*Lesson Plan on common health problems 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 -14

# Lesson plan

Name of student :Kranti Rajbhandari

Subject :Child Health Nursing

Unit : (6.3comon health problems of toddler)

Topic :Influenza (flue)

Level of students :BNS First year

No. of students :36

Place :BNS first year classroom

Date :2080/11/11

Time :10am to 11am

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 health problems during toddlerhood period (influenza, diphtheria, hepatitis).

**6.3 Health problems during Toddlerhood period**

**Influenza**

**Definition:**

Influenza is a respiratory infection caused by influenza virus. It is very contagious viral infection that affects the air passage of the lungs. It is one of the most severe and common viral illness in the winter season.

**Causes:**

* Influenza types ‘A’ and ‘B’
* Influenza type ‘C’
* **Mode of transmission:**

1. **Direct contact:** spread by kissing touching or holding hands with an infected person. The virus is found in infected person’s nose, mouth, n
2. **Indirect contact:** It is spread by touching contaminated toy, doorknob or tissue paper.
3. **Droplets:** it is spread through air when a person coughs or sneezes.

**Pathophysiology**

Respiratory transmission of virus

Replication in respiratory epithelium

Subsequent destruction of epithelial cells

Viremia usually not demonstrate

Viral shedding in the respiratory secretion for 5-10days

**Incubation period:**

1-4 days of incubation period and affected persons are most infectious for 24 hours before and after onset of symptoms.

**Clinical manifestations:**

* Sudden fever (103 to 105 degree Fahrenheit)
* Chills and shakes, runny or stuffy nose
* Loss of appetite, extreme fatigue, muscles aches
* Headache, dry cough, sore throat, tiredness **Diagnostic evaluation:**
* Health history, clinical presentation,
* physical examination
* Throat swab test
* Other test depends upon the child’s symptoms and overall health **Therapeutic management:**
* Provide acetaminophen if temperature >38.5-degree Celsius.
* Provide ibuprofen for child over 6months old.
* Don’t give aspirin to children and teenagers to prevent brain and liver damage (Reye syndrome).
* Don’t give over the counter (OTC) cough and cold medicine to the young children younger than 6 years old unless prescription.
* Read the label instructions carefully before giving OCT.
* Do not give more than recommended dose.
* Antibiotics for bacterial infection

**Nursing management:**

* keep the child in the comfortable position
* provide plenty of fluids and nutritious diet.
* Provide lots of fluid.
* Gargle with warm water to ease the sore throat

• Educate the family about the preventive measures.

**prevention:**

Influenza vaccine to high-risk children

* Hand washing regularly
* Wash hand after being in the contact with infected person.
* Covering mouth when cough or sneeze
* Avoid sharing the toys until the toys have been clean.
* Avoid sharing utensils or towel until they have been wash
* Teach the child to cough into their upper sleeve or elbow
* Keep the child away from person with cold

**Prognosis:**

Influenza is more sever in children under 2 years of age and in children with certain chronic conditions such as heart, lungs or neurological problems.

**Complications:**

Otitis media, pneumonia, bronchiolitis, sinusitis, brain or heart problems.

**Diphtheria**

It is an acute infectious diseases caused by coryne bacterium diphtheria gram positive .it usually affects the mucous membrane of the nose and throat. the bacilli multiply locally, usually in the throat.

**Mode of transmission:**

* Direct contact with infected person, a carrier, or contaminated articles.
* **Incubation period:** 2-6 days
* **Source of infection:** the secretion and discharge from an infected person or carrier
* **Reservoir:** human being

**Portal of entry :**

* **Respiratory route :** respiratory tract
* **Non respiratory route :** skin where cuts, wound, ulcer not properly attended, umbilicus in the newborn

**Types of diphtheria:**

1. **Nasal diphtheria:** 
   * + it can be unilateral or bilateral.
     + Serosanguineous discharge from nose and exocoriation of the upper lips
     + Minimum toxemia and child look ill,
2. **Faucial diphtheria:** 
   * + Redness and swelling over the faucets.
     + Sore throat dysphagia and muffled voice
3. **Laryngeal diphtheria:** 
   * Brassy cough, hoarseness of voice
   * Labored or noisy breathing • Chest retraction
   * Increased respiratory effort
   * Respiratory distress, respiratory failure
   * Bull neck appearance due to extensive cervical lymphadenopathy, and edema of the neck

**Unusual sites**: involvement of conjunctiva and skin

**Other general features**: fever up to 39-degree Celsius, malaise, headache, loss of appetite, circulatory collapse, child looks ill.

