Contents

1. Introduction to Child Health Nursing **1**

- Evolution of Child Health Nursing *2*
- Rights of the Child *3*
- Goals of Children Health *4*
- Child Health Movements in India *5*
- National Policy for Children *6*
  - Maternal and Child Health *9*
  - Maternal and Child Health Programs *11*
- Reproductive and Child Health Program *13*
- Child Welfare Services in India *16*
- Nutrition Programs *17*
- Integrated Management of Neonatal and Childhood Illness Strategy *21*
- Philosophy of Child Health Nursing *21*
- Goals of Child Health Nursing *23*
- Role of Pediatric Nurse *24*
  - Expanded Roles of Pediatric Nurse *29*
- Standards of Care and Professional Performance of Pediatric Nurse *30*
- Current Trends in Child Health Care 31

2. Assessment of Pediatric Client **35**

- Health Interview *36*
  - Techniques of Obtaining Client History *38*
- Physical Examination *43*

3. Hospitalized Child **72**

- Problems of Hospitalization of Children *72*
- Children Reactions to Hospitalization *73*
- Factors Affecting Children's Response to Hospitalization *75*
- Family Reactions to the Hospitalized Child *76*
  - Nursing Care for a Hospitalized Child *77*
  - Admitting the Child to the Hospital *81*
  - Maintaining Safety during Hospitalization *82*
  - Providing Basic Care to the Hospitalized Child *85*
  - Addressing the Effects of Hospitalization Developmentally *87*
  - Providing Play, Activities and Recreation for the Hospitalized Child *88*
  - Promoting Schoolwork and Education during Hospitalization *89*
  - Addressing the Needs of Family Members *89*

4. Genetics and Prenatal Pediatrics **91**

- Chromosomes *91*
- Traditional Inheritance Pattern *92*
- Non-traditional Inheritance Patterns *94*
- Conception *98*
- Development of the Embryo *99*
- Fetal Maturation *104*
- Significance of Screening to Families *109*
- Prenatal Diagnosis for Genetic Abnormalities *110*
- Genetic Evaluation and Counseling *112*
- Genetic Counseling *113*
- Role of the Nurse in Genetic Counseling *116*

5. Growth and Development in Children **123**

- Principles of Development *125*
- Factors Influencing Growth and Development *130*
- Biological Growth and Development in Children *135*
- Intellectual Development in Children *137*
- Psychosocial Development in Children *141*
  - Moral Development *143*
  - Development of Intergroup Attitudes *145*
  - Personality Development (Freud) *146*
  - Defense Mechanisms (Coping Mechanism) *147*
  - Role of Nurses in Psychosocial Development *148*
  - Development of Sexuality *149*
- Need for Developmental Assessment *151*
- A Summary of Growth and Development *152*
- Assessment of Physical Growth *163*
  - Growth Monitoring *166*
  - Assessment of Development *170*

6. Behavioral Pediatrics and Nursing 174

- Child Behavior and Family *174*
- Motivation for Parenthood *175*
- Preparation for Parenthood *175*
- Transition to Parenthood *175*
- Parenting Behaviors *177*
- Strategies to Minimize Misbehavior and Maintain Discipline *179*
- Strategies for Implementing Discipline *180*
- Influence of the 'Experts' in Child Rearing *181*
- Behavior Problems in Children *182*
  - Conduct Disorder *183*
  - Oppositional Defiant Disorder *184*
  - Pervasive Developmental Disorders *184*
  - Autism Spectrum Disorder *185*
  - Attention Deficit Hyperactivity Disorder *186*
  - Specific Developmental Disorders *189*
  - Anxiety Disorders *191*
  - Mood Disorders *193*
  - Developmental Disorders *195*
  - Habit Disorders *196*
  - Eating Disorders *197*
- Abuse and Violence *198*
- Management of Child with Behavioral Problems *200*
- Nursing Management of Child with a Mental Health Disorder *205*

