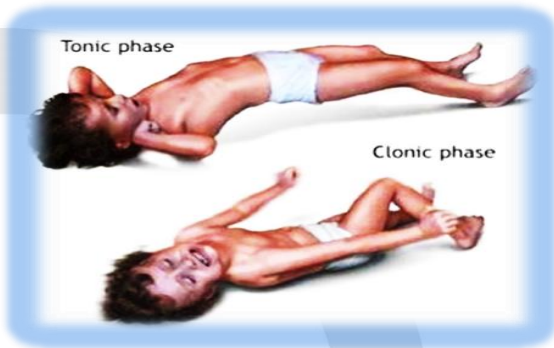


WHAT ARE FEBRILE FITS???



Febrile Fits are fits that occur in the presence of fever particularly in children between 6 months and 6 years of age.

WHAT IS A FEVER???

- ✓ Fever is defined as a body temperature of above 37.5°C when measured with a thermometer.
- ✓ Although febrile fits usually occur with higher temperatures, good fever management is key to prevent febrile fits.

HOW TO MANAGE A FEVER???

- ✓ Give fever medications as instructed by your Doctor. If using medications from the Pharmacy, please ensure you follow instructions on the bottle.
- ✓ The most widely used fever medicine is Paracetamol. It can be repeated every 4 to 6 hours as directed.
- ✓ Dress your child in light and loose clothing.
- ✓ Keep the room cool at an ambient temperature and maintain a cool environment.
- ✓ Give your child sufficient fluids such as water/soups/juices as tolerated to hydrate them.
- ✓ Sponge your child's body with lukewarm water.

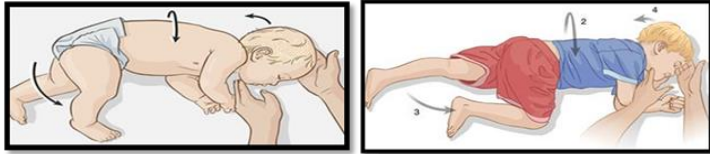
DO NOT USE COLD / ICE WATER.

INFORMATION FOR PARENTS & GUARDIANS

DO NOT SPONGE IF YOUR CHILD IS SHIVERING OR WHEN THEIR FEET AND HANDS ARE COLD WITH A BLuish TINGE

WHAT TO DO DURING FITS???

- ✓ TRY TO REMAIN CALM.
- ✓ Place your child gently on a protected surface (e.g. floor).
- ✓ Place your child on a side lying position to allow your child to breathe and not be choked on saliva.
- ✓ Ensure there are no toys or sharp objects.



- ✓ **DO NOT PLACE OBJECTS/ FINGERS into child's mouth as this may cause obstruction to breathing.**
- ✓ Call for help.
- ✓ Do not leave your child alone.
- ✓ Do not restrain your child.
- ✓ Try to keep track of how long the fits last.
- ✓ Loosen any clothing around the head and neck.
- ✓ Do not attempt to give anything to your child by mouth (e.g. milk, medication, water).

POSSIBLE HOME MEDICATIONS FOR YOUR CHILD AFTER DISCHARGE

✓ PARACETAMOL SYRUP/SUPPOSITORIES

Can be repeated every 4-6 hours as per Doctor's instruction.

✓ RECTAL DIAZEPAM (FOR FITS)

May be given to stop fits as directed by your Paediatrician.

Usually this is given as take home medication in the event your child has had more than one episode of fits, or if there is strong family history of febrile fits.

IMPORTANT NOTES

- ✓ If the fits lasted for more than 5 minutes, maintain your child in a side lying position and proceed to the nearest emergency centre (only do so if you are not alone).
- ✓ If alone, please summon for help and wait for emergency services to arrive.
- ✓ After the fits, your child will sleep or be in a drowsy state, this normally lasts for 30 minutes to 1 hour.
- ✓ Bring your child to the nearest clinic /hospital for an assessment even if the fits have stopped as the cause of the fever still needs to be determined.

