



মহাশিক্ষা বিভাগ (মামা)

**DEPARTMENT OF EDUCATION (S)**

Government of Manipur

## UNIT IX

### SOME COMMON AILMENTS OF CHILDREN

#### SOLUTIONS

#### TEXTUAL QUESTIONS AND ANSWERS

**Q1. State the common symptoms of diarrhoea.**

**Ans:** Diarrhoea is characterised by loose, watery stools or frequent need to have bowel movement. The degree of severity is determined by the amount of fluid and vital chemical lost from the body.

**Q2. Prepare ORS at home.**

**Ans:** Preparation of ORS (Oral Rehydration Solution) at home are -

In a jug containing 1litre pre-boiled water, put 5 teaspoonful of sugar and  $\frac{3}{4}$  teaspoonful of common salt.  $\frac{1}{4}$  lemon juice may also be added. Stir well to make a solution.

**Q3. How can you prevent diarrhoea of a child?**

Or

**What measures should be taken to control diarrhoea?**

**Ans: Preventive measures**

- a) Administration of Oral Rehydration Therapy
- b) Encouraging breast feeding
- c) Boiling the feeding bottle, utensils, keeping the flies away, covering the dustbins, flushing the toilets after use and washing hand with soap etc.
- d) Cutting down the sugar in the feeds and making the milk more dilute.

**Q4. Mention the types of dysentery.**

**Ans:** There are two main types of dysentery-

- a) **Amoebic dysentery:** It is caused by Amoeba (*Entamoeba histolytica*).
- b) **Bacillary dysentery:** It is caused by *Shigella bacillus*.



**Q5. What are the symptoms of Dysentery? Suggest preventive measures to be taken against the spread of Dysentery.**

**Ans: Symptoms of Dysentery are:**

- a) Gripping pain in the abdomen.
- b) Passing stools with mucous stained with blood.
- c) Offensive odour motion.
- d) Pain in colon area of abdomen.
- e) Inflammation of the large intestine.

**Preventive Measures:**

- a) Faeces of the patient spread the disease, so it should be disinfected and then burnt.
- b) The person who is nursing the patient should wash hands properly before eating.
- c) All utensils and feeders of the child should be properly boiled and sterilized.
- d) Milk and water should be properly boiled.
- e) All toys and other play materials of the infant should be kept clean.
- f) Cleanliness of the body and surrounding is necessary.
- g) After recovery, water or barley water or orange juice should be given.
- h) If the child is taking solid food then plain/ boiled potato, banana, apples, toast and biscuits should be given to eat.

**Q6. Name the food items which can prevent constipation in childhood.**

**Ans:** The food items which can prevent constipation are -

- a) Increasing sugar and water content in the diet.
- b) Giving extra water along with milk.
- c) Giving fruits and vegetables to provide more roughage.

**Q7. What is vomiting?**

**Ans:** Vomiting means forcible expulsion of contents of stomach



**Q8. State the remedial measures of spreading common cold in childhood.**

**Ans:** The remedial measures of spreading common cold are:

- a) Keeping the baby warm and providing warm milk.
- b) Keeping household surfaces clean.
- c) Using disposable items if a family member is infected.
- d) Teaching the children the importance of hand washing and how to do it.
- e) Giving the nasal drop for treating blocked nose.
- f) Teaching the child to blow off the nose properly.
- g) Steaming can be done.
- h) Not exposing to cold and wet climate.

**Q9. Apply first aid measures to a child who is complaining of colic pain.**

**Ans:** The first aid treatment measures for treatment of colic pain are:

- a) Giving pain relieving drugs/ Anti spasmodic drops.
- b) Burping should be done after feeding.
- c) Not allowing the child to suck the empty bottle after feeding to avoid sucking additional air which can cause colic pain.

**Q10. What are the main causes of spreading jaundice in children?**

**Ans:** The main causes of spreading Jaundice in children are -

- a) Due to contaminated food and water
- b) Bad sewage system and
- c) Exposed food.

**Q11. Describe the first aid treatment of a child suffering from convulsion.**

**Ans:** The first aid treatments of a child suffering from convulsion are:

- a) Laying down the child on his back.
- b) Turning his head to the left or right for easy flow out of the secretion from the mouth and also to protect the tongue from falling back into the throat and obstructing the opening of the wind pipe.
- c) If the convulsion is prolonged for more than 10-15 minutes then the child should be taken to the nearest hospital.



**Q12. What are the visible sign and symptoms of measles?**

**Ans:** The visible sign and symptoms of measles are cold, cough, watery eyes and high fever for 3-4 days. Then rash appears on different parts of the body starting from face.

**Q13. What is a nappy? How can you manage a nappy-rash?**

**Ans:** A **nappy** is a piece of cloth usually wrapped around a baby's bottom and between its legs to absorb and retain urine and faeces etc.

**Management of nappy-rash:** If nappy rash persists the baby should be kept exposed without wearing nappy for few hours. Cleaned the baby's skin well and dried with a soft flannel and powdered the genital area. Ointment or lotion prescribed by the doctor may also be used.