7. Community Pediatrics and Nursing 210

- Levels of Prevention *211*
- Vital Statistics of Children *211*
- National Health Programs *213*
  - National Rural Health Mission 2005–2012 *213*
  - National Programs Related to Mother and Child Care *215*
  - National Programs Related to Control of Communicable Diseases *230*
  - National AIDS and STD Control Program *235*
  - Nutritional Programs Related to Control of Nutritional Deficiencies and Disorders *236*
  - National Programs Related to Control of Non-communicable Diseases *238*
  - Under Five Clinics *241*
- Areas in Community Pediatrics Requiring Special Attention *243*
  - Child Labor *243*
  - Handicapped Child *246*
  - Girl Child *247*
  - Accidents *249*

8. Neonatal Nursing (Normal) 251

- Factors Interfering with on Adjustment of Normal Full-term Newborn in Each Body System *251*
- Physical Characteristics of Newborn *255*
- Physiological Characteristics of Newborn *256*
- Assessment of Newborn *257*
- Care of the Normal Neonate *263*
  - Nourishment and Fluids for Newborn *273*
  - Love—Parent-Infant Attachment *281*
- Special Needs of Neonate *281*
- Nursing Management of Normal Newborn *284*

9. Neonatal Nursing (High-risk) 290

- Classification of High-risk Neonate *290*
- Preterm Newborn *291*
- Post-term Newborn *292*
- Common Problems of High-risk Newborn *297*
  - Apnea of Prematurity/Neonatal Apnea *297*
  - Idiopathic Respiratory Distress Syndrome *299*
  - Meconium Aspiration Syndrome *301*
  - Extraneous Air Syndrome *302*
  - Bronchopulmonary Dysplasia *303*
  - Pulmonary Dysmaturity (Wilson-Mikity Syndrome) *304*
  - Atelectasis *304*
  - Neonatal Sepsis *305*
  - Necrotizing Enterocolitis *306*
  - Patent Ductus Arteriosus *308*
  - Persistent Pulmonary Hypertension of Neonate *309*
  - Physiologic Anemia *310*
  - Polycythemia *311*
  - Retinopathy of Prematurity *311*
- Neurologic Problems of Neonate *312*
  - Perinatal Hypoxic-Ischemic Brain Injury *312*
  - Germinal Matrix-Intraventricular Hemorrhage *313*
  - Intracranial Hemorrhage *314*
  - Neonatal Seizures *314*
  - Infants of Diabetic Mother *316*
  - Narcotic Addiction/Drug Exposed Infants *317*
  - Fetal Alcoholic Syndrome *318*
- Neonatal Defects in Physical Development *319*
  - Defects of Neural Tube Closure *319*
  - Spina Bifida *319*
  - Hydrocephalus *327*
- Problems of Physiologic Factors *331*
  - Hyperbilirubinemia *331*
  - Blood Incompatibility *333*

- Metabolic Complications *336*
- Maternal Infections *336*
- Congenital Abnormalities *339*
- Chromosomal Abnormalities *339*
- Defects Caused by Chemical Agents *340*
- Inborn Errors of Metabolism *341*
- Congenital Hypothyroidism *341*
- Phenylketonuria *342*
- Galactosemia *344*

10. Pediatric Intensive Care Unit 346

- Pediatric Nursing Unit *346*
  - Location *346*
  - Design *346*
  - Introduction to PICU *347*
  - Problems at PICU and its Measures *348*
  - Organization of PICU *349*
  - Human Resource for PICU *350*
  - Services of PICU *350*
- Techniques of Monitoring Child in PICU *351*
  - Evaluation of Ventilatory Status *353*
- Cardiopulmonary Resuscitation *355*
- Neonatal Care Unit 359

11. Respiratory Nursing in Children 363

- Respiration *363*
- Common Symptoms Related to Respiratory Diseases *365*
- Acute Respiratory Infections *367*
  - Common Cold (Acute Viral Rhinitis) *367*
  - Sinusitis *368*
  - Influenza *369*
  - Pharyngitis (Acute Sore Throat) *370*
  - Tonsillitis *371*
  - Infectious Mononucleosis *372*
  - Otitis Media *372*
  - Tonsils and Adenoids *375*
  - Acute Obstructive Laryngitis (Croup) *378*
  - Tracheobronchitis *381*
  - Epiglottitis *381*
  - Bronchiolitis *383*
  - Pneumonia *386*
  - Bronchitis *391*
  - Tuberculosis *391*
  - Epistaxis *395*
  - Foreign Body Aspiration *396*
  - Respiratory Distress Syndrome *396*
  - Pneumothorax *397*
  - Allergic Rhinitis *398*
  - Asthma *399*
  - Chronic Lung Disease *408*
  - Cystic Fibrosis *408*
  - Apnea *411*
  - Respiratory Failure *413*

