



OFFICIAL NEWSLETTER OF NEPAL PAEDIATRIC SOCIETY



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From the President's pen.....

HAPPY NEW YEAR 2013! Greetings from NEPAS! It's most heartening to know that NEPAS is going to start a newsletter with the inaugural issue being released on the beginning of the New Year 2013. It is a long time plan of the society which has come true today with the efforts of Dr. Bikash Shrestha supported by the Editor in Chief of NEPAS journal Dr. Arun Neopane and other members of the editorial team. A newsletter is a good tool to keep abreast with the activities of the society, its members and to keep in contact. Members are spread all over the country and even abroad, the newsletter can keep the members informed of whereabouts, what's happening and also know about the achievements and the happenings in the life of the members and spread the news to all the members. I hope the newsletter will help to keep the members well informed about the Society and its members and also be able to keep us abreast with the latest happenings and information on Pediatrics. I hope we are able to continue with the issues. I invite all the members to contribute personal information and other articles to the newsletter and help us to continue the newsletter effort. Once more I wish all a very successful happy and prosperous New Year 2013.



*Dr. Jyoti Ratna Dhakrwa
President NEPAS*

From the editor's pen.....

It is of immense pleasure for me to be provided with the privilege of launching the newsletter of Nepal Paediatric Society. I aim to give my best for this effort and hope that it shall be of substantive value to all the readers. I look forward to the readers' feedback, so that it shall improve with time. Though a small step, I presume it shall definitely go a long way in the field of Paediatrics. Thank you all for the support. And Happy New Year 2013 to all.



*Dr. Bikash Shrestha
Editor NEPAS Newsletter*

WHAT IS IT ALL ABOUT

The official newsletter of Nepal Paediatric Society has been launched with the innovative scheme to bring together all the members of the society, including the paediatric residents. It has been planned to be a conjoined effort of all the members and be published three monthly. It is hoped to be a bridge between all the members, along with a forum for exchange of ideas, as well as an opportunity for the creativity of the members. It also aims to provide relevant literature update as well as academic forum for the members. It will also be an official link to the Journal of Nepal Paediatric Society. It shall be modified according to time with feedback from the members, so that it will be of utmost advantage to all. Thank you.

Quote of the issue- The art of medicine consists in amusing the patient while nature cures the disease.- Voltaire



NEPAS STORY

The Nepal Paediatric Society was established in 1981 as a non profitable organization initiated as symbiotic efforts of all the pediatricians who were determined for the betterment of the health of children in Nepal. Since the last three decades, it has gone beyond and left behind a glorious past in the field of child health and development. The contribution of the society has been well appreciated in all the realms of child health, including immunization, respiratory tract infections, malnutrition, diarrhea and other common paediatric ailments. It has also provided expert opinion and recommendations to the government in all health policies which involved health of children. It has also been credited with the irreplaceable support and expertise to all agencies which are involved in the field of child health, especially, WHO, UNICEF, USAID etc. It has been a cornerstone for the direct involvement of child health care with its provision of child health clinic in various parts of the country. The society has always and shall always strive toward the betterment of the children for a better tomorrow.

The past Presidents of NEPAS

Dr. Yogendra Bhakta Shrestha (1981-1984)
 Dr. Badri R. Pande (1984-1986)
 Dr. Hemang Dixit (1986-1988)
 Dr. Manindra R. Baral (1988-1992)
 Late Dr. Krishna Dhoj Khand (1992-1994)
 Dr. Sharma S. Manandhar (1994-1996)
 Dr. Prakash S. Shrestha (1996-1998)
 Dr. Achyut M. Acharya (1998-2000)
 Dr. Narayan B. Thapa (2000-2002)
 Dr. Pushpa Raj Sharma (2002-2004)
 Dr. Uday Raj Upadhyaya (2004-2006)
 Dr. Suniti Acharya (2006-2008)
 Dr. Rameshwar Man Shrestha (2008-2010)
 Dr. Dhan Raj Aryal (2010-2102)
 Dr. Jyoti Ratna Dhakwa (2012.....)

