

#### Monthly e-Newsletter of IAP Chapter of Neurodevelopmental Pediatrics

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**Editorial** 

Our Motto - "Preventing impairment from becoming a disability and preventing disability from becoming a handicap through early intervention at every stage."



Dear Friends and respected seniors,

Wish you all a very happy new year 2021! Hope this year brings new hopes, new dreams and new beginnings and most important of all we hope that the Corona Pandemic comes to an end and 2021 is a better world for all of us to live.

Our Chapter organised a very successful e NCDP, Annual national conference of Neurodevelopmental chapter of IAP under the guidance of our respected seniors and the expert Organizing capabilities of Dr. kawaljit. I t was an academic feast with carefully chosen topics and excellent faculty. As we all showcased in the cultural program, we as responsible members of this chapter believe that we all want to heal the world and make it a better place to live.

December 3rd is International awareness day of Disability, so this issue does touch upon the topic. Once again, a happy new year!

Long live IAP!

Dr. Lata Bhat

Chief Editor





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#### Chairperson's Message

Dear Readers,

Hearty Season's Greetings!

Well, come December, and it is time to wind up the year's work and ponder of the learnings, while we make plans for the coming year. The Corona epidemic did jar us for the first few months. What was thought to be a month became a year's break of physical distancing, but the power of knowledge remained indomitable. Knowledge reached everyone barrier-free, it broke walls to reach all pediatricians of the country through the webinars.



The eNational Conference of the Developmental Pediatrics Chapter, first of its kind, was a unique experience of meeting of minds, both national and international. We all spoke in one language that prevention is better than cure and we are a part of the context in which the child grows and each other's support modifies the disability. It aptly brought home the need for pediatricians to shoulder the responsibility of the foundation of the early years of the child.

We have been making attempts at shaping the developmental pediatricians through the Fellowship programme, understanding the need of child developmental centers in the country. Here again we overcame a challenging task of holding online examinations and accreditation of new centers.

Further we have tried to keep you all abreast of some latest updates of NDD keeping in tune with the assigned dates by the World Health Organisation.

I would like to express my gratitude to the Secretary, Editor of DPT and all members of the Executive Body and Coordinators of the Fellowship Programme and Members of the Organizing Committee of the Conference. I am grateful to and Faculty Members of the conference and webinars, the Advisory Committee, the backbone of the chapter and all our esteemed members.

However, none of this would have been possible without the support of dIAP and Central IAP.

Long Live IAP,

Dr. Shabina Ahmed MD, FIAP

National Chairperson

Neurodevelopmental Pediatrics Chapter of IAP





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### **Snippets from the Secretary**

'It is not the disability that defines you; it is how you deal with the challenges the disability presents you with. We have an obligation to the abilities we DO have, not the disability.'

- Jim Abbott

Seasons greetings and New year wishes to all members and their families.



The month of December brought with it the hopes and positive vibes as we prepare to enter a new year with the promise of a Covid vaccine which will provide a shield to the healthcare personnel who have been at the forefront of the pandemic all over the world. We look forward to a new year with new aspirations and plans hoping to come out of this virtual world that we have been living in for the most of 2020. Looking at the positive side of the pandemic and the resultant lockdown, we have to thank the central IAP team and the dIAP team for keeping us connected and academically oriented throughout the year. The chapter is having its 17th annual conference on the dIAP platform from 28-30 Dec 2020 with a wide variety of topics related to Neurodevelopmental Pediatrics and a theme of 'Bridging gaps, Building hope: Early concerns make a difference'.

The new batch of fellowship students have started their course in the month of November as the whole process was delayed by few months due to the Covid pandemic. A research methodology workshop was done for the fellows in the first week of December with the help of CARING institute, Thiruananthpuram and we plan to add more online combined teaching activity for all the fellows to improve the course quality. We have some interesting articles in the journal scan issue and some learnings from the eNCDP and a ton of memories in pics. In the next issue, we will be sharing the video links of the eNCDP 2020.

"... I have miles to go before I sleep." - Robert Frost

Long live IAP.