12. Gastrointestinal Nursing 419

- Assessment of Gastrointestinal Disorder *420*
- General Care for Gastrointestinal Disorders *421*
- Diarrheal Diseases in Children *427*
  - Acute Diarrhea *427*
  - Cholera *435*
  - Acute Bacillary Dysentery (Shigellosis) *438*
  - Pseudomembranous Colitis (*Clostridium difficile*-associated Diarrhea) *438*
- Oral Rehydration Therapy *439*
- Persistent Diarrhea *440*
- Chronic Diarrhea *442*
- Oral Candidiasis (Thrush) *445*
- Oral Lesions *446*
- Vomiting *446*
- Dehydration *449*
- Anorectal Malformations *450*
- Inguinal and Umbilical Hernias *451*
- Omphalocele and Gastroschisis *451*
- Meckel Diverticulum *452*
- Esophageal Atresia and Tracheoesophageal Fistula *453*
- Cleft Lip and Cleft Palate *454*
  - Speech, Hearing and Dentition *456*
  - Surgical Nursing Management *457*
- Hypertrophic Pyloric Stenosis *459*
- Rumination *462*
- Gastroesophageal Reflux *463*
- Appendicitis *467*
- Malrotation and Volvulus *468*
- Intestinal Obstruction *468*
  - Duodenal Obstruction *468*
  - Jejunal and Ileal Atresias *469*
  - Volvulus *469*
- Peptic Ulcer Disease *469*
- Intussusception *471*
- Constipation *472*
- Encopresis *474*
- Hirschsprung Disease (Congenital Aganglionic Megacolon) *476*
- Short Bowel Syndrome *477*

- Inflammatory Bowel Disease *478*
- Crohn Disease *479*
- Ulcerative Colitis *480*
- Celiac Disease *483*
- Recurrent Abdominal Pain *485*
- Chronic Abdominal Pain *487*
- Pancreatitis *488*
- Cholelithiasis *488*
- Jaundice *489*
- Biliary Atresia *490*
- Hepatitis *491*
- Cirrhosis and Portal Hypertension *492*
- Liver Transplantation *493*

13. Reno-urological Nursing **494**

- Retroperitoneal Structure *494*
- Development of Kidney and Ureter *495*
- Assessment of Kidney and Urinary Tract *496*
- Assessment of a Child with a Urologic Problem *498*
- Urinary Tract Infection *500*
- Enuresis *506*
- Nephrotic Syndrome *508*
- Acute Glomerulonephritis *515*
- Chronic Glomerulonephritis *517*
- Hemolytic-Uremic Syndrome *518*
- Henoch-Schönlein Purpura (Anaphylactoid) *519*
- Familial Renal Disease *519*
- Renal Failure *520*
  - Acute Renal Failure *520*
  - Chronic Renal Failure *523*
- Dialysis and Transplantation *525*
  - Continuous Ambulatory Peritoneal Dialysis *527*
  - Hemodialysis in Children *528*
  - Renal Transplantation *529*

14 Cardiovascular Nursing **534**

- Assessment of Cardiovascular System *535*
- Congenital Heart Disease *542*
- Tetralogy of Fallot *545*
- Tricuspid Atresia *546*
- Atrial Septal Defect *548*
- Ventricular Septal Defect *549*
- Atrioventricular Canal Defect *550*
- Patent Ductus Arteriosus *551*
- Coarctation of the Aorta *553*
- Aortic Stenosis *554*
- Pulmonary Stenosis *555*
- Transposition of the Great Vessels Arteries *557*
- Total Anomalous Pulmonary Venous Connection *558*
- Truncus Arteriosus *559*
- Hypoplastic Left Heart Syndrome *561*
- Nursing Management of the Child with Congenital Heart Disease *562*
- Cardiac Surgery in Children *563*
- Nursing Management of Cardiac Surgery in Children *565*
- Heart Failure *576*
- Congestive Heart Failure *576*
- Infective Endocarditis *584*
- Acute Rheumatic Fever *585*
- Cardiomyopathy *586*
- Hypertension *587*
- Kawasaki Disease *590*
- Hyperlipidemia *591*
- Atherosclerosis *592*
- Heart Transplantation *593*
- Nursing Care of the Child with a Cardiovascular Disorder *595*