INFORMATION FOR PARENTS & GUARDIANS



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Jalan Templer, 46990 Petaling Jaya
Selangor, Malaysia.

CONTACT US:
SANG KANCIL WARD
:03-78723107 / 03-78723108

MAIN LINE:
03-7872 3000
03-7680 7000

EMERGENCY LINE:
03-7872 3199
03-7680 7118
Emergency Department 24 Hours

**APPOINTMENT COUNTER
SPECIALIST SUITE (SS) :**

**03-7872 3001
03-7872 3002
03-7872 3003**

Monday-Friday : 8.30am-5:00pm
Saturday: 8.00am-1.00pm

WHAT IS GASTROENTERITIS ?



- ✓ Gastroenteritis is an infection of the bowel (intestines) that causes diarrhea and sometimes vomiting.
- ✓ It is common in infants and children, and it can be more serious in infants and children compared to adults.
- ✓ Diarrhoea and vomiting can cause loss of fluids, salts and minerals; therefore infants and children have a tendency to become dehydrated faster.

WHAT CAUSES GASTROENTERITIS?

- ✓ Most gastroenteritis is caused by viruses or bacteria that get into the intestinal tract (bowels).
- ✓ Bacteria and viruses can get into the intestinal tract when children put their hands/toys/objects contaminated with these infections into their mouths.

THE SYMPTOMS OF GASTROENTERITIS?

- ✓ Diarrhoea (frequent, loose, watery stools).
- ✓ Nausea and vomiting.
- ✓ Abdominal pain.
- ✓ Fever - may or may not be present

PREVENTIVE MEASURES

- ✓ Since it is not possible to keep a child from being exposed to the germs that cause gastroenteritis, the following preventive measures should be taken.
- ✓ Proper handwashing by the whole family is the best way to prevent the spread of disease.
- ✓ When a family member is sick, extra care should be taken to wash hands often.
- ✓ Hands should be washed briskly with soap and water for at least 40-60 seconds and dried on a clean towel.
- ✓ Toys and play areas should be disinfected regularly. Wash / disinfect toys before and after the child plays with it.
- ✓ Use separate feeding utensils.

INFORMATION FOR PARENTS & GUARDIANS

SEE YOUR DOCTOR IF :

Your child is showing symptoms of dehydration as below:-



- ✓ If diarrhoea and vomiting continue and the child refuses fluids by mouth, your child may need intravenous (I.V.) rehydration.
- ✓ An I.V. will allow special fluids to go into the child through a small vein until the child can take liquids by mouth.

WHAT CAN I DO FOR THE CHILD WITH GASTROENTERITIS?

- ✓ Treatment depends on the severity of the condition. The child's diet may not need to be changed if diarrhoea is mild.
- ✓ If your child is breastfed, continue to feed on demand.
- ✓ If your child is bottle-fed, continue feeding as usual with full strength formula.
- ✓ Older children can continue their normal diet but should avoid foods that may worsen diarrhoea such as high fat or sugary food.
- ✓ If diarrhoea continues or worsens, offer your child oral rehydration salts (ORS).
- ✓ Avoid giving only plain water. They do not replace necessary minerals lost from diarrhoea/ vomiting.
- ✓ Also avoid giving juices & carbonated drinks. They contain sugars/fats that may worsen diarrhoea/lack important minerals necessary for the infant/child who is dehydrated.
- ✓ Foods good to offer to your child are:
 - Cereals, bread, potatoes, carrots, lean meats.
 - Plain yogurt, bananas, fresh apples.
 - Avoid high fibre vegetables.
- ✓ Foods may be better tolerated in smaller and frequent feedings.
- ✓ Children may need more fluids than usual when they are vomiting or having diarrhoea.
- ✓ To get more fluids into the child, continue regular feedings while giving them oral rehydration solution (ORS) frequently between meals.

HOW CAN I TREAT NAPPY RASH CAUSED BY DIARRHOEA?

