*Lesson Plan on communicable diseases of toddler*

*Submitted in partial fulfillment*

*For Yearly Evaluation of*

***Child health nursing***

***Bachelor of Nursing in Science***



**TRIBHUWAN UNIVERSITY**

**INSTITUTE OF MEDICINE**

**POKHARA NURSING CAMPUS**

**RAMGHAT -11, POKHARA**

**ACADEMIC YEAR (2079-2082)**

**SUBMITTED TO: SUBMITTED BY:**

Respected madam Name: Kranti Rajbhandari

Dr. Ratnashila Bastola Faculty: BNS

BNS First Year Year: II

Roll no: 28

**Date of Submission**: 2080-11 -09

**Lesson plan**

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| Name of student : Kranti Rajbhandari  Subject : Child Health Nursing  Unit : (6.3 communicable diseases of toddler)  Topic : chickenpox  Level of students : BNS First year  No. of students :36  Place : BNS first year classroom  Date :2080/11/3  Time :2pm to 3pm  Duration :1 hour  Language :English and Nepali  Teaching \learning method; Brainstorming, interactive lecture, discussion, question and answer.  Teaching \learning media; PowerPoint, whiteboard,  Name of supervisor; Dr. Ratna shila Bastola (lecturer) |

**General objectives**

At the end of this teaching\ learning session, BNS first year students will be able to explain about communicable diseases of toddlerhood period (chickenpox).

**6.3 communicable disease during Toddlerhood period**

**Chickenpox (varicella)**

**Definition:**

Chickenpox (varicella) is a viral illness characterized by a very red rash and is one of the most common infectious diseases of childhood. It is very rare to have the chickenpox infection more than once. varicella zoster virus belongs from family of herpes virus causes the chickenpox infection.

**Source of infection:**

* saliva
* coughing
* sneezing
* contact with fluid from the blisters
* direct contact with lesion

**Incubation period:** 10-21 days

**Mode of transmission:**

It is transmitted by person to person by droplet nuclei or by direct contact with chicken pox lesion.

Portal entry of the virus is the upper respiratory tract or the conjunctiva.

Virus can cross the placental barrier and infect the fetus,

**Risk factors:**

* recent contact with an infected person
* under 12 years of age
* immunized compromised condition
* spend time in a school or child care facility

**pathology**

* initially the lesion begins as maculae
* quickly change into papules
* vesicles with scab and crust formation
* the lesions may be present in the esophagus, pancreases, liver, genitourinary tract, lymph nodes, conjunctivae.

**Symptoms**

**Pre-eruptive stage:** The non-rash symptoms may last a few days and include fever (38-39 degree), malaise, headache, loss of appetite.

**Eruptive stage:** one or two days after the symptoms appear, the classic rash will begin to develop. the rash goes through three phages before recover. These include:

* develop red or pink bumps all over body.
* The bumps become blister filled with fluid that leaks.
* The bumps become crusty, scab over, and begin to heal.

**Following condition need medical attention without delaying if:**

* The rash spread to eyes.
* The rash is very red, tender, and warm (signs of a secondary bacterial infection).
* The rash is accompanied by dizziness or shortness of breath.

**Diagnostic evaluation:**

* History taking
* Physical examination (blisters on the child’s body)
* Lab tests can confirm the cause of the blister i.e. virus culture

**Treatment:**

Treatment and management should be focused on relief symptom and promote comfort.

* Antihistamine medications or topical ointments to relieve itching.
* Taking lukewarm baths.
* Applying unscented lotion
* Wearing lightweight, soft clothing
* Antiviral drugs acyclovir helps by slowing down viral activity.
* Immunoglobulin may be given to exposed children.
* Antibiotics in cases of secondary bacterial infection.

**Prevention**

**Vaccination:** Prevents 98% of people who receive the two recommended dose.

* Child should get first dose when they are between 12 and 15 months of age. children get a of age. Booster between 4 and 6 years.
* Older children and adult who haven’t been vaccinated or exposed may receive catch up doses of the vaccine.
* Avoid the virus by limiting contact with infected people.
* Case isolation.

**Complication :**

* Pneumonia or bacterial infection of the skin, joint, or bone, cellulitis, encephalitis, acute cerebral ataxia, Reye syndrome, hepatitis, thrombocytopenia, sepsis, abscess etc.

**Summary:**

**Assignment**

1.Write short note on chicken pox.

**Post test**

**Objective questions:**

1. Portal entry of the virus is the \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The incubation period of chickenpox is \_\_\_\_\_\_\_\_\_\_.

**True and False:**

1. It is transmitted by person to person by droplet nuclei or by direct contact with chicken pox lesion\_\_\_\_\_.
2. Vaccine can prevents 70% of people who receive the two recommended dose. \_\_\_\_\_\_ .

Multiple choice questions:

1. Prevention of chickenpox includes:
2. isolation
3. immunization
4. limit contact
5. All of the above
6. For the prevention of disease first dose of vaccine should be given at
7. Between 10 months and 12 months
8. Between 9 months and 12 months
9. Between 9 months and 15 months
10. Between 12 months and 15 months

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