Welcome to the new members..

NEPAS would like to welcome all the budding paediatricians of the country who joined the society in 2069 BS

- 1) Dr. Aruna Bijukchhe: email-arunabij@live.com Mob-9849257236
- 2) Dr. Ramita Shrestha: email-adhramita@hotmail.com Mob-9841332125
- 3) Dr. Anand Kumar Jha: email-dranandjha@gmail.com Mob-9855023945
- 4) Dr. Shanti Regmi (Chitawan)
- 5) Dr. Sujay Raj Verma: email-sujayrajerma@yahoo.com Mob-9851134084
- 6) Dr. K.M. Roma: email-agrawalsandeep34@gmail.com Mob-9848028480
- 7) Dr. Puja Deo (UK): email-pujadeo105@gmail.com
- 8) Dr. Sharina Rajbhandari: email-sharina_rajb@hotmail.com Mob-9841554472
- 9) Dr. Sunil Prashad Khusuwaha: email-drsunil_kushwaha@yahoo.com Mob-9857031191
- 10) Dr. Niraj Acharya: email-drnirajacharya@gmail.com Mob-9858023673
- 11) Dr. Bikash Shrestha: email-kalmaan@yahoo.com Mob-9841233981

A Short History of Medicine

2000 B.C. - "Here, eat this root."
 1000 B.C. - "That root is heathen, say this prayer."
 1850 A.D. - "That prayer is superstition, drink this potion."
 1940 A.D. - "That potion is snake oil, swallow this pill."
 1985 A.D. - "That pill is ineffective, take this antibiotic."
 2000 A.D. - "That antibiotic is artificial. Here, eat this root."

~Author Unknown

Photograph of the Issue




A lonely boy in Khumjung, Lukla



RECENT EVENTS

1. Workshop on child abuse and protection was held by NEPAS-UNICEF on April 24-25, 2012.
 2. 31st NEPAS day was celebrated on June 16, 2012 by organizing health check up for children at Bal Mandir and update on National tuberculosis Programme.
 3. World Breast Feeding Week was celebrated from Aug 1-7, 2012.
 4. CME on seasonal influenza vaccine was conducted on Sept 22, 2012.
 5. World Pneumonia Day 2012 was celebrated by organizing health camp at Khopasi on Nov 10 and talk programme on pneumonia on Nov 12, 2012.
 6. The first satellite symposium of the country on update on probiotics was held on Oct 6, 2012.
 7. APLS training for the medical personnels from Nov 21-24, 2012 in Kanti Children's Hospital.
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FUTURE EVENTS

1. NEPAS is jointly conducting a study on the impact of Hib vaccination in collaboration with Johns Hopkins Hospital, Baltimore, USA.
 2. NEPAS is organizing a workshop on immunization in the near future.
 3. NEPAS is continuing APLS course conjoined with Kanti Children's Hospital for the medical personals soon.
 4. NEPAS is planning a workshop on child abuse as well as reduction in neonatal deaths.
 5. NEPAS is organizing a grand picnic for the members soon.
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RECENT LITERATURE UPDATE FROM THE WORLD OF PEDIATRICS

