

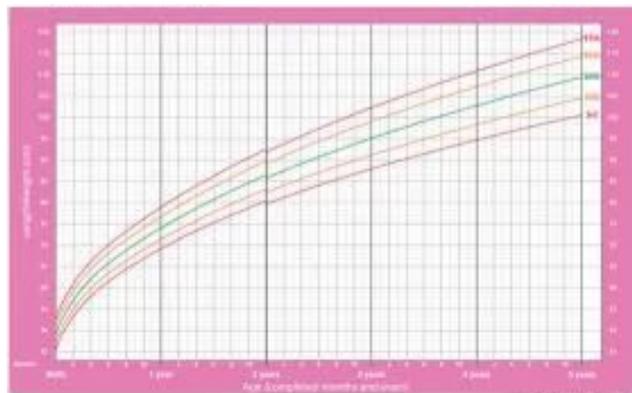
# Pediatrics Primer Draft

## What is Pediatrics?

- Pediatricians specialize in the **care of children**, which usually includes people under 21. There are different specialties within pediatrics but primary care pediatricians are the most common.
- The main goal of pediatricians is to **assure children remain safe, happy, and healthy through adolescence**. To achieve this goal, pediatricians perform regular physical examinations to **make sure milestones are met, give vaccinations, diagnose and treat illnesses or injuries, and refer patients to specialists if necessary**.
- Pediatricians also **inform parents** about resources on their child's health, fitness, nutritional, and emotional needs.

## Common Terms:

- Vaccines → treatment which makes the body stronger against a particular infection, involves showing the immune system something which looks very similar to a particular virus or bacteria, which helps the immune system be stronger when it is fighting against the real infection
- Growth Chart → a chart used to track a child's projected height, weight, and head circumference over time as a person's "growth curve" remains mostly steady throughout their life. If a child deviates from their curve it might suggest an illness or malnutrition.



- Milestones → behaviors or physical skills seen in infants and children as they grow and develop with different age ranges for each. There is a normal range in which a child may



reach each milestone and if they do not meet this it may suggest a mental or physical disability

- Early Intervention → a term used to describe the goal of pediatricians as a “first line of defense” against illness. If illnesses are not treated early on, they can worsen and cause more lasting effects. Thus, it is important to intervene early on.

### **Common Ailments:**

- Most young children do not have the vocabulary to specifically and accurately describe their ailments. It is the job of the pediatrician to ask probing questions to narrow down what could be the cause of their symptoms. Then, they can do the appropriate tests to diagnose.
- Urinary Tract Infection (UTI) → most common in young girls, an infection of the urinary tract caused by bacteria traveling to the bladder or kidneys. In children, UTIs are usually caused by wearing tight or ill fitting clothing, not urinating enough, or wiping incorrectly.
- Streptococcal Pharyngitis (Strep Throat) → a bacterial infection that usually causes a sore and scratchy throat but can also display itself with a stomach ache. Doctors usually treat strep with an antibiotic
- Ear Infection → an infection in one or more of the three divisions of the ear
- Bronchitis → an inflammation of the bronchial tubes, the airways that carry air to your lungs. It can cause a cough that brings up mucus, shortness of breath, wheezing, a low fever, and chest tightness

### **Common Treatments:**

- Antibiotics → drugs used to treat bacterial infections
  - Some common antibiotics include penicillin, amoxicillin, augmentin
- Nebulizer → a device for producing a fine spray of liquid like for inhaling a drug

### **Helpful Tips:**

- Be sure to greet both parents and child(ren).
- In addition, be aware that most children are taught “stranger danger” from an early age. Therefore, they might not be immediately receptive of your presence. It is especially important to be friendly and smile at them. Parents and children have the right to deny your presence in the room at any time.