Wg Cdr (Dr) KS Multani

National Secretary

IAP Chapter of Neurodevelopmental Paediatrics





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#### **Journal Scan**

# Breastfeeding Is Associated with a Reduced Risk of Attention-Deficit/Hyperactivity Disorder Among Preschool Children

Derek Soled, Sarah A Keim, BSE Rappaport, Lisa Rosen, Andrew Adesman Journal of Developmental & Behavioral Pediatrics: January 2021 - Volume 42 - Issue 1 - p 9-15

#### **Background**

Breastfeeding has been associated with a lower risk of attention-deficit/hyperactivity disorder (ADHD). However, most studies examining this association have focused on small samples outside the United States or were likely subject to substantial residual confounding. Our objectives were to investigate, in a nationally representative sample of preschool children in the United States, the associations between ADHD and both age of breastfeeding cessation and age of formula introduction, as well as associations between ADHD and exclusive breastfeeding duration.

#### Methods

Analysis of data from children aged 3 to 5 years in the 2011/12 National Survey of Children's Health (n = 12,793). Logistic regressions were used to model current medical diagnosis of preschool ADHD as a function of breastfeeding duration, breastfeeding exclusivity, and the timing of formula introduction with adjustment for 12 potential confounders using propensity scores, including sex, age, race, household income, prematurity, insurance, and medical home.

#### Results

After adjustment for potential confounders, exclusive breastfeeding for at least 6 months was associated with substantially reduced odds of ADHD (adjusted prevalence odds ratio [aPOR] = 0.38; 95% confidence interval [CI], 0.15–0.99). Breastfeeding duration was also associated with ADHD, with 8% reduced odds of ADHD for each additional month of breastfeeding (aPOR = 0.92; 95% CI, 0.86–0.99). The results for exclusive breastfeeding duration were similar, but the confidence interval included the null (aPOR = 0.92; 95% CI, 0.85–1.00). The age of formula introduction was not associated with ADHD (aPOR = 0.92; 95% CI, 0.81–1.05).

#### Conclusion

In a nationally representative sample of preschool children, breastfeeding was associated with a lower prevalence of ADHD. These findings provide evidence in support of the neurodevelopmental benefits of breastfeeding.





Journal Scan

## Factors Associated with Resilience in Families of Children with Autism Spectrum Disorder

Aseel Al-Jadiri, David J Tybor, Christina Mule, Christina Sakai. Journal of Developmental & Behavioral Pediatrics: January 2021, Volume 42 (1)p 16-22

#### **Objectives**

Families of children with autism spectrum disorder (ASD) report high levels of stress and poor psychological functioning. Resilience serves to buffer these challenges. Little is known about the factors associated with resilience in these families.

#### **Methods**

Data from the National Survey of Children's Health (NSCH) 2016 were used to investigate independent child, parent, and health care factors associated with resilience in families of children with ASD. We used the NSCH's family resilience composite derived from 4 survey questions focused on (1) communication, (2) working together to solve problems, (3) drawing on strengths, and (4) staying hopeful during difficult times. We defined family resilience as high or low based on the number of questions answered "all of the time" or "most of the time" versus "some of the time" or "none," respectively. Using survey weights, univariate and multivariate logistic regression analyses identified associations of child, parent, and health care factors with low family resilience.

#### Results

We analyzed data representing 1151 children with ASD. Low resilience was reported in 32% of families. Low family resilience was significantly associated with parent factors such as not having someone to turn to for support, cutting work hours, and feeling "child hard to care for"; child ASD-related factors such as moderate ASD severity; and health care factors such as lack of satisfaction in communications with providers.

#### Conclusion

The findings highlight specific vulnerabilities in families of children with ASD that are associated with low family resilience. Intervention approaches that have the ability to improve overall family resilience should be carefully considered.





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#### **Journal Scan**

## **Experiences and Needs of Parents Caring for Children with Cerebral Palsy: A Systematic Review**

IT Elangkovan, Shefaly Sorey. Journal of Developmental & Behavioral Pediatrics: December 2020, Vol 41(9)p 730-739

#### **Objective**

Caregiver burden of parents of children with disabilities is negatively associated with parental quality of life and psychosocial well-being and has been identified as a public health concern. Reviews have consolidated the experiences of these parents, but little is understood about the unique challenges faced by parents of children with cerebral palsy (CP). We aim to conduct an in-depth synthesis of the experiences and needs of parents of children with CP to better support them.

#### **Methods**

Six electronic databases were searched systematically for qualitative research, and a thematic synthesis was performed.

