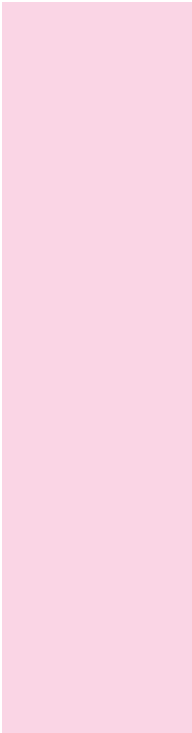


2 How to recognize common symptoms and how to treat them



Home Care Tips When There Is Fever

Keep Warm

Before the onset of a fever, the child tends to shiver (from chills).

Give him a light towel or blanket to keep warm.

Cool down

- Dress the child lightly. Give plenty of cool drinks. (Except when there is diarrhea)
- Wipe the body with a warm damp towel (As moisture evaporates it helps bring the temperature down)
- Cool by placing a cold towel compress at the nape of the neck, under the armpits, and behind the thighs (where thick blood vessels are located).

Placing a cold towel over the forehead does not bring down the temperature, but can help make the child feel better. (Take care that the cooling down is moderate)

Antipyretic Treatment

Administer the prescribed fever medication if the child's temperature rises to about 38.5 C. and he is in a bad mood. Make sure to give the correct dose and follow the required time interval.

(It is not necessary to administer fever medicine, even with a high fever, if the child looks well and feels better.)

Fluids

Be cautious, as body fluids are lost during high fever.

Give plain lukewarm water, tea, and ion drinks in small amounts several times.

Nutrition

There is loss of appetite during high fever. If the child is getting enough liquids, it is not necessary to force the child to eat.

Cleanliness

Wipe off perspiration from the body and wash both feet and buttocks.

Change clothes often. It is fine to bathe the child when the fever has subsided and the child feels better.

Can high fever cause brain damage ?

High fever that is caused by hot weather conditions such as sunstroke and heat stroke can lead to serious brain disorder. On the other hand, a rise in body temperature due to bacterial and viral infection does not have any effect on the brain. (Fever caused by encephalitis or meningitis are exceptions.)

There are cases when high fever can lead to febrile convulsion or dehydration from lack of fluid intake. Also, take extra precaution as high temperature can prolong or worsen the illness that is causing the fever.

Febrile Convulsion

What is it?

A febrile convulsion is a seizure that occurs when a child has a high fever. The child's lips and skin color suddenly turn blue, the eyes roll upwards, the arms and legs stiffen, and the whole body twitches uncontrollably. The child then loses consciousness.

This is common among children ranging in age from 6 months to 3 years, a period when the child's brain is not yet fully developed. Seizures rarely occur in children over 6 years old.

Febrile seizures may occur only once to some children and may recur in others, but they cause no long-term problems.

Treatment

Attacks of febrile seizures usually subside by the time the child reaches the hospital. However, the child will still be given a shot of anticonvulsant, and may be given oxygen if the seizure persists.

Prolonged seizures may require hospitalization.

The child can be nursed at home once the seizure subsides.

Anticonvulsant : An anti-convulsion suppository is prescribed

Fever medicine : Use a fever medicine if the fever persists even

if cold compresses have already been placed under the arms, on the legs, and at the nape.

A cold medicine may also be prescribed.

Home Care

① Loosen the child's clothing and place him on a flat surface.

If the child starts to vomit, place the child's head to one side to prevent choking

② Measure the length of the seizure(s).

③ Take his temperature.

Parents normally panic the first time their child experiences a febrile seizure.

Calling out the child's name or shaking his body will result in a prolonged seizure.

Do not put objects (finger, a towel or chopsticks) into the child's mouth as it could cause an injury.

Precaution

The seizure usually subsides in 5-6 minutes and the child recovers.

However, bring the child to the hospital immediately if,

① The febrile seizure lasts longer than 10 minutes.

② The child has recurrent seizures.

③ The child is pale and drowsy or unconscious even once the convulsion has stopped.

Runny Nose · Congested Nose

As a baby's nose is very sensitive, dry air or a sudden drop in temperature may trigger a runny or congested nose. If this condition gets worse, the infant will not be able to breathe while feeding and may not be able to drink sufficient milk, may have trouble getting sleep, and will become irritable.

Treatment

Medication : Antihistamines/decongestants, and antibiotics are prescribed.

