



DPT

DEVELOPMENTAL PEDIATRICS TODAY



December 2021

Monthly e-Newsletter of IAP Chapter of Neurodevelopmental Pediatrics

IAP CHAPTER OF NEURO DEVELOPMENTAL PEDIATRICS

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Editorial

Respected Seniors and dear Friends ,

Wish you all a very Happy new year 2022! Hope this year brings lots of hope and advancements in child development and it marks the end of the Pandemic. I wish to extend my sincere gratitude to all the seniors and colleagues for making the activities and academic programs of our Chapter a Success and sensitising the general Paediatricians about the NDDs in 2021.



Currently we are facing the third Covid wave due to Omicron variant since 3rd week of December 2021. The case fatality rate in third wave is 0.07% vis a vis 0.64% during the second wave. In this wave around 1% of active Covid cases are in the ICUs, 0.12% on ventilators and 1.55% being treated on Oxygen beds in Government health facilities. Rate of hospitalisation is 5-10 % of active cases. Though it seems to be mild yet there is a percentage of people in whom it can become severe and need ICU care. So we still need to be careful. Booster dose of Covid Vaccine for all healthcare professional and people above 60 years has started on 10th Jan and vaccination for 15 to 18 years age group started on 5th Jan 2022.

3rd December is the World persons with disabilities day. In India about 2.1% of the population has some disability. Among the total disabled in the country , 12.6 million are males and 9.3 million are females. Such a huge population deserves better services than the existing ones which can happen with increasing awareness and political will.

Annual e Conference of our chapter was yet again another academic feast and ended with a most enjoyable Antakshari that I have ever participated. In Delhi NCR we had an annual CME of our chapter clubbed with annual meet of East Delhi IAP ,which was well attended and appreciated by the Paediatricians of the city.

Long live IAP and Neurodevelopmental Chapter!

Long live our Chapter!

Long live IAP!

Dr. Lata Bhat

Chief Editor



Chairperson's Message

Dear Readers,

Heartiest New Year greetings to all, with wishes for good health and happiness.

The environmental turmoil of 2021 is gradually smoldering to a discomfort and as WHO says we have to probably now live with it as an influenza. Within all this, the months have rolled by and the scenario dictated that our activities to be mostly online but the silver lining was the holding of the Fellowship examination in physical mode. My heartfelt gratitude to the active participation of the members, coordinators, executive members for their whole hearted support. 2021 has been a productive academic year and we reached our target of bringing awareness and early screening for autism to the doorstep of every pediatrician.



It is indeed very rewarding that our activities bagged the third prize in CIAP branch activities. Kudos to the contribution of all active participants.

The year ends with the World Disability Day on 3rd December. This is an occasion to uphold human rights, sustainable development and not to leave any child behind. It is also an occasion to reflect on our continuing efforts towards the above targets, like increasing our related workforce with developmental nurses and pediatricians. In keeping with the agenda for sustainable development 2030, we are looking forward to developing a knowledgeable human resource and informed care and support system, in an inclusive setting, to realize the dreams of every child.

This issue begins with developmental supportive care of preterm babies. We look forward to receive more writeups on upgraded and latest updates on neurodevelopmental issues.

Happy reading.

Dr. Shabina Ahmed MD, FIAP

National Chairperson

Neurodevelopmental Pediatrics Chapter of IAP



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.

Every year, the month of December brought with it the hopes and positive vibes but this year the shadow of the new strain of COVID 19 virus is looming large. 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 2021. 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 had its 18th annual conference on the dIAP platform from 15-17 Dec 2021 with a wide variety of topics related to Neurodevelopmental Pediatrics and a theme of ABCD 2.0. The topics presented by our fellowship centres and the panel discussions garnered excellent

The first batch of Development Nurse Counsellor has successfully completed their training at NIMS Spectrum institute under the guidance of Dr MKC Nair and we look forward to more nurses taking up this field in future. A research methodology workshop is planned for the new batch fellowship students in the first week of January 2022 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 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 2021.

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

Long live IAP,

Jai Hind!

Wg Cdr (Dr) KS Multani

National Secretary

IAP Chapter of Neurodevelopmental Paediatrics



Early detection, Developmental supportive care and Early stimulation in order to prevent and decrease Neurodisability in Preterm and other high risk babies

Dr. Lata Bhat
Senior Consultant Developmental Paediatrician
Director, Palak CDC, Delhi
Indraprastha Apollo Hospital, Delhi

Every 4th neonatal death takes place in India and further India contributes to a quarter of the global burden of prematurity. Hence India newborn action plan launched by MOHFW in 2014 aims to decrease NMR from 29/1000 in 2012 to single digit figure by 2030.