#### Results

Seventeen studies from 1988 to 2019 encapsulating the experiences of 226 parents were included in this review. Four themes and 11 subthemes were identified: (1) self: the caregiver-parent trajectory (coming to terms with the fact, physical and emotional demands, and a nice outlet), (2) family: maintaining the family unit (juggling multiple children and parenting as a co-occupation), (3) society: social repercussions (facing public discrimination, rejection by extended family, and loss of freedom), and (4) parents' wish list (open communication and caring attitudes, funding and health care accessibility, social integration, and inclusivity). Apart from emotional adaptation and physical childcare difficulty, parents indicated a need for more information on health care services, funding, better attitudes and empathy from health care providers, properly trained educators, disability-friendly fixtures, and more public awareness.

#### Conclusion

The findings in this review provide insight into the true experiences and needs of parents caring for children with CP and will aid clinicians in the development of family-centered care pathways for these patients.







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#### Quiz

#### **Dr. Lata Bhat**

Director and Developmental Paediatrician Palak Child Development Centre, Delhi Lata2207@gmail.com | 9818294797

- 1. What are the three dimensions of disability recognized in the ICF classification:
- a) Body structure and function (and impairment thereof)
- b) Activity (and activity restrictions)
- c) Participation (and participation restrictions)
- d) All the above
- 2. The World Health Organization (WHO 1976) draws on a three-fold distinction between impairment, disability and handicap. Which of the following is correct:-
- a) Disability is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.
- b) Handicap is a disadvantage, for a given individual, resulting from impairment or a disability, which prevents the fulfilment of a role that is considered normal (depending

- on age, sex and social and cultural factors) for that individual.
- Impairment is any loss or abnormality of psychological, physiological or anatomical structure or function.
- d) All the above are correct
- 3. According to the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995, "Person with disability" means
- a) A person suffering from not less than 40% of any disability as certified by a medical authority (any hospital or institution, specified for the purposes of this Act by notification by the appropriate Government).
- b) As per the act "Disability" means i.

  Blindness ii)Low Vision iii) Leprosy -cured
  iv ) Hearing impairment v) Loco motor
  disability vi) Mental Retardation vii) Mental
  illness.
- c) Both the above are correct
- d) Only a is correct



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#### Quiz

- 4. According to the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995, Blindness refers to a condition where a person suffers from any of the following conditions:
- a) Total absence of sight
- b) Visual acuity not exceeding ,6/60 or 20/200 (Snellen) in the better eye with correcting lenses
- c) Limitation of the field of Vision subtending an angle of 200 or worse
- d) All the above

- 5. According to the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995, which of the following are correct:-
- a) "Hearing impairment" means loss of 60dB or more in the better ear in the conversational range of frequencies.
- "Loco motor disability means disability of bones, joint muscles leading to substantial restriction of the movement of the limbs or any form of Cerebral Palsy
- c) "Mental Retardation means a condition of arrested or incomplete development of mind of a person which is specially characterized by sub normality of intelligence
- d) "Mental illness "means any mental disorder other than mental retardation.

Please send answers to lata2207@gmail.com / Kawaljit000@gmail.com before 30 November 2020. Correct answer will be published in next issue

#### **Answers - NOVEMBER**

- 1) a, b, c, d
- 2) b
- 3) d
- 4) a
- 5) a
- 6) d
- 7) a, b, c, d
- 8) a, b, c, d
- 9) 0
- 10) d





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### **Learnings from eNCDP 2020**

#### **Workshop 1**

### "ABCs: The Fundamentals of Neurodevelopmental Pediatrics"

The aim of this workshop was to make the general pediatricians as well as post graduate students aware of the common terms and basic neuroscience facts related to the field neurodevelopmental pediatrics. initial idea of the workshop as envisaged by Dr Samir Dalwaiwas 'A to Z of basics of Neurodevelopmental Pediatrics' but to paucity of time, it was decided to be limited to few selected topics. The workshop covered 12 topics of basics neuroscience concepts and was well appreciated by the delegates. The topics covered from clinical neuroanatomy to physiological aspects of tone, power, sleep, attention, language, balance, genetics as well as neuroplasticity. It is planned to have day long workshop to cover all the topics in future workshops.