Nasal Drops : Prescribed for severe nasal congestion

Suctioning : A bulb type suctioning tool is used to remove mucus

Home Care

< Runny Nose >

- ① Use gauze to wipe the nose. Frequent use of tissues may chap and hurt the nose.
If this happens, dab on some baby oil to prevent the skin from getting dry.
- ② Over-the-counter suctioning tools : Be careful when using bulb suction as they may hurt the mucous membrane.
- ③ The easiest and safest way to clear a runny nose is for the mother to suck the child's nose.
- ④ If the child is 2-3 years old, mothers should teach the child how to blow his nose one nostril at a time.

< Nasal Congestion >

- ① Remove mucus and clean dirt from the nose using some absorbent cotton.
 - ② Sneezing helps clear congestion. Twist tissue to make a string and tickle the nose to make him sneeze.
 - ③ Wiping the child's face with a warm towel will also help relieve congestion.
 - ④ Use a humidifier to increase air moisture or hang some wet towels in the room
- Feeding : If the infant has difficulty drinking, divide the usual amount of milk the child would take in a day into smaller portions and feed several times.
- Sleep : The child will be more comfortable laying on his side with his head propped up slightly. Use a rolled up bath towel to keep him in position. This sleeping position is helpful for opening blocked nasal passages.

Mucus

Watery mucus

Mostly due to a slight cold, hay fever, irritation from dry air, or low room temperature.

Yellowish or greenish mucus

This is caused by the presence of a bacterial infection which leads to infection of the middle ear or sinusitis.

Coughs

A cough virus or dust, when inhaled, sticks to the bronchial mucous membranes and produces thick mucous secretions that accumulate in the throat or bronchi. This thick mucus (phlegm) is expelled through coughing. A cough is one of the body's natural defense mechanisms for clearing the airways of viruses and other foreign objects.

Medication

There is no need to treat an ordinary cough. However, a persistent cough can result in sleepless nights, exhaustion, chest pains and vomiting. Below are some prescribed medications for a problematic cough:

- ① Cough-suppressant drugs to reduce the cough reflex.
- ② Expectorants to loosen phlegm
- ③ Decongestants to relax air passageways



Home Care

- ① Increase the air moisture in the room.

Dry air worsens coughs and thickens the mucus (phlegm).

Use a humidifier or hang wet clothes to increase moisture inside the room.

- ② Always keep the air in the room clean.

Cigarette smoke and dusts pollute the air and cause coughs. Open windows from time to time to let in clean air.

- ③ Prop the child up straight when bouts of coughing occur.

During bouts of coughing, hold the child in an upright position or have his head propped a little to give him some comfort and ease his condition. Gently patting on the back also helps.

- ④ Give liquids in small amounts several times.

Give lots of sips of liquids when the child calms down as this thins out the mucus.

Giving tea or ion supply drinks is also good, however it is best to avoid giving cold drinks and fruit juices like orange juice as they enhance coughing.

- ⑤ Give a diet of soft foods that are easy to swallow.

Bread, crackers or biscuits are dry and hurt the throat.

Soup or noodles are soft and easy to swallow, and they are also a good liquid supplement.

The mucous membranes of infants are so sensitive that even a slight change in temperature can trigger a cough. There is nothing to worry about if the child looks well. However, proper medical attention should be sought if a persistent cough causes the child to turn pale, causes difficulty in sleeping or induces vomiting every time he coughs.

Diarrhea

Diarrhea is the result of the rapid transit of bowel contents so that there is insufficient time for re-absorption of water to firm up the stools. As a result, stools are loose compared to normal, and they vary from loosely formed to watery depending on the degree of the onset of diarrhea.

There are several causes of diarrhea. The most common cause is a viral infection during bouts of colds. Other possible causes are bacterial infection from food poisoning, drug-induced, or food related. etc.

Dehydration

With bouts of diarrhea, dehydration is a serious concern as the body loses fluids rapidly. In most cases of dehydration, the body becomes weak and cannot function well from the excessive loss of fluid and electrolytes. Dehydration should be suspected when there is decreased urine output, when the skin lacks its normal elasticity, or when the patient is pale and suddenly becomes listless. Parents should watch for fever or vomiting, as these are signs of severe dehydration.

Treatment and Home care

Meals : Supplying plenty of fluids is most important when treating diarrhea.

Do not force feed if the child does not want to eat.

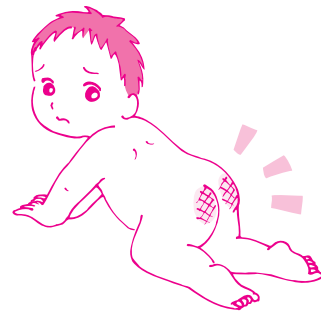
Oral Medication : Anti-indigestion or anti-diarrhea medicines are prescribed.