Increased high risk neonatal survival will increase the risk of neurodisability. We need to improve developmentally supportive care in NICU to improve long term better neurodev and further more and more paediatricians should understand the normal development of children and screen the children for dev delay.

Evidence shows that young brain is able to integrate input from various sensory systems to maximize the information available for perception and action.

The evidence also highlights the remarkable neural plasticity present during early development raising questions about how best to manage the sensory environment of the preterm infant. More than a decade of research suggests that the nature of delivery of sensory experience that preterm infants receive in the NICU can overstimulate later developing sensory systems (Auditory and visual) and under stimulate earlier developing systems (Tactile and vestibular) while reducing availability of intersensory redundancy which is imp to early selective attention, multisensory processing and emergence of normal patterns of early perceptual organization.

Damage to the developing motor system is still the most common injury seen in preterm infants. However motor areas of brain seem to contribute to some higher cognitive functions and so strategies designed to optimize neuromotor development and neuroplastic capacity in children born preterm are important in optimizing their cognitive development.

Minimizing stress in preterm infant may have multiple neurologic effects including not adding to aberrant connectivity and reducing likelihood of programming abnormal stress responsiveness.

The motor areas are highly plastic till adolescence. We should educate parents of preterms and late preterm babies about Developmental Supportive Care and early stimulation.



Auditory – antenatal sound exposure is there

Gustatory exposure is there

Visual : The preterm infant does not need vision for state organization before term. Most attempts by parents and caregivers to create visual engagement or interaction only disturbs the sleep cycles and endogenous brain activity. Preterm infant begins state organization in response to warmth, skin to skin touch, voice and auditory stimulation, chemosensory stimuli and gentle motion. Short periods of visual exposure to light in melanospin wavelength range is the only visual stimulation of value. Excessive and early exposure to intense or flickering light can alter the synaptogenesis in the visual system as well as the auditory system. Can alter the expected development of these systems. Once infants reach 39 to 40 wks they need interactive visual experiences.

The social and emotional context matter as much as the visual experience.

Some of the PT and other high risk babies have adverse neurodev outcomes . Many of these disabilities can be modified by early stimulation.

DSC :Journal of neonatology Jan to March 2015 :-

1. Decrease NOISE - Better MDI and HC at 18 to 22 mths corrected age
2. Massage - systematic tactile stimulation or as part of multimodal stimulation leads to better cognition at 1-2 years
3. Cycled lighting 12 hrs on and 12 hrs off leads to higher mean wt at 3 mths .
4. Pain control measures improves pain scores and future neurobehavior pattern
5. KMC Better wt, length, breastfeeding, mother – infant attachment

Risk of CP decreases (Metaanalysis of 26 studies) from 27 wks onwards. 15 % in 22 to 27 wks, 6% in 28 to 31 wks, 0.7 % in 32 to 36 wks, 0.1 % in full term

Clinical variables predict NDI(Neurodevelopmental impairment) better than head USG.

Risk stratification helps optimal utilization of follow up services.

Presence of any one of 5 risk factors –(<28 wks, Cardiac compression or drugs during resuscitation, symptomatic hypoglycaemia , ventilation , Cranial USG – severe IVH , VM ,cystic PVL) leads to 12.5 % risk of Neurodisability and would benefit from early stimulation.

F/U high risk babies :

- Risk stratification by surveillance in NICU , Counselling and proper f/u plan at D/s.
- Developmental screening :
 - DOC for parents, DDST or TDST by paediatrician if abnormal refer for detailed developmental assessment .
 - Developmental assessment by DASSI birth to 30 months
 - Vision ROP check till 44 wks as per guidelines of ROP screening
 - Check up for Squint and vision at 9 -12 months
 - Hearing OAE, BERA,
 - Language by LEST 1 to 2 years



- GMFCS 18 mths to 12 yrs for gross motor function
- IQ testing
- Behavior assessment

Developmental Flags :

Each baby follows his/her own schedule of development with fairly broad limits of age

Developmental assessment in infancy is not a predictor of intelligence.