1. Karlsson M, Dung KT, Thi TL et al. Lactate dehydrogenase as an indicator of severe illness in neonatal intensive care patients: a longitudinal cohort study. *Acta Paediatr.* 2012 Dec;101(12):1225-31.
2. Fernández-Carrocerá LA, Solís-Herrera A, Cabanillas-Ayón M, et al. Double-blind, randomised clinical assay to evaluate the efficacy of probiotics in preterm newborns weighing less than 1500 g in the prevention of necrotising enterocolitis. *Arch Dis Child Fetal Neonatal Ed.* 2013 Jan;98(1):F5-9.
3. Marlow N, Morris T, Brocklehurst P et al. A randomised trial of granulocyte-macrophage colony-stimulating factor for neonatal sepsis: outcomes at 2 years. *Arch Dis Child Fetal Neonatal Ed.* 2013 Jan;98(1):F46-53.
4. Xiong T, Gonzalez F, Mu DZ. An overview of risk factors for poor neurodevelopmental outcome associated with prematurity. *World J Pediatr.* 2012 Nov;8(4):293-300.
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6. Colvin JM, Muenzer JT, Jaffe DM et al. Detection of viruses in young children with Fever without an apparent source. *Pediatrics.* 2012 Dec;130(6):e1455-62.
7. Sheridan DC, Spiro DM, Nguyen T et al. Low-dose propofol for the abortive treatment of pediatric migraine in the emergency department. *Pediatr Emerg Care.* 2012 Dec;28(12):1293-6.
8. Eun SH, Eun BL, Lee JS et al. Effects of lamotrigine on cognition and behavior compared to carbamazepine as monotherapy for children with partial epilepsy. *Brain Dev.* 2012 Nov;34(10):818-23.
9. Bovet P, Arlabosse T, Viswanathan B et al. Association between obesity indices and cardiovascular risk factors in late adolescence in the Seychelles. *BMC Pediatr.* 2012 Nov 7;12:176.
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12. Carlsten C, Dimich-Ward H, Dybuncio A et al. Cotinine versus questionnaire: life environmental tobacco smoke exposure and incident asthma. *BMC Pediatr.* 2012 Dec 5;12(1):187.
13. Protudjer JL, Sevenhuysen GP, Ramsey CD et al. Low vegetable intake is associated with allergic asthma and moderate-to-severe airway hyperresponsiveness. *Pediatr Pulmonol.* 2012 Dec;47(12):1159-69.
14. Herreros Fernández ML, González Merino N, Tagarro García A et al. A new technique for fast and safe collection of urine in newborns. *Arch Dis Child.* 2013 Jan;98(1):27-9.
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16. Ellis JA, Ponsonby AL, Pezic A et al. CLARITY -Childhood Arthritis Risk factor Identification sTudY. *Pediatr Rheumatol Online J.* 2012 Nov 15;10(1):37.
17. Dung NT, Loan HT, Nielsen S et al. Juvenile systemic lupus erythematosus onset patterns in Vietnamese children: a descriptive study of 45 children. *Pediatr Rheumatol Online J.* 2012 Nov 19;10(1):38.
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19. Weng SF, Redsell SA, Swift JA et al. Systematic review and meta-analyses of risk factors for childhood overweight identifiable during infancy. *Arch Dis Child.* 2012 Dec;97(12):1019-26.
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22. Samochocki Z, Dejewski J. A comparison of criteria for diagnosis of atopic dermatitis in children. *World J Pediatr.* 2012 Nov;8(4):355.
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RECENT LITERATURE FROM NEPAL IN THE WORLD OF PEDIATRICS

1. Ansari S, Sherchand JB, Rijal BP et al. Characterization of rotavirus causing acute diarrhea in children in Kathmandu, Nepal, showing the dominance of serotype G12. *J Med Microbiol.* 2013 Jan;62(Pt 1):114-20.
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3. Thapa S, Neupane S. Risk factors for repeat abortion in Nepal. *Int J Gynaecol Obstet.* 2012 Oct 10. pii: S0020-7292(12)00492-4.
4. Shrestha NR, Kalesan B, Karki P et al. Rheumatic heart disease: pilot study for a population-based evaluation of prevalence and cardiovascular outcomes among schoolchildren in Nepal. *BMJ Open.* 2012 Oct 19;2(5). pii: e001616.
5. Gyawali N, Sanjana RK. Bacteriological Profile and Antibiogram of Neonatal Septicemia. *Indian J Pediatr.* 2012 Nov 20.
6. Pradhan R, Shrestha U, Gautam SC et al. Bloodstream Infection among Children Presenting to a General Hospital Outpatient Clinic in Urban Nepal. *PLoS One.* 2012;7(10):e47531.
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8. Agrawal J, Shah GS, Poudel P et al. Electrocardiographic and enzymatic correlations with outcome in neonates with hypoxic-ischemic encephalopathy. *Ital J Pediatr.* 2012 Jul 23;38:33.