**Diagnostic evaluation:**

* + History taking
  + Physical examination
  + Sample of tissue from an infected wound (types of diphtheria)
  + Blood test: culture

**Management:**

1.Early detection

2.Isolation

3.Antibiotics

4.General measures

* + Provide bed rest for about 2weeks
  + Children with palate palsy should feed with nasogastric tube
  + Use the suction as needed
  + Administered humidified oxygen as prescribed
  + Monitor for the signs of air way obstruction
  + Avoid sudden exertion
  + Give diphtheria toxoid during recovery phase, if schick test is positive **Prevention**:
  + Provide active immunization by DPT to children
  + Disinfect al the contaminated articles
  + Provide immunization according to the age who are not fully immunized
  + Give chemoprophylaxis with oral erythromycin for 7 days or single dose benzathine penicillin.

**Prognosis:**

* + Depend upon the types of illness
  + Almost 50% of cases die if left untreated
  + with treatment mortality is 4-5% and is usually the results of myocarditis.

**Complications:**

* + Broncho pneumonia, nephritis, myocarditis
  + Pharyngeal and palatal paralysis, ocular paralysis, general paralysis

**Hepatitis:**

Hepatitis refers to the inflammation of and infection of liver it is commonly caused by a viral infection, but there are other possible causes hepatitis. These include autoimmune hepatitis, hepatitis that occurs as a secondary to drugs, toxin, and alcohol.

**Types of viral hepatitis:**

Hepatitis caused by viral infections is classified as hepatitis A, B, C, D, and E. Different types of virus is responsible for each types viral transmitted hepatitis

**1.Hepatitis A:**

Infections of liver caused by hepatitis A virus. It is also called infective hepatitis, an acute, short term self-limiting disease. It is most commonly transmitted by consuming food or water contaminated by faeces from the infected person with hepatitis. Incubation period is 15-50 days.

**2. Hepatitis B:**

It is an infection of liver caused by hepatitis B virus. It is more serios infection.it spread from person to person through blood or other body fluids, sexual activity and transmission from mother to fetus. It is chronic disorder and in some cases may lead to long term liver damage, liver cirrhosis after many years of carrying the virus.

**3.Hepatitis C:**

It is also transmitted through blood or other body fluid from person to person.it can be passed from an infected mother to her unborn baby. it is less likely to occurs in young children.

**4.Hepatitis D:**

It is only found in the person who are also infected with hepatitis B.

**5.Hepatitis E:**

Hepatitis E is a waterborne disease caused by the hepatitis E virus. It is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminated the water supply.

**Causes:**

* Virus, bacteria
* Liver injury caused by a toxin
* Drug
* An attack on the liver by the body’s own immune system. (autoimmune hepatitis)
* Abdominal trauma in the area of the liver

**Common manifestation:**

* Flu like symptoms
* Malaise, fatigue
* Abdominal tenderness especially right upper quadrant
* Jaundice
* Dark colored urine, clay colored stool
* Nausea with or without vomiting
* Loss of appetite, unexpected weight loss
* Abdominal swelling due to fluid retention

**Diagnostic evaluation:**

* History taking
* Physical examination
* Liver function test: elevated when the liver is damaged or infected
* Serological test: to detect the presence of any of the five viruses causing hepatitis
* Ultrasound of the liver
* Liver biopsy

**Management:**

* Provide diet that is high in carbohydrate, protein and low fat
* Offer the frequent and small feeding
* Maintain hydration of the child
* Avoid alcohol and drugs which damage liver
* Advice to take adequate rest
* Pregnant women who develop hepatitis required closed monitoring and care

**Preventive measures:**

Hepatitis A:

* Wash hand with soap after going to the toilet.
* Only consume food that has been cooked.
* Clean the fruits and vegetable well before consume.
* Get vaccine for hepatitis A, before travel to endemic area.

Hepatitis B:

* Practice safe sex.
* Avoid using contaminated syringes.
* Do not share toothbrushes, razors or other sharp instrument
* Only use sterile skin piercing instrument
* Get vaccine for hepatitis B to prevent infection.

**Post test**

Objective questions:

1. Reservoir for diphtheria is\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Inflammation of and infection of liver refers to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

True and False:

1. Hepatitis A is transmitted through contaminated food \_\_\_\_\_.
2. Influenza is caused by influenza virus\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Diphtheria is an acute infectious diseases caused by coryne bacterium diphtheria gram negative\_\_\_\_.

Multiple choice questions:

1. Management of hepatitis includes:

1. Provide diet that is high in carbohydrate, protein and low fat
2. Maintain hydration of the child
3. Avoid alcohol and drugs which damage liver
4. All of the above

2. vaccine for the prevention of diphtheria is

1. OPV vaccine
2. Rota vaccine
3. PCV
4. DPT vaccine

**Assignment**

Write short notes on

* 1. Hepatitis
  2. Influenza