Not all delays are permanent

Do not label as intellectual disability < 5 yrs and as CP < 1 year

Red Flags :

Speech and language :

- child who has not said his / her first meaningful word by the age of 18 months
- 2 word phrase by 2 years
- May have said their first words by 18 months but subsequently the development may not have kept pace.
- May have shown normal speech / language development, then may regress.
- Other associated deviancies

Communication

- Lack of meaningful eye contact
- Lack of age appropriate gestures (pointing, waving)and facial expressions
- Not able to initiate or sustain a conversation

Cannot follow non verbal communication by 12 months of age

Social personal and self help skills

- Having difficulty making friends
- Not able to understand the concept of age appropriate play
- Not able to differentiate between family members and outside visitors
- Age Appropriate ADL's not attained

Finally, any loss of skills at any age is a serious Red Flag – and warrants immediate referral to an appropriate centre for assessment

LOSS of SKILLS (regression)

THINK.....Metabolic, Genetics, Seizures, Hydrocephalus, Toxins exposure, Autism



Early signs of Cerebral Palsy :

Neurological signs in neonate (mostly term)	Increased risk of CP
Abnormal Tone – limb, neck, trunk	12-15 fold
Diminished cry for > one day	21 fold
Weak or absent suck	14 fold
Need for gavage or tube feeding	16 – 22 fold
Diminished activity > one day	19 fold

Refer:

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Review article 1:- Overview ,Evidence Base and Corer Measures of Developmentally Supportive care -Page 22-27
Review article 2 : -Environmental Cosiderations for reduction of stress and energy conservation- Page 28-31



Infant Development in Pandemic Generation

Dr. Anjan Bhattacharya, FRCPCH, UK

Consultant Developmental Paediatrician, Head, Child Development Centre
Apollo Multispeciality Hospital, Kolkata, India and
Director, Nabajatak Child Development Centre, Kolkata

Locum Consultant, Community Paediatrics, St. Helens &
Knowsley Teaching Hospitals NHS Trust
Honorary Affiliate, Sydney Child Health Program,
Sydney University, Australia

Host Examiner, MRCPCH (UK) Examinations and DCH (UK)
Examinations of RCPCH, UK

Introduction

Covid 19 raged through the world causing medical mayhem. It assumed pandemic proportion since January 2020 and by January 2022, it affected more than 2 million people¹! One of the worries is that viral infections are known to cause neurodevelopmental delays²⁻⁴, like HIV. Rubella pandemic, in 1964, resulted in 10-15 fold increase in Autism Spectrum Disorders and Schizophrenia in offspring cohort⁵⁻⁶. Even 1918 H1N1 pandemic led to lower education levels in children and poorer socioeconomic outcomes in adults⁷.

Prior Human Coronavirus outbreaks were also known to be associated with several adverse outcomes in children like SARS and Middle East Respiratory Syndrome⁸. Foetal exposure to offending agents are well known to blight outcome in later life of a child⁹.

Although vertical transmission of SARSCoV-2 from mother to fetus is rare¹⁰⁻¹⁴, it is imperative that impacts of SARSCoV-2 pandemic is studied thoroughly in children and their neurodevelopment¹⁵⁻¹⁷.

The COVID-19 MotherBabyOutcomes (COMBO) Initiative produced one of the first studies in the world in this very important aspect of science¹⁸.

Study Hypothesis

Maternal SARS-CoV-2 infection during pregnancy is associated with deteriorating infant neurobehavioral development at age 6 months? COMBO Study participants studied to prove or refute this hypothesis.

Key Findings

Findings In this cohort study of 255 infants born between March and December 2020, exposure to maternal SARS-CoV-2 infection was not associated with differences on any Ages & Stages Questionnaire, 3rd Edition [ASQ-3], subdomain at age 6 months, regardless of infection timing or severity. However,



both exposed and unexposed infants born during that period had significantly lower scores on gross motor, fine motor, and personal-social subdomains compared with a historical cohort of infants born before the onset of the COVID-19 pandemic^{1,18}.

Similar findings in other studies subsequently confirms this generalized finding^{19,20}. The drop is by 22 IQ point equivalent from non-pandemic cohorts²⁰.

Implications

These findings suggest that birth during the COVID-19 pandemic, but not maternal SARS-CoV-2 infection, is associated with differences in neurodevelopment at age 6 months.

