From the President’s pen . . .

HAPPY NEW YEAR 2070 B.S. Greetings from NEPAS! It’s most encouraging to know that with continuous efforts, we were able to come out with the second issue which has coincided with New Year B.S. 2070. The issue has aroused lots of enthusiasm and the budding stars have done their best in contributing to it. NEPAS itself has been alive and kicking with regular executive meetings, CMEs as well as other relevant activities. Among several activities, one of the significant one has been the WHO consultative meeting on measles and rubella immunization, organized in collaboration with IPA, ARPA, Federation of African Paediatric Association, involving about 150 delegates from 23 different countries. Steps have been taken towards revival of Paediatric Association of SAARC (PAS), along with the declaration of the venue, President as well as General Secretary. NEPAS has also set up a Facebook account page for easy accessibility for keeping abreast, sharing information among the members and the general public as well. I hope that you would get the best out of it.

Once more, wishing all a very Happy New Year B.S. 2070.

Dr. Jyoti Ratna Dhakhwa  
President NEPAS

EDITORIAL

Happy New Year B.S. 2070 to all. We are more than pleased to launch the second issue of the newsletter as a prelude to the New Year. The overwhelming response and support to the first issue has been the key factors in pushing us forward with this issue. We are looking forward to your support in the future, along with the suggestions, comments and feedbacks for enhancing the quality of the newsletter. We have added the quiz of the issue and fact of the issue this time. We aim high for the newsletter, strive towards the same and ultimately reach the zenith. Thank you all for the faith you have bestowed upon us. Once again, Happy New Year B.S. 2070 and all the best for the year ahead.

QUIZ OF THE ISSUE

What is your diagnosis?

Important clues- Abnormal skull shape / fused fingers and toes

Quote of the issue—Whenever a doctor cannot do good, he must be kept from doing harm- Hippocrates
**WELCOME TO NEW MEMBERS**

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**FACT OF THE ISSUE**

Immunization coverage among children aged 12-23 months in Nepal in 2011 AD is 87%.

*Reference*-  
NDHS survey-Preliminary report 2011.

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**ANSWER TO THE QUIZ OF THE ISSUE**

**APERT SYNDROME**- Apert Syndrome is a rare form of syndromic craniosynostosis caused by mutations in FGFR2 gene on chromosome 10q25-10q26 and is associated with premature fusion of sutures and syndactyly of 2nd, 3rd and 4th fingers.

*References*-  

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**KNOW YOUR TERMS**

**MORO REFLEX AND STARTLE REFLEX**

Moro reflex is a primitive reflex present in newborns, characterized by abduction and extension of the arms with opening of the hands and followed by embracing of the arms when there is sudden movement of the neck. It is a vestibular reflex which generally disappears by 3-4 months of age.

Startle reflex is a primitive reflex similar to Moro but is initiated by sudden loud noise or other stimulus, characterized by flexion of the elbow and closing of the hands with less outward and inward movements of the arms.

*References*-  
RECENT EVENTS

1. NEPAS members actively participated in the annual PEDICON 2013 held in Kolkata, India on 16-20 Jan, 2013.
2. NEPAS launched a facebook page account on 29 Jan, 2013.
3. NEPAS organized a CME on “Tobacco Use and Child Health” on 12 Feb, 2013 in Kanti Children’s Hospital.
4. NEPAS coordinated WHO consultative meeting in collaboration with IPA in regards to MR vaccination on 19-21 Feb, 2013 which was attended by 150 delegates from 23 different countries.
5. NEPAS organized a CME on “Management of Liver Failure in Children” at Kanti Children’s Hospital on 4 Mar, 2013 which was chaired by Dr. Anupam Sibal from Apollo Hospitals, Delhi, India.
6. 1st International Paediatric Epilepsy Training courses were conducted at Kanti Children’s Hospital on 6 & 8 Mar, 2013 in conjunction with British Paediatric Neurology Association.
7. Official launching of Linezolid (Linosept) in Nepal was organized on 17 Mar, 2013.
8. Congratulations to NEPAS President Dr. Jyoti Ratna Dhakwa for being selected as Secretary General of Paediatric Association of SAARC (PAS).

FUTURE EVENTS

1. NEPAS is organizing the following activities on 20 Apr, 2013 in regards to World Immunization Week:-
   a. Workshop on immunization
   b. Health camp and talk programme at Samudayak Clinic at Nagbahal, Lalitpur
   c. Write ups and talk programme about immunization on media
2. NEPAS is planning to celebrate annual NEPAS day on 15 Jun, 2013 by organizing the first NEPAS annual scientific meeting.
3. NEPAS is working out for a certified training on Child Protection in collaboration with trainers from United Kingdom.
4. The study on the impact of Hib vaccination is continuing in conjunction with Johns Hopkins Hospital, Baltimore, USA.
5. Paediatric Advanced Life Support course is being conducted at BPKIHS on 11 Apr, 2013 in collaboration with American Academy of Paediatrics and Indian Academy of Paediatrics.


NEW REVIEW OVERVIEW

FRAGILE X SYNDROME

- **Introduction** - A genetic disorder which is the commonest inherited cause of mental retardation.

- **Synonyms** - Martin X syndrome / Martin Bell syndrome / Escalante syndrome

- **Incidence** - 1 in 4000 males and 1 in 8000 females.

- **Etiology** - Caused by inheritable unstable DNA in FMR1 gene in X chromosome. X linked dominant with variable expressivity and penetrance.

- **Features** -
  - Facial - Narrow and elongated face/high forehead/strabismus
  - Body - Macroorchidism/hyperextensible joints/flat feet
  - Language - Echolalia/talkative/language limitation
  - Behaviour - Hyperactivity/impulsivity/chaotic/learning problems
  - Cognition - Mental retardation/intellectual and cognition problems

- **Investigation** -

- **Differential diagnosis** - Myotonic dystrophy/SMA type I/Down’s syndrome

- **Management** - Early diagnosis/behavioral therapy/complications management

- **Prognosis** - Relatively normal life span

- **Genetic counseling** - Males pass the expansion to the daughters only/females pass the expansion in 50% cases/transmission among each generation is increased- “Sherman paradox”

**References** -
3) http://healthlineinfo.com/wp-content/uploads/2012/10/Fragile_x_syndrom.png
4) http://mindletters.com/2012/10/10/dear-dr-fragile-x-syndrome
APPROACH TO A CHILD PRESENTING WITH ALTERED MENTAL STATUS

NEPAS ACTIVITIES 2013

NEPAS members at PEDICON 2013 at Kolkata

CME on tobacco use and child health

Members and trainers in IPET course attended by paediatricians and nurses

WHO consultative meeting in collaboration with IPA in regards to MR vaccination

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