*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:**

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**6.3 Health problems during Toddlerhood period**

**Mumps**

**Introduction:**

Mumps is an infectious viral disease characterized by acute onset, unilateral or bilateral self-limiting swelling of the one or more of salivary glands, typically the parotid glands.

It is caused by myxovirus paroditis, a RNA virus which belongs to paramyxoviridae family.one time attack of infection gives lifelong immunity. Usually, it is a mild symptom rarely last more than one week, but it can cause post viral fatigue up to 6 weeks. Human are only natural hosts for mumps viral infection.

**Mode of transmission:** it is transmitted via droplet infection or by direct contact with infected cases.

**Incubation period:** 2-4 weeks (usually 18 days). Period of maximum infectivity being 2 days prior to 5 days after the parotid swelling.

**Pathophysiology**

The virus enters through the nose or mouth.

Proliferates in the parotid glands and the respiratory mucosa.

Produce viremia

Virus is localized in the salivary glands (mainly the parotid) and CNS.

Appear clinical symptoms and affect testes, pancreas, ovaries, and prostate.

**Clinical manifestation**

* Fever, headache, malaise, anorexia, sore throat
* Pain and swelling in one or both the parotid gland on the affected side prior to onset of swelling.
* Pain and stiffness on opening the mouth before the swelling of the gland.
* May develop abdominal pain or pain in testicles.
* Aseptic meningitis, encephalitis, auditory nerve damage, facial palsy etc.

**Diagnostic evaluation**

* History taking (illness and presence of symptoms)
* Physical examinations: swelling of the gland
* Elevation of serum amylase
* Serology or virus culture
* Buccal swab for virus detection
* Saliva, blood, urine and other infected tissues
* Cerebrospinal fluid: high pressure, raised protein and cells (mostly monocytes)

**Management**

There is no specific antiviral therapy. Treatment is usually supportive.

* Provide complete bed rest.
* Isolate until parotid swelling subsides.
* Provide paracetamol for pain and fever.
* Provide rest and plenty of fluid.
* Adjust diet according to the patient’s ability to chew.
* Treat orchitis with local support and bed rest.
* Administer steroids to relief pain and swelling of orchitis.
* Avoid sour foods such as citrus fruits or juice which stimulate saliva production.
* Counsel about signs of complication (headache, drowsiness, pain in abdomen or testicles)
* Refer if any signs of meningitis, severe abdominal pain (pancreatitis), deafness occur.

**Preventive measures:**

* Active immunity in the form of MMR (mumps, measles, rubella), but this is currently not included in Nepal’s EPI schedule.
* Isolate the affected child.
* Disinfect articles and surveillance of contacts as control measure.

**Complication:**

* Aseptic meningitis (more common in children)
* Orchitis and epididymitis
* Oophoritis (in female adolescents)
* Mumps in early pregnancy may lead to miscarriage
* Myocarditis, pericarditis, thyroiditis, pancreatitis.

**Summary:**

**Post test**

**Assignment**

Write short note about mumps

**Objective questions:**

1. Incubation period of mumps is\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Mode of transmission of mumps is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**True and False:**

1. Human are only natural hosts for mumps viral infection\_\_\_\_.
2. It is only transmitted via droplet infection\_\_\_\_.

**Multiple choice questions:**

1. Infected child should:
2. Isolate
3. Provide plenty of fluid
4. Avoid sour foods
5. All of the above
6. vaccine for the prevention of Mumps is
7. OPV vaccine
8. Rota vaccine
9. PCV
10. MMR