Since evidence base for early intervention is so strong in world literature by now²¹⁻²³, early identification by using tools like Prechtl's General Movements (GM) Assessment²⁴ and measuring functionality with WHO standardized ICF²⁵ can dampen the adverse impact like that of the 1918 H1N1 affected population. We would have demonstrated that we have learnt from the history and EBM has prevented worse outcome in waiting.

Reference

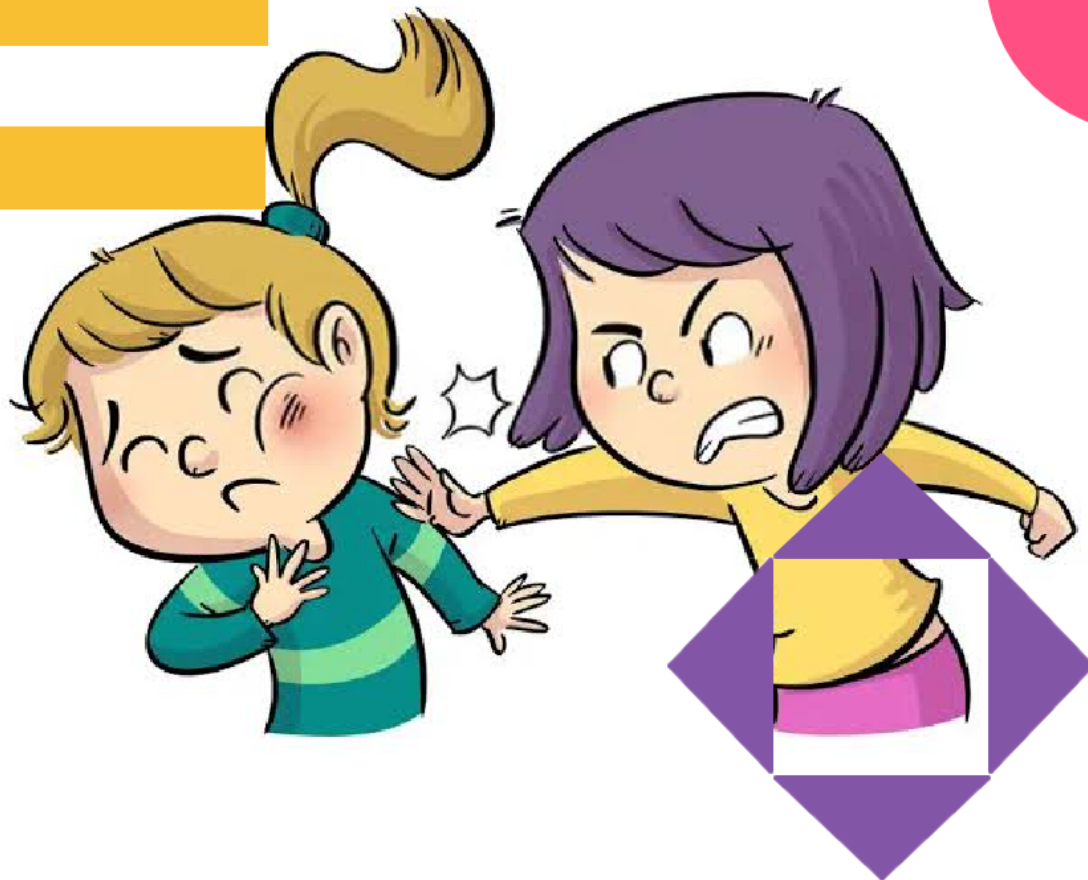
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ONLINE CERTIFIED TRAINING PROGRAM FOR “BEHAVIOURAL MANAGEMENT IN CHILDREN”





Every one of us sees children with problematic behavior almost on a daily basis. Temper tantrums, meltdown, school refusal, defiant behaviors, mobile & gaming addiction are becoming more and more common during the corona pandemic.

How well are we equipped to counsel the parents and manage the children in our clinical setup?

To find answers to these question the Neuro-Developmental Chapter with Centre for Child Development & Totsguide Prudentia LLP is organizing a 12 weeks (once a week) online training program. Commencing from 8 th February 2022 IST 6:30 - 8:00 PM

Who should attend the course?