15. Endocrinological Nursing **600**

- Assessment of a Child with an Endocrine Problem *601*

Disorders of Endocrine Gland *604*

- Disorders of Pituitary Gland *604*
  - Anterior Pituitary Primary Disorders *604*
  - Posterior Pituitary Disorders *608*
- Disorders of Thyroid *611*
  - Congenital Hypothyroidism *611*
  - Acquired Hypothyroidism (Juvenile Hypothyroidism) *613*
  - Hyperthyroidism *615*
  - Transient Neonatal Thyrotoxicosis *617*
- Disorders of Parathyroid *618*
  - Hypoparathyroidism *618*
  - Hyperparathyroidism *619*
- Adrenal Disorders *619*
  - Congenital Adrenal Hyperplasia *619*
  - Addison's Disease *621*
  - Cushing Syndrome *622*
  - Hyperaldosteronism *623*
  - Tumors of the Adrenal Medulla *623*
  - Polycystic Ovary Syndrome *624*
  - Diabetes Mellitus *625*
- Nursing Management of the Child with Endocrine Disorders *629*

16. Neuromusculoskeletal Nursing 634

- Neurological Examination of Children *635*
- Congenital Neuromuscular Disorders *636*
- Acquired Neuromuscular Disorders *637*
  - Spina Bifida *637*
  - Meningocele *637*
  - Anencephaly *638*
  - Hydrocephalus *638*
  - Myelomeningocele *640*
- Muscular Dystrophy *643*
- Muscular Hypotonia in Infancy (Floppy Infant Syndrome) *647*
- Arthrogryposis Multiplex Congentia *647*
- Spinal Muscular Atrophy *648*
- Spinal Cord Injury *649*
- Birth Trauma *650*
- Guillain-Barre Syndrome *650*
- Myasthenia Gravis *652*
- Dermatomyositis *653*
- Botulism *654*
- Skeletal Disorders in Children *657*
  - Congenital Malformations *657*
  - Skeletal Dysplasias *662*
  - Osteogenesis Imperfecta *662*
  - Osteopetrosis *664*
  - Infantile Cortical Hyperostosis (Caffey-Symth-Roske Syndrome) *664*
  - Legg-Calve-Perthes Disease *665*
  - Osteomyelitis *666*
  - Pyogenic Arthritis *666*
  - Septic Arthritis *667*
  - Non-rheumatic Arthritis *667*
  - Transient Synovitis of the Hip *668*
  - Scoliosis *668*
  - Skeletal Injuries *670*
  - Sprains *674*
  - Overuse Syndromes *674*
  - Dislocated Radial Head *675*
  - Trauma Related to Birth *675*
  - Sports Injuries *676*
  - Casts and Cast Application *678*
  - Assisting with Cast Removal *680*
  - Skin Care *681*
  - Traction *681*
  - Care of the Child in Traction *683*

17. Oncological Nursing 688

- Etiology *688*
- Diagnostic Tests *689*
- Chemotherapy in Cancer and Nursing *692*
- Radiation Therapy in Cancer and Nursing *698*
- Nursing Management for the Child with a Neoplastic Disorder *700*
- Leukemia *705*
- Lymphomas *708*
- Hodgkin Disease *708*
- Brain Tumors *712*
- Neuroblastoma *714*
- Bone and Soft-tissue Tumor *716*
- Osteogenic Sarcoma *716*
- Wilms' Tumor *723*
- Retinoblastoma *725*
- Histiocytosis X *728*
- Other Malignant Tumors of Childhood *729*
- Cancers in Adolescents *730*

