



September 2023

DPT

DEVELOPMENTAL PEDIATRICS TODAY



Monthly e-Newsletter of IAP Chapter of Neurodevelopmental Pediatrics

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Editorial

Respected teachers and dear friends ,

Greetings from the Neurodevelopmental chapter of IAP!

NCDP will be held in Guahati this year in the lap of the massive Brahmaputra river . Lets all register and make it a successful conference .



5th September is teachers' day and all of us would have fondly remembered our teachers on that day. We and our teams should aim to be good teachers for parents and children with neurodevelopmental disorders, because good counselling also involves teaching skills and empowering these kids to find their strengths. 1st to 7th September is National Nutrition Week and good balanced nutrition has a very important role in brain development. We should spend time talking to parents about feeding issues which are very common in kids with NDD. 10 sept is world Suicide prevention day. Nearly one out of every eight children between the ages 6 and 12 has suicidal thoughts. The suicide rate is approximately 4 times higher among males than among females, but females attempt suicide 3 times as often as males. When a suicide occurs, everyone is affected, including the people who are left behind. Children with NDD do face anxiety and depression which can lead to suicidal thoughts. We should keep this in mind when treating these children.

With upcoming festive season wish you all a very happy Dussehra and Navaratre in advance .

Long live IAP!

Dr. Lata Bhat

Chief Editor



Chairperson's Message

Dear Reader,

As we release the September issue of DPT Newsletter, here is wishing you all Season's greetings for the forthcoming Puja festivals.



5th September is celebrated as Teacher's Day in India. On this occasion, I wish to remember and salute all my teachers who taught me and guided me to where I am today. 1st to 7th of September is National Nutrition Week. We all must guide the parents regarding feeding nutritionally appropriate food to their children at all ages.

It gives me immense pleasure to inform you all that the next annual conference will be held in my hometown Guwahati from 6th to 8th October 2023 and I look forward to meeting you all there. The theme of the conference is 5P's – Pediatrician, Parent, Primary caregiver, proactive and partnership - that make all the difference in a child's early life. Let's all join hands to make it a big success.

The chapter is growing and diversifying every year.

This issue has interesting topics to tickle the mind. Happy reading and we would love to get your feedback.

Long Live IAP !

Regards,

Dr. Shabina Ahmed MD, FIAP

National Chairperson

Neurodevelopmental Pediatrics Chapter of IAP



Snippets from the Secretary

Respected Seniors and Dear Friends,

Greetings from the IAP Chapter of Neurodevelopmental Pediatrics.

Seasons greetings to you all from the IAP Chapter of Neurodevelopmental Pediatrics.

At the outset, I want to salute all my teachers till date who have guided me in my life. 05 Sep is celebrated as Teacher's day in India in memory of Dr S Radhakrishnan and his birthday is remembered as a dedication to the endless contribution of a teacher in shaping a student's educational life much beyond the school years.



The 20th National Conference of the IAP Neurodevelopmental Chapter is being held at Guwahati - the gateway to the Northeast. The whole team of organising committee has been working tirelessly under the able leadership of the chapter chairperson Dr Shabina Ahmed for last few months and we look forward to you all having a great academic and cultural bonanza. The theme of the Conference is 5 Ps (Pediatrician, Parent, Primary care giver, proactive and partnership) that make all the difference in a child's early life is absolutely true. Children are the future of any country and any investment in their health and improving developmental potential will yield rich dividends for all in the long run.

Most children with neurodevelopmental disorders have social, emotional issues which need to be addressed. At the same time, we should also look at the family structure and support systems as many families have lot of unmet needs and desires which can be looked at easily and will go a long way in making a strong bond within the family as well as with the doctor. The nutrition issues of children with neurodevelopmental disorders need special mention as many children have macro and micronutrient deficiencies due to the primary disorder and/or from the medications. IAP has been focussing on these issues with giving importance to projects like the first 1000 days and "Nurturing care for early childhood development". The chapter members have been striving hard to increase awareness among paediatricians and general public about the issues related to child development and importance of early diagnosis by doing programs, workshops in their cities and educational institutions.

As we head into the festival season, I wish all the members, their families and our patients a year full of good health and happiness.

Warm Regards

Wg Cdr (Dr) KS Multani

National Secretary

IAP Chapter of Neurodevelopmental Paediatrics



Case report

Dr. Lata Bhat
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9 months, male baby was brought to the clinic with refusal to feed since he was 4 months old. The parents moved to the Netherlands from India when the baby was 4 months old and till then he was bottle-fed by his maternal grandmother.

When the baby refused to feed, the maternal grandmother went from India and forcibly fed him by the bottle. Ever since then he completely stopped feeding except when he was sleeping.

