

Pediatric history and physical examination

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Different attitudes of visits

- Sick visit: acute disease
- Routine, preventive care

- In case of acute, emergency disease: start with history of present symptoms!

Good history taking adapts itself to
the actual situation

Privacy, confidence

- Hospital is committed to respecting and protecting the rights of patients and families. The privacy of the child's health information is very important and it is important to make every effort to ensure that it is kept confidential.

History

- Personal data
- Presentation symptom
- Main complain
- History of present disease
- Therapies , medicines
- Allergic diseases
- Vaccination history
- Neonatal history
- Pregnancy history of mother
- Family history
- Previous diseases / surgical operations
- Developmental history
- Social/ environmental history

Personal data

- Name _____

- Birth
date _____
- Address
- Mother's name
- Father's name
- Child's pediatrician

Presentation symptom

Main complain

- Presentation symptoms: cause of referral at doctor's office (vomiting, cough, seizure,etc.)
It is not a diagnosis!
- Initial complain
- Duration
- Progress
- Referral to doctor/ hospital
- Doctor's action
- Medication, effect of medication

History of present disease

- General condition of patient before this illness
- Trauma, accident just before ?
- Vaccination? Immunization status? Note: check in the „health- booklet” of the child!
- Fever?
- Medicines, previous administration?
- Contacts with ill individuals?
- Travels?

Medications

- Any chronic disease which needs to be treated continuously?
- Dosage?
- Previous side effects?
- Allergy?
- Compliance?

Allergy history

- Food allergy?
- Drug allergy?
- Inhalant allergy?
- Other?

Neonatal history

- Authentic source of information: medical report of hospital where the child was born
- Full term pregnancy?
- Premature birth at _____ weeks
- Where was the child born?
- Type of delivery
- Birth weight
- Birth length
- Head circumference
- Chest circumference
- Apgar score

APGAR scoring chart

SIGN					
	0	1	2	1 min	5 min
Heart Rate	Absent	Less Than 100	Over 100	2	2
Respiratory Effort	Absent	Slow, Irregular	Good Cry	1	2
Muscle Tone	Limp	Some Flexion	Active Motion	1	2
Reflex Irritability	No Response	Grimace	Cry	1	2
Color	Pale	Body Pink, Extr. Blue	All Pink	1	2
TOTAL SCORE				6	10

Neonatal history

- Neonatal jaundice?
- Any congenital malformation?
- Any complication after delivery?
- Neonatal screening for inborn errors of metabolism – done in the hospital?

Pregnancy history with this child

- Did the mother take hormones during pregnancy?
- Did the mother take any drugs during pregnancy?
- Did the mother smoke during pregnancy?
- Did the mother drink any alcoholic beverages during pregnancy?
- Has the child's mother had any miscarriages, still births, or abortions?

Past illnesses

- Infectious diseases
- Asthma
- Congenital heart disease
- Respiratory tract infections
- Urinary infections
- Neurologic disorders
- Others

Child's development

- List age of child when the following milestones were reached:
- Sat alone at _____ months
- Walked at _____ months
- Words at _____ months
- Sentences at _____ months

Child's development

- Breast fed
- Bottle fed
- Details of feeding
- Feeding problems
- Weigh, height gain

Child's development

- First teeth at _____ months
- Bladder trained at _____ months
- Bowel trained at _____ months
- Does the child have any handicap?
- Is there a bed-wetting problem?

School performance

- Scholastic performance: academic, behavior
- Has child ever been in a special education class?
- Has the child had a learning problem?
- If yes, what type of learning problem?

Hospitalisations and operations

- Appendectomy
- Tonsils and adenoids
- Ear tubes
- Others

Family history

- History has to include first – degree relatives
- Similar disease(s)?
- Related disease(s)?
- Infant death/ miscarriages?
- Congenital malformations?
- Genetic diseases?
- Any sisters, brothers?

Social/ environmental history

- Marital status of parents: Married /single
- Has there been a separation, divorce or death?
- What has been the attitude of the child to this situation?
- Type of house/ appartement
- Any pet animal?
- With whom does the patient live? (List all household members and their relationship to patient.)

Physical examination

- Initial: hand washing, introduction
- Vitals, anthropometric measurements, plotted on the chart
- Examine the child on a position that suits the child
- Infant: remove all clothing
- Adolescents: due respect to privacy and sensitivities

RESPIRATION

Normal Variations

30 to 60 respirations per min
Average - 40 respirations per min

HEART RATE (APICAL)

Normal Variations

100 to 160 beats per min
100 while sleeping
160 while crying

TEMPERATURE

Rectal

90.0° F to 99.5° F
(35.6° C to 37.5° C)

Axillary

97.6° F to 98.6° F
(36.5° C to 37.0° C)

BLOOD PRESSURE (AT BIRTH)

Average

75/42

Systolic

60 to 80 mm Hg

Diastolic

40 to 50 mm Hg

Newborn

- Apgar score
- Insertion of tube thru nose - immediate diagnosis: esophageal atresia
- Note: life- threatening to feed the newborn with esophageal atresia!
- Dubowitz scoring
- „Physiologic” weight loss: maximum 10% of birth- weight

Newborn

- Observe: breathing, body proportions, movements
- Head: sutures, anterior fontanel, major and minor abnormalities of skull and face
- Microcephaly+ smooth philtrum: important sign of fetal alcohol syndrome
- Anterior (great) fontanel closes till the age of 18 months
- Eyes (red reflex, strabismus)
- Ears, nose
- Skin (turgor, color, dermatologic signs)
- Gluteal erythema, mostly caused by *Candida albicans*
- Lymph nodes
- Musculo-skeletal system, joints (hips: dyslocation?)

Newborn

- Heart (pulse rate: 90- 175/ min)
- Lungs (breath rate: 40- 60/min)
- Abdomen (liver is palpable)
- Genital organs (boys: undescended testes)
- Anus and rectum
- Neurology (reflexes:Moro, step,etc.)
- Step reflex is physiologic up to the age of 4 months
- Mouth (tongue, throat, bucca)

Pediatric Vital Signs – Normal Ranges

	<u>Infant</u>	<u>Toddler</u>	<u>School-Age</u>	<u>Adolescent</u>
• Heart Rate	80-150	70-110	60-110	60-100
• Respiratory Rate	24-38	22-30	14-22	12-22
• Systolic blood pressure	65-100	90-105	90-120	110-125
• Diastolic blood pressure	45 - 65	55-70	60-75	65-85