18. Hematological Nursing 736

- Anemia *736*
  - Iron Deficiency Anemia *736*
  - Folic Acid Deficiency and Pernicious Anemia *739*
  - Aplastic Anemia *739*
- Lead Poisoning *741*
- Bone Marrow Transplant *741*
  - Hypoplastic Anemia *746*
- Hemoglobinopathies *746*
  - Sickle Cell Disease *746*
  - Thalassemia Major *754*
  - Thalassemia Minor *754*
- Leukocytosis *756*
- Coagulation and its Abnormalities *758*
  - Clotting Disorders *758*
  - Assessment of Hemostasis *759*
  - Thrombocytopenia *759*
  - Henoch-Schönlein Purpura *761*
  - Disseminated Intravascular Coagulation *762*
  - Hemophilia *762*
  - Von Willebrand Disease *767*

19. Dermatological Nursing 768

- Infectious Disorders of the Skin *769*
- Bacterial Infections *769*
  - Paronychia *770*
  - Cellulitis *770*

- Parasitic Infections *773*
  - Pediculosis *773*
  - Scabies *773*
  - Fungal Infections *774*
- Hypersensitivity Reactions of the Skin *777*
  - Atopic Dermatitis (Eczema) *777*
  - Contact Dermatitis *782*
  - Diaper Dermatitis *783*
  - Intertrigos *785*
  - Miliaria *785*
  - Erythema Multiforme *785*
  - Urticaria *786*
  - Seborrheic Dermatitis *786*
  - Psoriasis *787*
  - Acne *788*
  - Pressure Ulcers *789*
  - Minor Injuries *790*
  - Burns *790*
  - Sunburn *795*
  - Cold Injury *796*
  - Human and Animal Bites *796*
  - Insect Stings and Spider Bites *797*
- Developmental Defects of Skin in Children *800*

20. Ophthalmological Nursing 803

- Assessment of the Eye *803*
- Care of the Normal Eye *804*
- Conjunctivitis and its Management *804*
- Nasolacrimal Duct Obstruction and its Management *806*
- Eyelid Disorders and their Management *806*
  - Chalazion *806*
  - Stye *806*
  - Ptosis *807*
  - Blepharitis *807*
  - Coloboma *807*
- Periorbital Cellulitis *807*
- Eye Injuries and their Management *808*
- Managing Emergent Conditions *810*
- Emergency Treatment for Eye Injuries *810*
- Visual Disorders *812*
  - Refractive Errors *813*
  - Hyperopia (Hypermetropia, Farsightedness) *813*
  - Myopia (Nearsightedness) *813*
  - Astigmatism *815*
  - Strabismus (Squint) *815*
  - Dacryocystitis *817*
  - Xerophthalmia *817*
  - Amblyopia *818*
  - Nystagmus *818*
  - Miscellaneous Disorders *819*
  - Tips for Ophthalmic Medications *819*
  - Prevention of Ocular Problems in Childhood *820*
  - Infantile Glaucoma *820*
  - Congenital Cataract *821*
  - Visual Impairment *821*
  - Red Eye *823*
  - Membranous Conjunctivitis *823*
  - Uveitis *824*
  - Watering *824*
  - Lid Edema *824*
  - Proptosis *824*
  - Congenital Anomalies *825*
  - Acute Glaucoma *825*
  - Retinoblastoma *825*

21. Otological Nursing 827

- Otitis Media *827*
  - Acute Otitis Media *827*
  - Otitis Media with Effusion *829*
- Otitis Externa *830*
- Hearing Loss *831*
- Assessment of Hearing Disorders *832*
  - Criteria for Infants at High Risk for Hearing Loss *833*
  - Nursing Management *833*

22. Dental Health Nursing 840

- Assessment of Oral Cavity *840*
  - Development of Teeth *841*
  - Eruption of Teeth *841*
  - Functions of Primary Dentition *842*
- Dental Caries *843*
  - Early Childhood Caries *844*
  - Dental Caries of the Dentin *845*
- Disorder of Teeth *846*
- Dietary Guidelines to Prevent Dental Caries *848*
- Periodontal Disease in Children *849*
  - Chronic Gingival Diseases *850*
- Dental Malocclusion *851*
- Injuries of the Teeth *852*
  - Fractured Roots *852*
- Prevention of Dental Disease *853*
- Dental Health Care for Children at Home *853*

23. Developmental Disturbances in Children 855

- Learning Disability (Dyslexia) *855*
- Childhood Autism *857*
- Attention Deficit Hyperactivity Disorder *859*
- Enuresis (Bedwetting) *862*