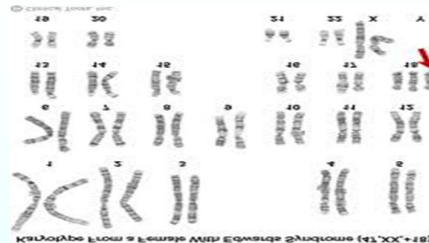
NEW REVIEW OVERVIEW

1. Tracey Allan. CHARGE Syndrome: Diagnosis and Clinical Management in the NICU. *Adv Neonatal Care.* 2012 Dec;12(6):343-4.
2. Blume HK. Pediatric headache: a review. *Pediatr Rev.* 2012 Dec;33(12):562-76.
3. Sánchez Fernández I, Loddenkemper T, Peters JM et al. Electrical status epilepticus in sleep: clinical presentation and pathophysiology. *Pediatr Neurol.* 2012 Dec;47(6):390-410.
4. Appleton RE, Freeman A, Cross JH. Diagnosis and management of the epilepsies in children: a summary of the partial update of the 2012 NICEpilepsy guideline. *Arch Dis Child.* 2012 Dec;97(12):1073-6.
5. Khan S, Al Baradie R. Epileptic encephalopathies: an overview. *Epilepsy Res Treat.* 2012;2012:403592.
6. Tickner N, Apps et al. An overview of drug therapies used in the treatment of dystonia and spasticity in children. *Arch Dis Child Educ Pract Ed.* 2012 Dec;97(6):230-5.
7. Sharma S, Mishra D, Aneja S et al. Consensus Guidelines on Evaluation and Management of Suspected Acute Viral Encephalitis in Children in India. *Indian Pediatr.* 2012 Nov 8;49(11):897-910.
8. Khan A, Hussain N, Whitehouse WP. Evaluation of staring episodes in children. *Arch Dis Child Educ Pract Ed.* 2012 Dec;97(6):202-7.

SYNDROME OF THE ISSUE

NOONAN SYNDROME

- ◆ **Introduction**-A relatively common autosomal dominant disorder with phenotypical features common with Turner syndrome.
- ◆ **Incidence**-1 in 1000-2500 live births
- ◆ **Etiology**-Missense mutations in a gene on chromosome 12q24.1
- ◆ **Features**-Short stature/large head/triangular facies
Cervical spine fusion/scoliosis/pectus carinatum/pectus excavatum
Excess skin on the back of neck/short neck/webbed neck
High hairline at forehead/low set ears/backward rotated ears
Hypertelorism/epicanthic folds/refractive errors
Pulmonary valve stenosis/ASD/VSD/cardiomyopathy
Renal anomalies/cryptorchidism
Mental retardation/learning disabilities/hypotonia
Joint contractures or hyperextensibility
- ◆ **Differential diagnosis**-Turner syndrome/fetal alcohol syndrome/fetal hydantoin syndrome
- ◆ **Investigation**-



- ◆ **Prognosis**-Relatively normal life span, depending upon the involved cardiac lesions