Antibiotics are necessary if diarrhea is caused by bacterial infection.

Intravenous Therapy : This may be necessary for those who cannot take sufficient fluids and for those with severe dehydration.

Bath : Give a bath if there is no fever and the child feels better.

Wash only the buttocks if there is fever.



Feeding Infants with Diarrhea

Breastfed Infants

- Continue breastfeeding
Shorten time interval to increase frequency of breastfeeding.
- Supply extra drinks to replace liquids lost such as warm water, tea, ion drinks for infants (lukewarm), and diluted fruit juices.
(Avoid orange or other citrus fruit juices)

Formula-fed Infants

- For mild diarrhea, dilute formula to 2/3 of the full strength. For acute diarrhea, go with formula diluted to 1/2, increase frequency of feeding by gradually shortening the interval between feeds.
- For acute and chronic diarrhea, change to lactose or non-lactose type of formula milk recommended for infants suffering from diarrhea.
- Supply extra drinks, such as warm water, tea, ion drinks for infants, and diluted fruit juices to replace liquids lost.
(Avoid orange or other citrus fruit juices)
- Feed full strength milk formula gradually once condition improves.

Weaning food

① Mild diarrhea

Continue weaning but avoid the foods listed below.

If diarrhea continues, go back to the first stage of weaning and feed the child with food he has already had before and do not introduce new solids.

The following foods should be avoided as they will only stimulate the intestine and worsen the condition.

- ★ Oily foods : potato chips, fried food, butter and so on.
- ★ Starchy foods : sweet potato, gobo (burdock), renkon (lotus root), soybeans, oranges and other citrus fruits, seaweeds and the like
- ★ Cold foods : juice, ice cream, milk and the like
- ★ Sweets : cake, sponge cake, pudding and such.

② Severe Diarrhea

Stop weaning for a while to rest the intestine but make sure the child is taking in enough liquid. During acute phases of diarrhea the body loses a lot of liquids, so replace lost fluids by giving the child frequent small sips of drinks.

Breast milk, diluted milk formula, diarrhea treatment milk, ion supply drinks for children (lukewarm), warm water, tea, vegetable soup, carrot soup (no solid), miso soup (top clear layer), apple juice, etc.

③ When diarrhea subsides

Start giving solids like when weaning the first time. Give rice porridge in small portions each time. Check stool condition and increase feeding gradually to return to normal feeding as the condition improves.

Rice or bread porridge, tofu, soft noodles, mashed potato, shredded apple, banana, carrot or squash (peeled), simmered fish and so on.

Feeding Babies with Diarrhea

For Acute Diarrhea

- Give enough clear drinks to replace liquids lost during diarrhea.

Ion drinks for children (lukewarm), lukewarm water, bancha, barley tea, vegetable soup, carrot soup (without solids), diluted miso soup, juice from shredded apple and the like.

- Never force a child to take food when he has no appetite. Feed in small amounts and give the intestine time to rest.

When diarrhea subsides

- ① Reduce the amount of each serving and feed small amounts at a time (4-6 feedings) to lighten the burden of the stomach.
- ② Observe the stools while feeding, and choose foods which are easy to digest and light on the stomach.

- Rice porridge, bread porridge, soft noodles, rice gruel, mashed potatoes and the like.
- Boiled apples, banana, boiled and mashed carrots or squash (peeled) and so on.
- Tofu, soymilk (lukewarm), simmered white meat of fish, boiled eggs (start with the yolk of the egg then the egg white) etc.

(Follow the order of rice grains → vegetables → tofu • fish • egg)

Sample Menu ① Two color mixture

Apple	40g
Carrot	10g

Boil and mash carrots. Then add shredded apple.

Sample Menu ② Soft boiled noodles

Boiled noodles	70g
Spinach (leafy part)	10g
Dashi soup	100cc

Add a small amount of soy sauce in dashi soup, and then add the noodles and spinach.

Avoid the following foods (These foods irritate the stomach and only worsen the condition.)

- ★ Fatty foods : potato chips, fried foods, butter, etc.
- ★ Fibrous foods : sweet potato, gobo (burdock), renkon (lotus root), soybeans, oranges and other citrus fruits, seaweeds and the like.
- ★ Cold drinks : juice, ice cream, milk and so on.
- ★ Sweets : cake, sponge cake, pudding and the like.