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#### Workshop 2

#### "Essentials of Diagnosis"

This aim of this workshop was to spread awareness among pediatricians about the need of early diagnosis of Neurodevelopmental disorders and the tools/methods used for the same as well as the role of early intervention in the management of common neurodevelopmental disorders. The importance of starting as early as NICU was highlighted for picking up developmental deviations at the earliest. Common tools to pick up hearing, motor, behavioral issues were discussed.



years with special reference to neuro developmental disorders.(Hearing, motor, communication, ASD,ADHD,LD)

#### Workshop 3

#### "Living with NDD - Empowering families"

The aim of this workshop was to educate families of children with disabilities on various challenges faced by them and give an insight of how to work in home setting covering all aspects of child development. It covered a wide range of practical topics like – Working on preverbal / verbal skills/ social emotional development, management of behaviour issues in home setting, enhancement of activities of daily living , inclusive education , dealing with puberty and sexuality and discussion on wide range of government schemes for families of children with special needs. The workshop was open for both paediatricians and parents and garnered a good response from both the groups.





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#### Day 1 (29 Dec 2020)

The day started with the keynote address by Dr MKC Nair who shared his 25 yr follow up data of children with low birth weight and neurodevelopmental outcomes - highlighting the message of Barker's hypothesis with solid Indian data. This was followed by a presentation of a novel concept by Dr Samir Dalwai on 'Building an ARCH for children to counter the psychosocial effects of the Covid 19 Pandemic'. Dr Leena Srivastava, Dr Leena Deshpande, Dr Shambhavi Seth, and Dr Zafar Meenai discussed various aspects of the ARCH model. This was followed by the inaugural function with Dr Bakul Parekh as the chief guest. Life time achievement award was given to Dr Jacob Roy, one of the founder members of the chapter who passed away in April 2020 and was presented by Dr Jeeson Unni to Mrs Lilly Jacob Roy. The afternoon session started with a talk on role of nutrition in neurodevelopment by Dr Jeeson Unni. This was followed by a talk on need of consensus guidelines for Global developmental delay by Dr Monica Juneja. Two sessions followed - one on case based scenarios for early diagnosis and management of common neurodevelopmental disorders and a panel discussion on common developmental issues seen in children which can be managed by the general pediatricians. A lively debate on 'Online therapy: is it the new normal?' was held with Dr Nandini Mundkur speaking for the topic and Dr Leena Deshpande speaking against the subject. This was followed by 'Kaleidoscope - a cultural evening' with performances by special children and doctors.

#### Day 2 (30 Dec 2020)

Day 2 began with a talk by Dr Shefali Gulati on the role of technology in Neurodevelopmental disorders. This was followed by SAMVAAD - a panel discussion on how to communicate with parents of children with neurodevelopmental disorders and brought out many important aspects of soft skills and other factors that should be kept in mind while dealing with families. The evening session started with a talk of Autism by Dr Shabina Ahmed followed by a talk on neuroplasticity by Dr G Shashikala. Dr Samir Dalwai gave an interesting talk on the history of Neurodevelopmental pediatrics with a focus on the emergence of the field in India. Dr Arnab Seal (UK) presented an overview of the past, present and future of pediatric neuro disability highlighting the interesting research happening in many areas of diagnosis and management. This was followed by a talk by Dr Peter Rosenbaum (Canada) on International classification of function (ICF) - highlighting the need of practical approach to childhood disability. Dr Sheila Puri (UK) presented the latest guidelines on medical management and surveillance in Down syndrome. Dr Stephen Shore (USA) discussed evidence based methods in the management of autism. This was followed by an interactive discussion with Dr Temple Grandin, who herself suffers from autism, on various issues related to autism as well as issues related to transitioning into adulthood. This was followed by 'Kaleidoscope a cultural evening' with performances by special children and doctors.

eNCDP 2020 video link: https://diapindia.org/event-details.php?event=857&title= National-Conference-of-Developmental-Pediatrics:-eNCDP-2020