KNOW YOUR TERM

ENCEPHALOPATHY AND ENCEPHALITIS

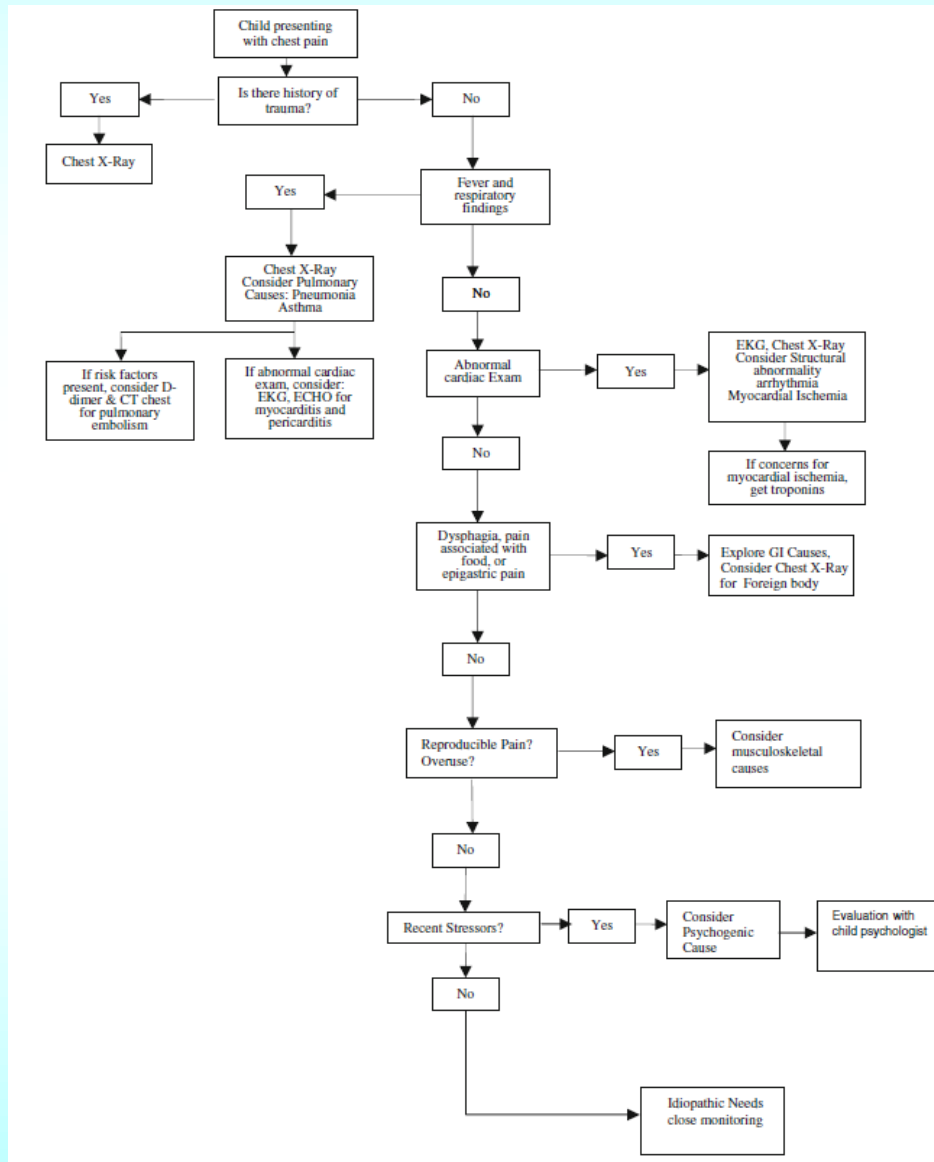
Encephalopathy describes a diffuse disorder of the brain which is characterized by any two of the following three criteria-a) Altered state of consciousness b) Altered cognition or personality c) Seizures

Encephalitis is an encephalopathy accompanied by CSF pleocytosis.



APPROACH OF THE ISSUE

APPROACH TO A CHILD PRESENTING WITH ACUTE CHEST PAIN



Reference-Jindal A, Singhi S. Acute chest pain. Indian J Pediatr. 2011 Oct;78(10):1262-7.



NEPAS ACTIVITIES 2012



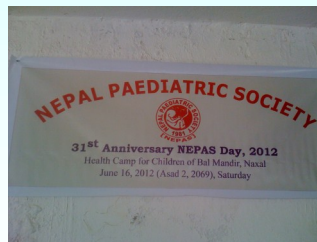
World Pneumonia Day camp at Khopasi



World Breastfeeding Week



Workshop on child abuse with UNICEF



NEPAS day 2012-Health camp at Bal Mandir, Kathmandu



NEPAS IN INTERNATIONAL FIELD



International Rotavirus symposium in Bangkok-2012



Asia Pacific Congress of Paediatrics in Kuching, Malaysia-2012



NOTICE

NEPAS newsletter is inviting members to be a part of the editorial board for the newsletter. Those interested are requested to contact the editor.

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