**Q14. What is vaccination?**

**Ans:** **Vaccination** is the process of introducing vaccine into the human body to give protection against diseases.

**Q15. Plan an immunisation schedule of a child.**

**Ans:** **Immunisation schedule chart of a child:**

- |     |                   |   |                                     |
|-----|-------------------|---|-------------------------------------|
| 1.  | Birth to one week | → | B.C.G. vaccine                      |
| 2.  | 1 ½ month         | → | D.P.T. (1 <sup>st</sup> vaccine)    |
|     |                   | → | Polio drops (1 <sup>st</sup> dose)  |
| 3.  | 2 ½ months        | → | D.P.T. (2 <sup>nd</sup> vaccine)    |
|     |                   | → | Polio drops (2 <sup>nd</sup> dose)  |
| 4.  | 3 ½ months        | → | D.P.T. (3 <sup>rd</sup> vaccine)    |
|     |                   | → | Polio (3 <sup>rd</sup> dose)        |
| 5.  | 9 months          | → | M.M.R (Measles, Mumps, Rubella)     |
| 6.  | 16 to 24 months   | → | D.P.T. (booster vaccine)            |
|     |                   | → | Polio drops booster                 |
| 7.  | 2 years           | → | Cholera, Typhoid.                   |
| 8.  | 5 to 6 years      | → | D.P.T. (booster), Typhoid (booster) |
| 9.  | 10 years          | → | Tetanus, Typhoid.                   |
| 10. | 16 years          | → | Tetanus, Typhoid (booster)          |



**EXTRA QUESTIONS AND ANSWERS**

**OBJECTIVE TYPE QUESTIONS**

**Q1. Measles is caused by .....**

- a) Bacteria
- b) Virus
- c) Hepatitis
- d) Amoeba

**Ans: (b) Virus**

**Q2. Colic pain is defined as spasm accompanied by .....**

- a) Stress
- b) Strain
- c) Pain
- d) Fracture

**Ans: (c) Pain**

**Q3. Swallowing air while feeding causes ..... to a child**

- a) Indigestion
- b) Convulsion
- c) Colic pain
- d) Constipation

**Ans: (c) Colic pain**

**Q4. B.C.G. vaccine is given within ..... of child's birth.**

- a) Two weeks
- b) Three weeks
- c) One week
- d) Four weeks

**Ans: (c) One week**

**Q5. Indigestion is caused by .....**

- a) Stomach upset
- b) Less water
- c) Gas formation
- d) Over feeding

**Ans: (d) Over feeding**





**Q6. Drinking left over milk in the feeding bottle causes .....**

- a) Indigestion
- b)
- c) Constipation
- d) Colic

**Ans: b) Diarrhoea**

**Q7. Keeping a baby warm can avoid .....**

- a) Colic pain
- b) Convulsion
- c) Common Cold
- d) Diarrhoea

**Ans: c) Common Cold**

**Q8. Lack of ..... intake causes constipation.**

- a) Milk
- b) Sugar
- c) Fluid
- d) Banana

**Ans: c) Fluid**

### SHORT ANSWER QUESTIONS

**Q1. Write the full form of MMR and DPT.**

**Ans: MMR** - Measles, Mumps, Rubella

**DPT** - Diphtheria, Pertussis, Tetanus

**Q2. Differentiate between diarrhoea and dysentery.**

**Ans: Diarrhoea** is defined as the passing of loose and watery stools. It is characterised by an increase in the frequency and fluidity of stool. Whereas,

**Dysentery** is the illness of passing unformed stools accompanied by the blood and mucous.

**Q3. What precautions should be kept in mind while immunizing a child?**

**Ans:**

- a) Keeping proper immunization record.
- b) Not giving vaccine while the child has high fever or any acute illness.



**Q4. State the symptoms and treatment of jaundice.**

**Ans:**

**Symptoms of jaundice** - Yellow colouration of eyes, skin and urine

**Treatment of jaundice** –

- a) Hand washing with soap before and after toilet,
- b) Avoid taking contaminated water and food,
- c) Boiled water should be advocated for drinking purposes.

**Q5. What are the causes of diarrhoea?**

**Ans:** The causes of diarrhoea are -

- a) Gastrointestinal allergy
- b) Infection of stomach, intestine
- c) Feeding leftover milk in the bottle
- d) Unhygienic food

**Q6. State the causes of constipation.**

**Ans:** The causes of constipation are -

- a) Irregular bowel habits
- b) Lack of fluid intake
- c) Lack of potassium in the diet
- d) Mental stress.

**Q7. What is colic pain? Mention the causes of colic pain.**

**Ans:** Spasm accompanied by pain is called colic pain.

The causes of colic pain are -

- a) Vigorous crying and sucking
- b) Sucking rapidly and swallowing air
- c) No burping done after feeding.





**Q8. What are the visible symptoms of common cold?**

**Ans:** Symptoms of common cold are -

- a) Clear water or sometimes thick and yellow discharge from the nose
- b) Vomiting
- c) Loss of appetite
- d) Fever
- e) Blocked nostrils causing breathing problem.