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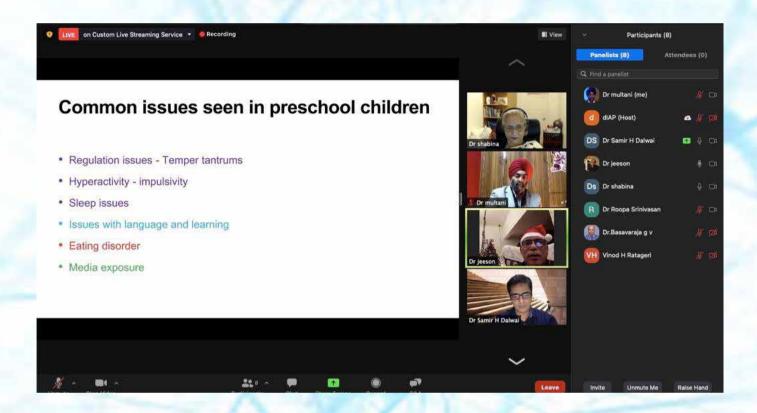








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### **Month in pics**

Behavioural disorders in children

Moderator: Dr Samir Dalwai

Experts:

Dr Shabina Ahmed Dr Roopa Srinivasan Dr Jeeson Unni Dr Kawaljit Singh Multani

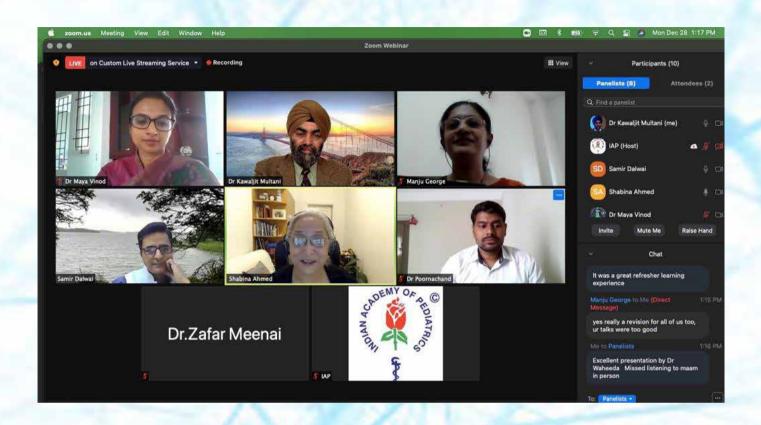








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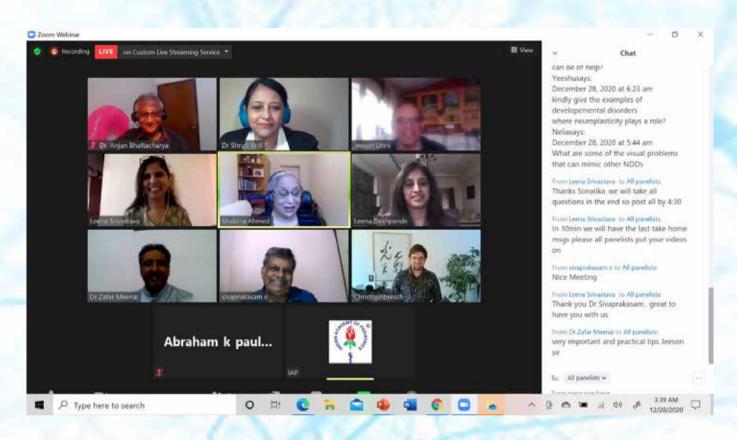








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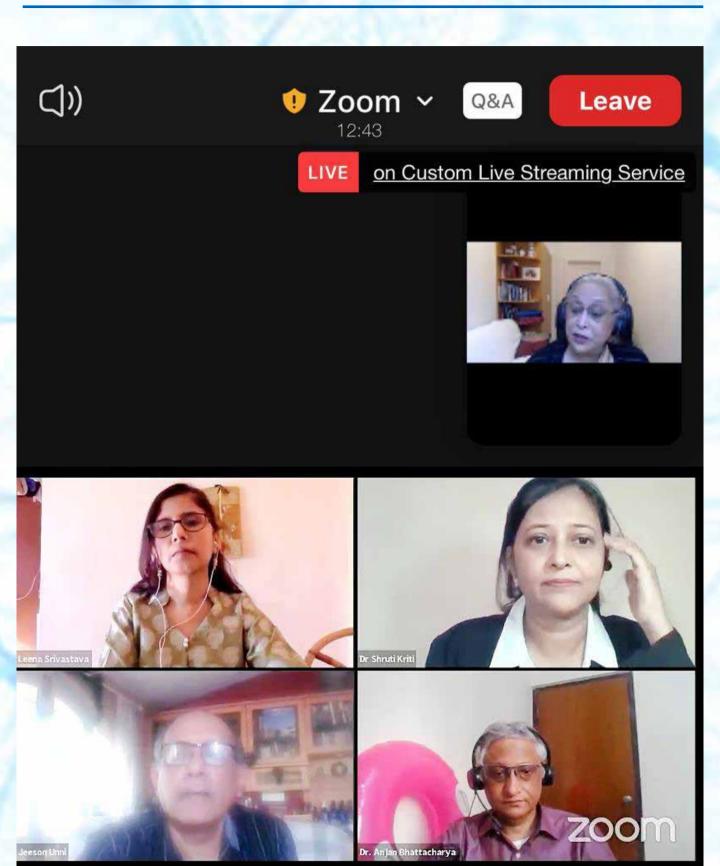