The parents received consultation and treatment from the Paediatricians and feeding consultants in the Netherlands. They also joined a group of parents whose kids had feeding refusal. But there was not much improvement. So they brought the child to India and visited our clinic.

We advised them to start weaning foods since the child was averse to bottle feeds and complementary feeding was not started till then. We gave them the following guidelines.

- 1 Maintain appropriate boundaries
- 2 Avoid all kinds of distractions and use a child size chair at the table
- 3 feed the child at intervals of 3 -4 hours to encourage and maximize appetite and avoid snacks and beverages between meals
- 4 maintain a pleasant neutral attitude with a smiling face throughout meals and never become anxious, angry or excited
- 5 limit the mealtime duration to no longer than 20 -30 min
- 6 Serve age-appropriate food according to the child's oral motor development and use reasonable small helping sizes
- 7 systematically introduce a new food one at a time and step by step, and offer a food repetitively, at least 5 to 15 times, before giving up

8 Encourage independent feeding in toddlers, ensuring they have their spoon

9 Allow age-appropriate messes during mealtimes by not using a bib and not wiping the mouth with a napkin every time a child eats or drinks

We took few feeding sessions at the Centre by a child Psychologist .

The baby started accepting Khichari and a bit of mashed potato, although the quantity was very small. Meanwhile, the parents caught Covid infection and went into self-isolation and the child was handed over to the maternal grandmom. The child worsened and again started refusing all foods.

They went back to the Netherlands and we lost contact with them

Feeding problems in children :

About 20-30 % of Infants and Toddlers tend to have feeding problems

Feeding is an interaction between the Child and the Caregiver

Feeding difficulties in children manifest as:

- Prolonged mealtimes
- Food refusal
- Disruptive and stressful mealtimes
- Lack of appropriate Independent feeding
- Nocturnal eating in Infants and toddlers
- Introduction of distractions to increase intake
- Prolonged breast or bottle feeding in Toddlers and older kids
- Failure to introduce advanced textures



Case report

- Feeding difficulties are classified into 3 categories
- 1. Limited Appetite
- 2. Selective intake
- 3. Fear of feeding

All of them have subtypes, including misperceived feeding problems, as well as organic and nonorganic disorders

DSM 4 diagnostic criteria :

- 1 Persistent failure to eat adequately as reflected in failure to gain weight or weight loss >1 month
- 2 The disturbance is not due to GIT diseases or other medical conditions such as GERD
- 3 The disturbance is not better explained by other mental disorders such as rumination disorder, or by a lack of available food

- 4 Age of onset must be < 6 years

DSM 5 revised early childhood feeding disorders under the umbrella term of Avoidant Restrictive food intake disorder (ARFID) because feeding disorders were seen even beyond early childhood

- 1 A disturbance in eating or feeding, as evidenced by one or more of substantial weight loss or absence of expected weight gain, nutritional deficiency, dependence on feeding tube or dietary supplements, and significant psychosocial interference
- 2 It is not due to lack of food availability
- 3 The disturbance is not due to Anorexia nervosa or bulimia nervosa
- 4 It is not explained by other medical conditions or mental disorders or is not occurring concurrently with another condition



Journal Scan

Nutritional status of children with neurodevelopmental disorders: A cross-sectional study at the tertiary level hospital in Northern Bangladesh

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Sohel Ahmed Mount Adora Hospital Research Article**

Keywords: Children, Nutritional status, Malnutrition, Neurodevelopmental disorders

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Abstract

Background

Neurodevelopmental disorders (NDD) are a significant global public health issue. It was often thought that such children's malnutrition was a sign of illness, but it is now obvious how crucial their nutrition is.

Objectives

This study's objective was to assess the sociodemographic profile and nutritional status of children with neurodevelopmental disorders.

Methods

157 NDD-affected children who attended the pediatric clinics of the TMSS Medical College and Rafatullah Community Hospital in Bogura between December 2020 and April 2022 took part in a cross-sectional study using a purposive sample strategy. Using metrics such z-scores for weight-for-age (WAZ), height-for-age (HAZ), and body mass index-for-age percentile, the nutritional condition of children with neurodevelopmental disorders was evaluated (BAZ). Using the SPSS version 25, descriptive statistics (number and percentage) and analytical statistics (chi-square or Fisher's exact test, if appropriate) were both employed. Results A total of 157 children, whose ages ranged from 6 to 144 months, were



Journal Scan

taken part in this study. Around 58.6% of children with NDDs had malnutrition, 47.8% had under-nutrition, and 10.8% had over-nutrition. There was a significant correlation between malnutrition and parental education level, fathers' employment, residency, and monthly family income (P 0.05).

Conclusions

More over half of the NDD youngsters were found to be malnourished, according to the research, which offers us a peek of their nutritional health. The socioeconomic position of the parents has a significant impact on the nutritional status of these kids.