- Pediatricians
- Therapists
- Psychologists
- School counselors/Teachers

Course Co-Ordinator : Dr. Nandini Mundkur

The topics and faculty enclosed are given below:

In depth understanding and management of maladaptive problematic behaviors in children

08-02-2022 Week 1	SOCIOEMOTIONAL DEVELOPMENT – PROCESS NOT JUST MILESTONES Speaker : Dr. Nandini Mundkur, Director CCDD Chairperson: Dr. Shabina Ahmed
15-02-2022 Week 2	MALADAPTIVE BEHAVIORS IN YOUNG CHILDREN – WHY AND WHEN TO INTERVENE Speaker: Dr. Kirthika Rajaraman, Consultant developmental pediatrician Chairperson: Dr. Sanjay IGICH
22-02-2022 Week 3	FUNCTIONAL BEHAVIOR ANALYSIS AND ROAD MAP FOR MANAGEMENT IN YOUNG CHILDREN Speaker: Dr. Thomas Kishore, Additional professor clinical psychology, NIMHANS Chairperson: Dr. Samir Dalwai
01-03-2022 Week 4	UNDERSTANDING SENSORY PROCESSING AND MODULATION DISORDER Speaker: Sundar Kumar, Consultant Physiotherapist, Bangalore Chairperson: Dr. Leena Deshpande
08-03-2022 Week 5	OVERVIEW IN MANAGEMENT OF SENSORY PROCESSING DISORDER Speaker: Sundar Kumar, Consultant Physiotherapist, Bangalore Chairperson: Dr. Lal DV
15-03-2022	UNDERSTANDING ON DEVELOPMENT OF EMOTIONAL AWARENESS AND EMOTIONAL



Week 6	REGULATION Speaker: Manju Bhargavi, Director Sangamitra, Early intervention center, Bangalore Chairperson: Dr. Leena Srivastava
22-03-2022 Week 7	RELATIONSHIPS BETWEEN DEFICIT IN SOCIAL COGNITION AND PROBLEMATIC BEHAVIOR Speaker: Dr. Kirthika Rajaraman, Consultant developmental pediatrician, Bangalore Chairperson: Dr. KS Multani
29-03-2022 Week 8	MALADAPTIVE BEHAVIOR IN CHILDREN WITH ADHD & LD Speaker: Dr Nandini Mundkur, Director CCDD Chairperson: Dr. Sitaraman
05-04-2022 Week 9	MALADAPTIVE BEHAVIORS IN ADOLESCENCE WHY AND WHEN TO INTERVENE Speaker: Dr. Shekhar Seshadri Former Senior Professor and Former Head, Dept of Child and Adolescent Psychiatry, NIMHANS Chairperson: Dr. MKC Nair
12-04-2022 Week 10	MEDICAL MANAGEMENT OF PROBLEMATIC BEHAVIORS Speaker: Dr. Shekhar Seshadri Former Senior Professor and Former Head, Dept of Child and Adolescent Psychiatry, NIMHANS Chairperson: Dr. Jeeson Unni
19-04-2022 Week 11	WELL BEING OF TEENS Speaker: Dr. Anjana Balaji, Developmental pediatrician Chairperson: Dr. Maria Lewin
26-04-2022 Week 12	OPEN DISCUSSION

Interested candidates can register for the course by paying **3500/- INR** from the given link below
Early bird offers before 31 st January - 22 is **3500/- INR**

Payment Link: <https://rzp.io/l/tbquWQi>

After January 31st is **4500/-**

Payment Link: <https://rzp.io/l/cRw91Q5Z>

For Prior Registration [Click here](#)

For further information contact:

Saraswathi – 9900936693 or write to us ccddnandini@gmail.com



Month in pics



Autism workshop at Kerala Pedicon 2021



Month in pics



Autism workshop at Kerala Pedicon 2021



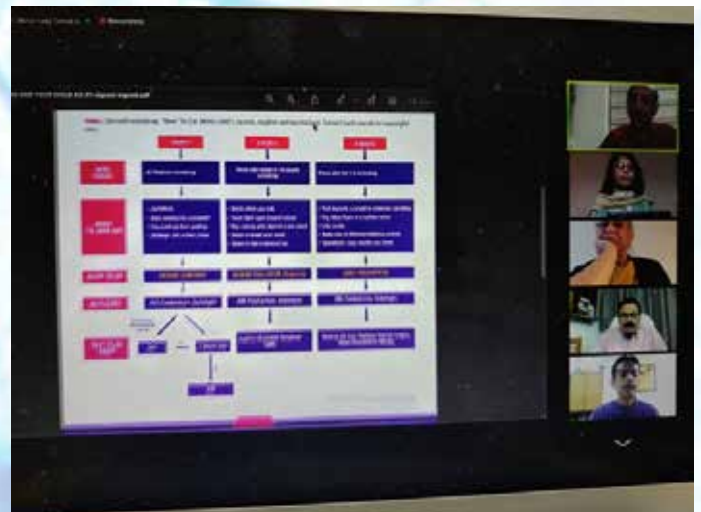
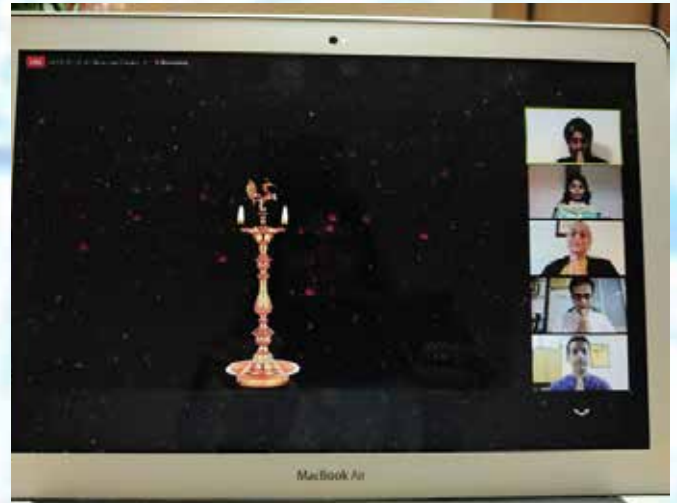
Month in pics



Seminar on LD at Karnataka State confrence at Hospet by Dr Sivaprakasam



Month in pics





Month in pics



Autism

Sensory Integration Therapy



Symptoms	Medication
Hyperactivity, impulsiveness, inattention	- Atypical antipsychotic
Rigidity, rituals	- Atypical antipsychotic
Aggression, self injury	- Atypical antipsychotic
Anxiety, Affective symptom	- Atypical antipsychotic

Atypical antipsychotic - Risperidone: Dose: 0.25 – 2mg/day

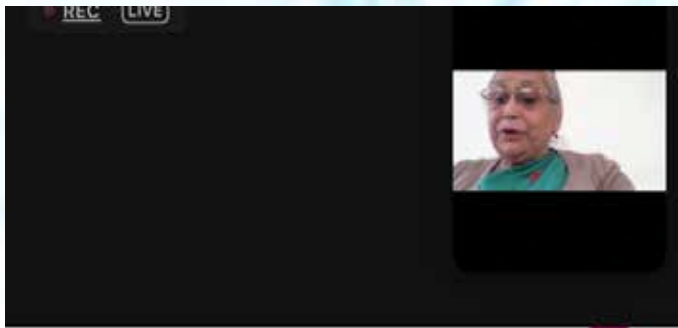
Parental Questions

1. Purpose of screening test.
2. Are we too late?
3. Adverse guilt issues – cause of NDD.
4. How long it will take?
5. Is it remediable or modifiable?
6. Will they be able to attend normal school?
7. Life adjustment needed.
8. Medicine: Allopathic Vs other systems





Month in pics



Life span approach of NDDs and the paediatrician's role



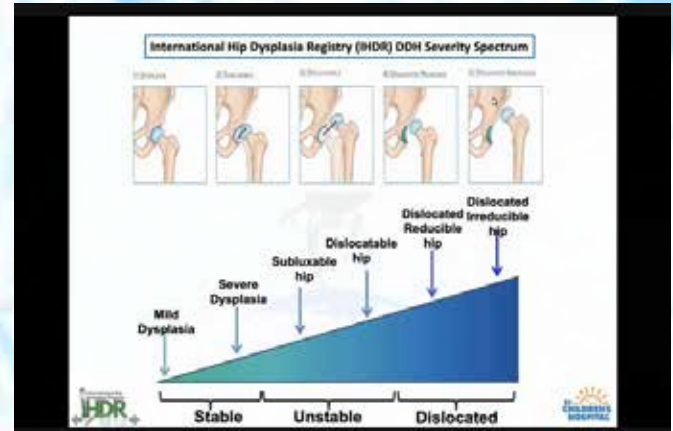
Dr. Shabina Ahmed, MD., FIAP

National Chairperson
IAP Developmental Pediatrics Chapter
Past President, IAP Chapter Growth, Dev & Behaviour
National Awardee for Child Welfare, 2014

