia 562	Post-traumatic Stress Disorder 566
Childhood Depression 563	Autism Spectrum Disorders 567
Conversion Reaction 565	Eating Disorders 568

Chapter 28 Management of Challenged Children 572–582

Introduction 572	Street Children 577
Physically Challenged Children 572	Other Problems Related to Children 577
Mentally Challenged Children 574	Substance Abuse in Children 579
Socially Challenged Children 575	

Chapter 29 Welfare Services for Challenged Children 583–588

Childhood Disability Act 583	Welfare Organization for Challenged Children in India 585
Rehabilitation of Physically and Mentally Challenged Children 584	Rehabilitation of Delinquent and Destitute Children 585
	Adoption Laws and Services 586

SECTION VI PEDIATRIC PHARMACOLOGY

Chapter 30 Drugs in Pediatrics 591–605

Principles of Pediatric Drug Therapy 591	Nurses' Responsibility in Administering Medication to Children 592
Nursing Consideration for Various Routes of Administration 591	Specific Drugs Used in Pediatrics 593
Guidelines for Calculating Dosage for Pediatric Administration 592	

Child Health Nursing Procedures 607–642

Procedure 1: Temperature Recording in Newborn 608	Procedure 8: Physical Assessment of Child 611
Procedure 2: Anthropometric Assessment 608	Procedure 9: Growth and Development Assessment 620
Procedure 3: Newborn Assessment 609	Procedure 10: Nutritional Assessment 620
Procedure 4: Newborn Resuscitation 609	Procedure 11: Dehydration Assessment 620
Procedure 5: Baby Bath 609	Procedure 12: Administration of Medication 620
Procedure 6: Katori Spoon Feeding 610	Procedure 13: Intramuscular Injection 621
Procedure 7: Expression of Breast Milk 610	Procedure 14: Subcutaneous Injection 622

<i>Procedure 15: Intradermal Injection</i>	623	<i>Procedure 28: Care of the Baby in Incubator</i>	633
<i>Procedure 16: Intravenous Injection</i>	623	<i>Procedure 29: Care of the Baby on Ventilator</i>	635
<i>Procedure 17: Oxygen Administration</i>	624	<i>Procedure 30: Care of Baby with Continuous Positive Airway Pressure</i>	636
<i>Procedure 18: Nebulization</i>	625	<i>Procedure 31: Care of the Baby with Colostomy</i>	636
<i>Procedure 19: Chest Physiotherapy</i>	626	<i>Procedure 32: Steam Inhalation</i>	637
<i>Procedure 20: Nasogastric Tube Feeding</i>	627	<i>Procedure 33: Surgical Dressing</i>	637
<i>Procedure 21: Gastrostomy or Jejunostomy Feeding</i>	628	<i>Procedure 34: Suture Removal</i>	638
<i>Procedure 22: Total Parenteral Nutrition</i>	628	<i>Procedure 35: Enema Administration</i>	639
<i>Procedure 23: Venous Access</i>	628	<i>Procedure 36: Colostomy Irrigation</i>	639
<i>Procedure 24: Endotracheal Suctioning</i>	629	<i>Procedure 37: Assessment of Pain in Children: FACES, FLACC and Numerical Scale</i>	640
<i>Procedure 25: Restraints</i>	630		
<i>Procedure 26: Specimen Collection</i>	631		
<i>Procedure 27: Urinary Catheterization</i>	632		
Objective Structured Clinical Evaluation (OSCE)..... 643–656			
<i>Introduction</i>	643	<i>Station 9 Dehydration Assessment</i>	648
<i>What is Objective Structured Clinical Evaluation</i>	643	<i>Station 10 Identification of Intramuscular Injection Site in a Child/Manikin</i>	649
<i>Instructions to Students</i>	644	<i>Station 11 Assessment of IV Fluid Calculation for Burn Patient</i>	649
<i>Model OSCE Formats for Selected Child Health Nursing Procedures for Practical Examination</i>	645	<i>Station 12 IMNCI Case Management for a Child with Respiratory Distress</i>	649
<i>Station 1 Initial Care and Resuscitation of a Newborn Child</i>	645	<i>Station 13 Identification of Newborn Reflex</i>	650
<i>Station 2 Measuring Temperature of a Stable Newborn Using Digital Thermometer</i>	646	<i>Station 14 Ear Drop Instillation</i>	651
<i>Station 3 Kangaroo Mother Care (KMC)</i>	646	<i>Station 15 Measurement of Head Circumference, Chest Circumference and Mid Arm Circumference</i>	651
<i>Station 4 Handwashing</i>	646	<i>Station 16 Nebulization</i>	652
<i>Station 5 Breastfeeding Techniques</i>	647	<i>Station 17 Preterm Assessment</i>	652
<i>Station 6 Wearing and Removal of Sterile Gloves While Doing a Sterile Procedure</i>	647	<i>Station 18 PEM Assessment</i>	653
<i>Station 7 Preparation and Administration of Pediatric Drip Set or Burette for Medication</i>	648	<i>Station 19 Instrument/Equipment Identification</i>	653
<i>Station 8 Mummy Restraint</i>	648	<i>Station 20 Identification of Congenital Anomalies</i>	654
Model Question Paper..... 657–659			
<i>Model Question Paper 1</i>	657	<i>Model Question Paper 2</i>	658
Appendices 660–668			
<i>Appendix I The Complete List of NANDA Nursing Diagnosis for 2021–2003</i>	660	<i>Appendix V Hand Washing Technique</i>	667
<i>Appendix II Height/Weight Chart for Boys and Girls</i>	664	<i>Appendix VI Normal Urine Output in Children (Hazinski, 1992)</i>	668
<i>Appendix III Composition of IV Fluids (1000 mL)</i>	665	<i>Appendix VII Normal Vital Signs in Children</i>	668
<i>Appendix IV Normal Laboratory Values in Children</i>	665		
<i>Index</i>			669–677

