mind map by Simon Brown
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General Paediatrics 3

- Endocarditis
  - Signs: fever, splenomegaly, clubbing, splinter haemorrhages, anaemia, flow murmur
  - Typical causes: streps, staph
  - Tests: blood cultures at different times and sites, echocardiogram
  - Blind treatment after 3 sets of blood cultures
  - Prophylactic antibiotics generally not recommended
- Acne
  - Acne Vulgaris
    - May begin 1-2yrs before onset of puberty
    - Follows androgenic stimulation of subaceous glands and an increased sebum excretion rate
    - Obstruction to flow of sebum is sebaceous follicle initiates process of acne
    - Lesions occur mainly on face, back, chest and shoulders
    - Menstruation and emotional stress may be assoicated with exacerbation
  - Management
    - Topical treatment encouraging skin to peel using a keratolytic agent (benzoyl peroxide)
    - Topical antibiotics or topical retinoids can be helpful
    - If severe acne oral antibiotics: erythromycin or tetracyclines (over age of 12 as risk of teeth discolouration)
    - Roaccutane can be used in severe inflammatory acne (although risk of mental health issues)
- Sudden Infant Death
  - Sudden infant death under 1 year of age, which is unexpected following thorough careful investigation
  - Epidemiology
    - Peak incidence 1 - 4 months
    - Increased risk if: poor, parents are smokers, male infant, premature infant, winter, upper respiratory tract infection, co sleeping
  - Advice
    - Back to sleep
    - Avoid co-sleeping, especially if parents are tired, smoke, drink or are heavy sleepers
    - Feet at bottom of cot
    - Do not overheat room
    - Do not use too much bedding
- Obesity & Weight Gain
  - Obesity
    - Most common disorder affecting children and adolescents
    - Increased intake of energy dense foods & reduced exercise
    - More common in low socioeconomic homes
    - Typical child with obesity is high across all elements of the growth charts (tall & fat)
    - Exogenous causes (rare - consider if child is short and fat)
      - Hypothyroidism
      - Cushing's syndrome
      - Genetic syndromes
  - Prevention
    - Reduction in TV viewing (single most effective factor)
    - Increased physical activity
    - Decreased fat intake
    - Increased fruit, veg, and education
  - Messages for parents
    - Obesity is becoming more common in children
    - Due to imbalance between energy consumption and expenditure
    - Obesity increases risk of other serious health problems
    - No evidence that any drug treatment is effective
    - Family support is necessary to reduce weight
    - Most children are not obese because of an underlying health problem but as a result of lifestyle
  - Complications
    - Diabetes / impaired glucose tolerance
    - Orthopaedic (slipped upper femoral epiphysis, bow legs, abnormal foot structure)
    - Benign intracranial hypertension
    - Gall bladder disease
    - Polycystic ovaries
    - Asthma
    - Psychological issues (loq self esteem, depression, body dissatisfaction)