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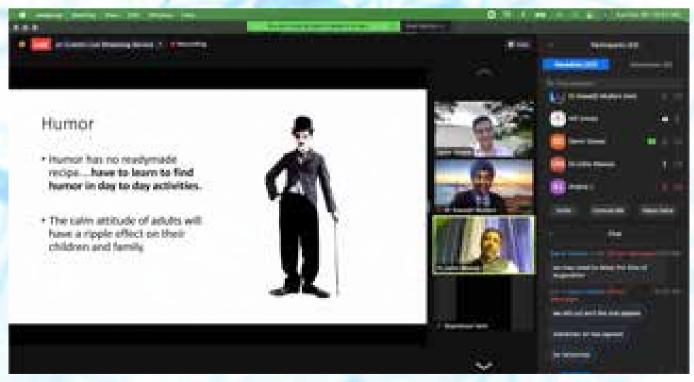




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**Nutrition & neurodevelopment - Talk by Jeeson Unni** 



**ARCH by Dr Samir Dalwai** 





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### **Month in pics**

#### Criteria for screening



- In 1968, Wilson and Jungner proposed the following criteria for inclusion of a condition in screening:
- (i) condition should have an important health problem/frequency
- (ii) test should be acceptable to the population (reliable/simple)
- (iii) disease does not manifest at birth/ routine examination
- (iv) treatment will prevent mortality and morbidity
- (v) delay in diagnosis will cause irreversible damage
- (vi) screening is cost-effective.

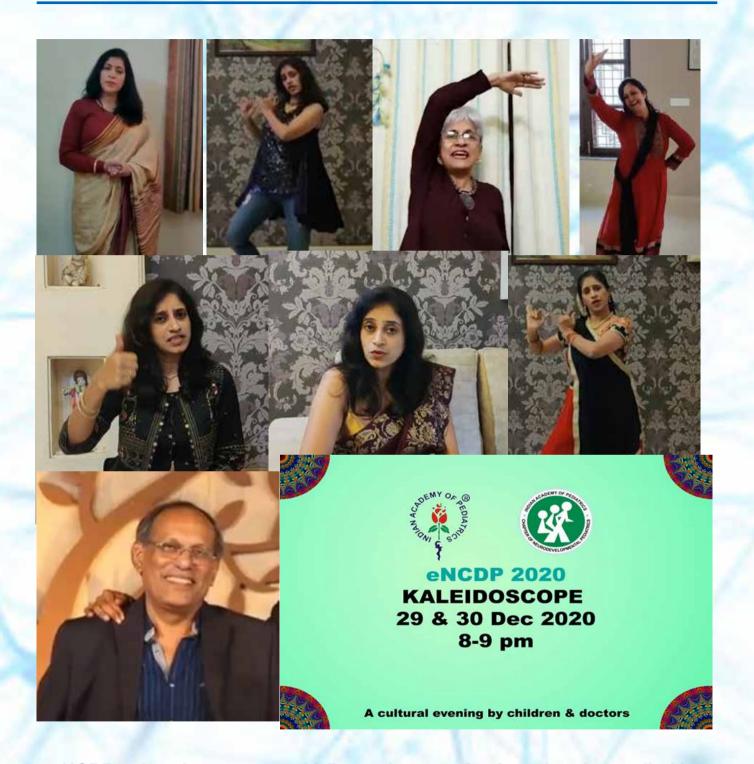
Dr. Lata Bhat giving a talk on "Newborn Screening "- Indian Scenario during eNCDP 2020