National Convener
Programme on Childhood Autism, 2007
Indian Academy of Pediatrics (IAP)
Member, Autism Guidelines Consensus Committee, IAP

Founder Director
Aagam Autism Foundation,

Chief Editor
Understanding Autism, IAP 2007
Advanced Training
IAP 2016
IAP 2017
IAP 2018
IAP 2019
IAP 2020
IAP 2021



The Developmental Pediatrician as a fulcrum

Evidence based/ Thoughtful/ Holistic Approach

- Balancing the load of child's difficulties with the right amount of effort at the right time and at the right place
- Through
 - Interdisciplinary intervention Program
 - Appropriate investigations
 - Monitoring

New Horizons Child Development Centre

Purna Kurkure

Participants in the video call: Sharmistha Seth, Sanku Dasgupta, Ujjwal Srivastava, Purna Kurkure.



Month in pics



Christmas celebration at Aster Kid - Neurodevelopment Centre at Aster Medcity Kochi - with the children and their families



Month in pics



XMAS Celebration at CCDD Bengaluru



Month in pics

ORGANIZED BY:



HOSTED BY:



WORKSHOP ON “DIAGNOSIS AND MANAGEMENT OF AUTISM: WHAT A PEDIATRICIAN SHOULD KNOW”

DATE: 16 JAN, 2022 TIME: 9AM TO 5PM

VENUE: INDIA EXPO MART, GREATER NOIDA, U.P.

National Conveners

Dr. Sameer Dalwai & Dr. Zafar Meenai

Local Conveners

Dr. Jyoti Bhatia & Dr. Lata Bhat

WORKSHOP CURRICULUM

TIME (HRS)	TOPIC	FACULTY
09:00-12:30	Initial Sessions:	
	Why and How Pediatricians Should Manage ASD	Dr. Samir Dalwai
	Clinical Features and Red Flags	Dr. Zafar Meenai
	Comorbidities	Dr. Shambhavi Sheth
	Assessments and Measurements	Dr. Kanwaljit Singh Multani
	Investigations and Interpretations	Dr. Lal
	Making a Diagnosis	Dr. Leena Srivastava
	Planning the intervention	Dr. Lata Bhat
	Managing the Medication	Dr. Jeelon Unni
	Intervention Programs and Outcomes.	Dr. Jyoti Bhatia
12:30-13:30	4 Case Scenarios : 2 Faculties Each:	
13:30-14:00	Lunch Break	
14:00-16:00	Workstations:	
	1. M CHAT	
	2. BIOCHEMICAL and Genetic Investigations	
	3. Parent Counseling and FAQs	
	4. How to Refer Effectively and Monitor	

[Please register for the workshop](#) [CLICK HERE TO REGISTER](#)

Sincere Regards,

Dr. Vineet Saxena
Organizing Chairperson

Dr. Arvind Garg
Organising Chairperson

Dr. Ruchira Gupta
Chief Organizing Secretary

Conference Secretariat: Global Clinic, B-190, Sector 19 Noida -201301, Uttar Pradesh



Month in pics

National Conference of Developmental Pediatrics 2021



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Join us for a timely and enriching discussion,

Neurodevelopment Chapter



Dr Shabina Ahmed

President



Dr KS Multani

Secretary

Theme: Acquiring Knowledge, Building Capacity, Comprehensive Care, Discussing Practices



**DATE:
15TH, 16TH & 17TH
DECEMBER 2021**



Video link for the CME :

https://diapindia.org/event-details.php?event=1448&title=eNCDP-2021:-Impact-of-Covid-Panemic-on-Neurodevelopment:-Challenges-&-Opportunities#_bottom



Month in pics



Annual CME of Neurodevelopmental Chapter of IAP (Delhi NCR) in association with East Delhi IAP on 19th December 2021 organised by Dr.Lata Bhat and IAP East Delhi. It was followed by musical evening. Dr.Kawaljit, Dr Shefali Gulati, Dr Praveen Suman, Dr.Jyoti Bhatia, Dr. Shambhavi Seth, Dr.Priyanka jain, Dr. Ashish Sahani, Dr Piyush Gupta, Dr.Ruchira gupta, Dr.Anurag Agrawal (President Elect Delhi IAP) were the guest of honour. Dr. Piyush Gupta gave a very nice talk on ECD