Reviewer's Comments :

This study is very relevant to children with NDD in Indian setting too and should be addressed proactively by Pediatricians.





20TH
NATIONAL CONFERENCE OF
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NCDP 2023

Guwahati

THEME : The 5 P's that make the difference
Pediatrician | Parent | Primary Caregivers | Proactive | Partnership

BLOCK YOUR DATES

GUWAHATI 6 .7. 8th Oct 2023

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NCDP 2023

Guwahati

6-7-8th
Oct 2023

REGISTRATION SLABS : SEPTEMBER

REGISTRATION SLABS	IAP MEMBER	NON- MEMBER / ALLIED PROFESSIONALS	STUDENT	NURSE	ACCOMPANYING GUEST
Sept 1 - Sept 17	6000/-	7000/-	5000/-	4000/-	5000/-

SCAN TO REGISTER



OR

CLICK HERE



Venue : Hotel Kiranshree Grand

GUWAHATI AWAITS YOU

6.7.8th Oct 2023

Join us to **MEET THE FACULTY STALWARTS** to learn more about
Early intervention , family - centered care , innovation , collaboration & many more
3 DAYS OF SCIENTIFIC DELIBERATIONS | 30 SPEAKER / PANEL SESSIONS | WORKSHOPS | SCIENTIFIC PAPERS

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Gurukul

UNHS

LISTEN IN TO DR. ABRAHAM PAUL ON
PEDIATRICIAN'S ROLE
in Universal Newborn Hearing
Screening



Hearing loss is a serious problem, but it doesn't have to be a barrier to success. Early detection and intervention can help babies with hearing loss thrive. **Don't miss out, learn more about UNHS now.**

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Guwahati

6-7-8th
Oct 2023

Labels can be helpful in providing
access to services and supports, but ...

How much labelling is too much labelling?

LISTEN IN TO DR. SAMIR DALWAI



Join us at the NCDP2023 Conference to learn more about the pros & cons of
labeling, and how to use labels in a way that is beneficial for children with
Neurodevelopmental disorders.

GUWAHATI AWAITS YOU !!

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Attention Deficit Hyperactive Disorder Managing the 'difficult child'



Predominantly Hyperactive

Have 'excess energy'
Appear to be 'driven by motor'
Interrupt others while speaking
Don't like to sit still and work

Predominantly Inattentive

Appear inattentive
Make frequent careless mistakes
Struggle to keep on task
Appear distracted
Forgetful
Trouble following instruction
Tend to daydream



Home, I am..

- ✓ Difficulty - morning routine
- ✓ Argumentative - parents/siblings
- ✓ Difficulty to complete homework / daily chores
- ✓ Messy/disorganised rooms



School, I am..

- ✓ Difficulty remaining seated in class
- ✓ Difficulty - complete work timely
- ✓ Difficulty to organize materials
- ✓ Frequently loses things

Combined Type



Social, I am..

- ✓ Do not wait for turns; blurt out answers
- ✓ Trouble interacting with peers, pushes them; disruptive
- ✓ Difficulty in regulating behaviour while playing

You can help me-

- ☎ Consult a Developmental Pediatrician / your pediatrician immediately.
- ☎ <4 years - Behaviour therapy alone
- ☎ Medicines- are treatment of choice- Methylphenidate, Atomoxetine.
- ☎ Behaviour therapy produces results with medicines in older children;
- ☎ Behavioural regulation focusing on positive on-task behaviours; reinforce.
- ☎ Train parent- Realistic expectation; help improve attention & executive functions



Inputs from:

NDP- The Team 2023
Headed by:
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Poster Development Group:
Dr. Lal.D.V.Nair; Dr. Leena Deshpande; Dr. Lata Bhat
Design: Dr. Devika.S.Kumar, Dr. Makaranth



NOISE & YOUR CHILD'S HEARING



NOISE LEVELS



10db - Restling leaves



30db - Whisper



40db - Rain



50db - Toothbrush, Electric, Quiet School, Refrigerator



60db - Normal Conversation



70db - Vacuum cleaner, toilet flushing, alarm clock, Television



80db - Hairdryer, food mixer, coffee grinder, Telephone



90db - Welding



100db - Hand held drill



110db - Chainsaw, headphone at maximum volume



120db - Siren, Jack hammer



130db - Live rock band



140db - Jet aircraft



150db - Fire works



180db - Rocket launch, grenade

KNOW YOUR LIMITS

Maximum Time limit for daily exposure for your hearing.

130DB - <1sec/day

120db - 7 sec/day

115db - <30 sec/day

110db - <90sec/day

106db - <4 minute/day

100db - 15 minute/day (safe)

94db - 1hour/day (safe)