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### **Month in pics**



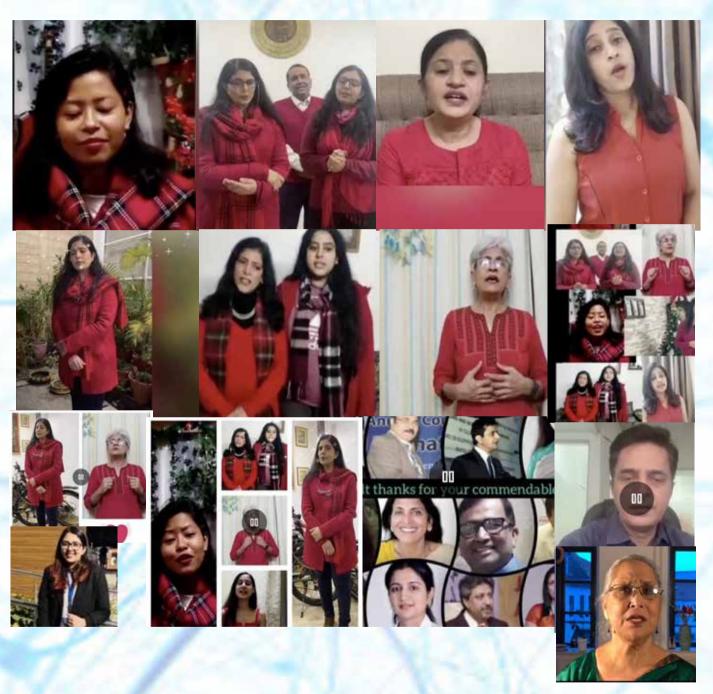
eNCDP cultural program on 29 December was Anchored and compiled by Dr.Leena Deshpande. It included some performances by Special kids and some by our doctors





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### **Month in pics**



Heal the world song sung by Developmental Paediatricians across India.

It was conceptualised by Dr.Chhaya Prasad, Dr.Lata Bhat,

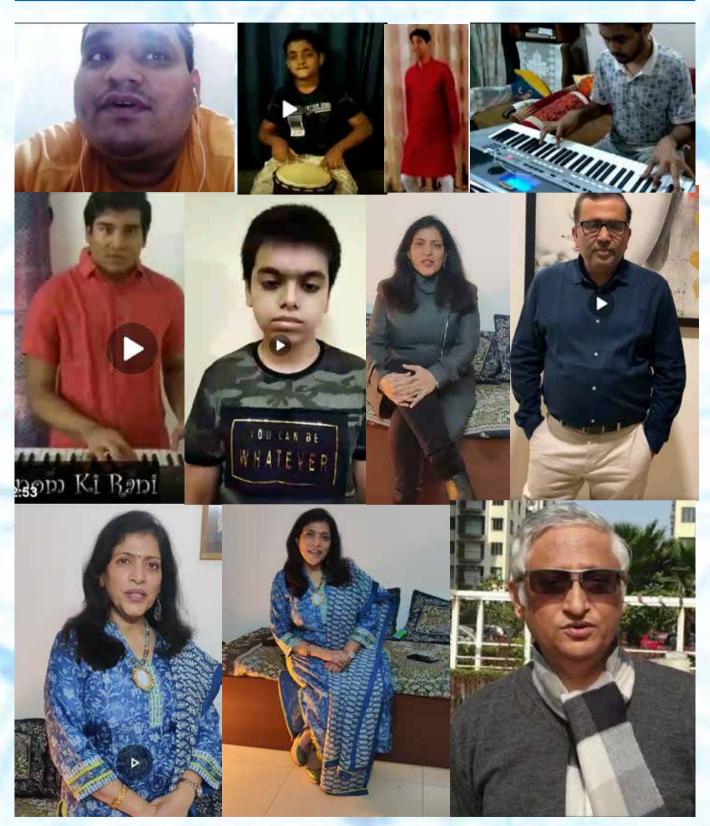
Dr.Leena Deshpande, Dr.Nandita D Souza, ..

Videos were compiled by Ms.Akansha D/O Dr.Chhaya Prasad





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eNCDP cultural program of 30 December compiled by Dr.Chhaya Prasad and Dr.Lata Bhat. Anchored by Dr.Lata Bhat





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