- Conduct Disorder *863*
- Oppositional Defiant Disorder *866*

24. Challenged Child and Nursing 867

- Handicapped Child *867*
- Cerebral Palsy *870*
- Mental Retardation *875*
- Medically Fragile Child *881*
- Failure to Thrive *886*

25. Nursing Intervention in Crisis 890

- Meaning *890*
- Characteristics *891*
- Responses to Dying and Death *893*
- Nurse's Reaction *894*
- Child's Understanding of Death *895*
  - Family's Reaction *897*
- Settings for Care of the Dying Child *899*
  - Nursing Management *902*

26. Pediatric Medications 905

- Actions of Drugs on the Body *906*
- Pharmacokinetics *907*
- Routes of Administration *908*
- Medication Orders *909*
- Legal Aspects of Medication *909*
- Administering Medications *910*
- Nurse's Responsibility in the Administration of Medications *911*
- Abbreviations Used in Medication *913*
- Drug Dosage Calculations *915*
- Calculating Dosage *915*
- Common Drugs and Drug Dosage Used in Pediatrics *916*
- Drug Therapy in Newborn *924*
- Administration of Fluids and Electrolytes *931*

27. Common Child Health Nursing Procedures 936

- Hospitalization of a Child *936*
- Preadmission Programs *936*
- Hospital Policies *937*
- Parent Participation *938*
- Nursing Procedures *939*
  - Administering a Tepid Water Administering an Enema to a child *940*
  - Teaching the Mother for Breastfeeding Procedure *941*
  - Breastfeeding the Ill or Hospitalized Infant *942*
  - Infant Formula and Bottle Feeding *942*
  - Weaning *945*
  - Nasogastric Feeding *945*
  - Gastrostomy Feeding *947*
  - Nasojejunal Feeding *948*
  - Specimen Collection *950*
  - Assisting with Collection of Blood Specimen *953*
  - Catheterization of the Urinary Bladder *959*
  - Twenty-four Hour Urine Collection from Small Children *959*
  - Stool Examination *961*
  - CSF Examination *963*
  - Assisting with a Spinal Tap (Lumbar Puncture) *964*
  - Maintenance of Fluid and Electrolyte for Infants and Children *965*
  - Total Parenteral Nutrition (Hyperalimentation) *968*
  - Assisting with Exchange Transfusion *971*
  - Chest Physiotherapy *974*
  - Assisting the Child with Coughing *975*
  - Suctioning *976*
  - Care of a Child with Tracheostomy *978*
  - Oxygen Therapy for Children *980*
  - Continuous Positive Airway Pressure *983*
  - Preservation of Shunt and Separation of the Cannula *986*
  - Cardiopulmonary Resuscitation in Children *988*
- Artificial Respiration *990*
  - Technique for Artificial Respiration *990*
  - External Cardiac Massage *992*
  - General Principles *992*
- Administration of Medication and Fluids *993*
  - Intramuscular Injection *993*
  - Subcutaneous Injection *993*
  - Intradermal Injection *994*
  - Venipuncture *994*
  - Intravenous Infusion *995*
  - Scalp Vein Infusion *995*
  - Umbilical Vein Catheterization *997*
  - Arterial Puncture *998*
  - Intraosseous Infusion *998*
  - Subcutaneous Infusion *999*
  - Intraperitoneal Infusion *999*
  - Rectal Infusion *1000*
  - Bone Marrow Aspiration *1000*
  - Subdural Puncture or Tap *1002*
  - Ventricular Tap *1003*

- Pericardiocentesis *1004*
- Abdominal Paracentesis *1004*
- Suprapubic Bladder Aspiration *1005*
- Heel Puncture *1005*
- Kidney Biopsy *1006*
- Intubation *1007*
- Phototherapy *1007*
- Exchange Transfusion *1008*
- Lymph Node Biopsy *1008*

• Cardiac Resuscitation *1010*

28. Nursing Process in Child Health Nursing 1015

• Nursing Process *1015*
• Steps of Nursing Process *1016*
- Assessment *1017*
- Nursing Diagnosis *1019*
- Planning *1020*
- Implementation *1022*
- Evaluation *1023*

Index *1037*