- ✓ Generally avoid diaper wipes.
- ✓ Wash hands well after each diaper change.
- ✓ Clean the diaper area gently and thoroughly with water, pat dry and apply a thick layer of zinc-based ointment after cleansing the bottom. This keeps the diarrhoea stool away from the child's skin.

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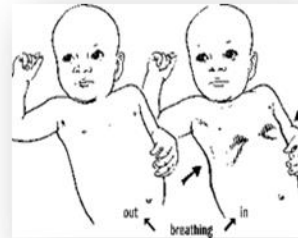
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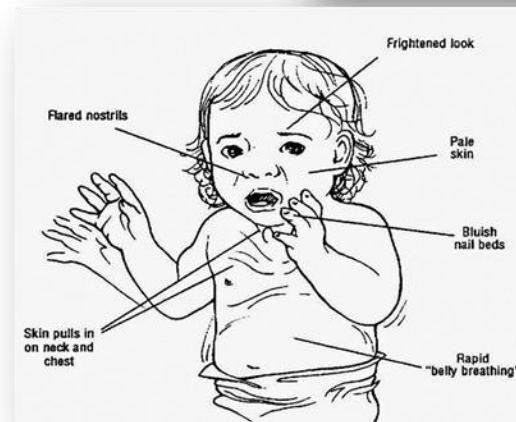
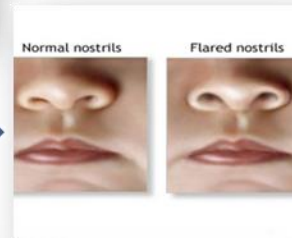
WHAT IS RESPIRATORY DISTRESS?



Indrawing of chest



Nasal flaring



Respiratory Distress

INFORMATION FOR PARENTS & GUARDIANS

WHAT ARE THE COMMON CAUSES OF RESPIRATORY DISTRESS???

1. INFECTIOUS DISEASES

mostly caused by viruses, sometimes bacteria.

Example:

- Bronchiolitis or Bronchitis (Inflammation of the airways in the lungs).
- Croup (Infection of the upper airway causing a "hoarse voice/barking cough").
- Pneumonia (Infection of the lungs).

2. NON INFECTIOUS DISEASES

Example:

- Asthma.
- Allergies (e.g.: food dyes, nuts, medicines etc).
- Triggers that may cause inflammation in the airways (e.g.: house dust, dust mites, animal dander, insects, mold, pollen etc).
- Irritants
E.g.: - Environmental temperature changes/dry air.
- Strong chemical vapours.
- Tobacco smoke.

✓ An increase in breathing rate & use of accessory muscles (chest/ abdomen) causing laboured breathing.

✓ Can progress into respiratory failure.

A life threatening condition

WHAT TO DO IF THERE ARE SIGNS OF BREATHING DIFFICULTIES/DISCOMFORT?

- 1) Seek a Doctor's opinion when the signs are mild. This is often easier to treat, and your child can recover faster.
- 2) Give your child medicine prescribed to him/her as ordered by the doctor. This may include inhalers/oral medicines to relieve chest congestion, dilute phlegm, or open the airways.
- 3) Keep your child in an upright /propped up position for comfortable breathing (this expands the lungs). Most children find cuddling over the shoulder comforting. Propping up with pillows also offers comfort.
- 4) Keep the air in the room ambient (comfortable).



IF YOUR CHILD'S CONDITION DOES NOT IMPROVE SEEK EMERGENCY TREATMENT IMMEDIATELY

TAKE HOME MEDICINE AFTER DISCHARGE

Your child might be discharged with some medicines and it may be a combination as below:

Bronchodilators

(may include Inhaled medicines*)

- ✓ To open airways and assist in clearance of mucous.

Anti - Inflammation medicine

- ✓ To reduce inflammation in the airways, a short-term course is often prescribed.



****Inhaled medicines are often prescribed with a chamber/spacer device:(as per picture above)***

This device is used to assist your child in getting the proper dosage via the inhaler as they may not be co-ordinated enough to use an inhaler effectively.

All medicines prescribed must be taken according to your Paediatrician's advice. Do not stop unless advised by your Paediatrician.

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