How to Care for Patients who are Vomiting

- In cases of severe vomiting, wait for a few minutes for the nausea to subside.
- When the patient stops vomiting, start giving small sips of fluids first.
Lukewarm water, bancha or ion supply drinks are preferred.
For juices, give apple juice (orange juice induces vomiting)
Cold milk, yogurt and other dairy products should be avoided.
- Continue giving fluids, even if vomiting recurs, as not all that is taken in is expelled.
Do this several times to prevent dehydration.
- However, if the child turns pale and vomiting continues, even when there is no liquid intake, a direct supply of liquid by an intravenous drip and treatment of nausea may become necessary.
- Introduce a solid diet gradually once the vomiting has stopped and the child has begun to take in liquids.

Vomiting is a sign of many illnesses. Always call the doctor if you have any concerns. If vomiting occurs after a consultation, it is important to have a follow-up visit.

Avoid giving the following foods:

- ★ Cold drinks : carbonated drinks, milk and the like.
- ★ Greasy foods : deep fried foods, butter, meat or fish with too much oil.
- ★ Fibrous foods : sweet potato, burdock, soybeans, oranges and other citrus fruits, and seaweeds.
- ★ Sweets : Cakes, chocolates, pastries, sweetened bun (red beans, cream), etc.

Bath

Do not give a bath if vomiting is recurrent.

It is alright to give a bath when the condition improves, even if the child still has diarrhea or a stomachache.



Constipation

A child can get constipated as solid foods are introduced. The stools are hard causing discomfort during bowel movements and a painful tear may sometimes appear around the anus. If this condition continues it may get worse as the child may tend to hold back his stools to avoid the pain. Parents should find a way to treat constipation at once.

Treatment

① Cotton Bud Enema

Dampen a cotton bud with olive oil and insert about 1 cm. of the bud into the anus to stimulate bowel movement.

② Suppository

This creates a gas which expands when inserted in the anus and stimulates bowel movement.

③ Glycerin enema

When a cotton bud enema doesn't seem to be effective, insert glycerin into the anus to stimulate bowel movement. Ichijiku enema® is also available as a home remedy.

④ Pulling the stool out

Hard stools are sometimes stuck at the mouth of the anus. Remove it with your fingers.

⑤ Oral Medication (Cathartic) Oral medication varies with the type of constipation.

Malt extract® : A maltose concentrate that is like a candy that dissolves in the intestine to stimulate it to function.

Laxobelon® : Directly stimulates and prompts the intestinal function.

Magnesium Oxide : Adds bulk and fluids in the stool, retards absorption of water in the intestine, and softens the stools.

Home Care

① Maintain regular habits (Early to bed and early to rise, regular meal times)

② Give abdominal massage in clockwise motion as in writing the Japanese letter "no" (の).

③ Modify the diet and liquid intake

④ Maintain a balanced diet consisting of rice grain, soybeans, fish, meat, vegetables and fruits as weaning progresses.

⑤ Adjust the amount of food according to the child's age. Below are some recommended foods to help ease constipation.

● Foods high in fiber content (They add bulk to the stools, stimulate the intestines to contract and help ease bowel movements.)

- Cereals Oatmeal and the like

- Starchy foods Sweet potatoes, etc.

- Fruits Prune juice, prunes, oranges and other citrus fruits, raisins, and so on.

- Vegetables green leafy vegetables (komatsuna), carrots, radish, cabbage, Chinese cabbage, spinach, and the like.

- Soybeans tofu, mashed beans, tofu residue meals

- Seaweeds wakame, hijiki (a kind of algae), etc.

● Dairy products (Stool softener) yogurt, and such.

● Oil and fats (Help improve stool consistency) butter, margarine, vegetable oils, ground sesame seeds

Managing Head Injuries

It is a good sign if a small child cries immediately after bumping his head, calms down shortly, and regains his mood after having milk or a snack. Once the child appears calm, the next thing to do is to check for an injury. There have been cases when a child seems well after a bump but gradually loses vigor. Following any head injury, observe the child carefully, check his hand and leg movements, his mood and the amount of food he takes.

◎ Seek medical help at once if,

- ① The child loses consciousness, or does not respond when his name is called.
- ② A seizure occurs after the injury
- ③ There is nausea and vomiting
- ④ The face is pale and he looks unwell
- ⑤ There is a large bruise. Bleeding doesn't seem to stop
- ⑥ There is a visible dent at the injury site. (a sign of possible brain damage)
- ⑦ Blood or a clear liquid oozes from the ears or nose
(a skull fracture may have occurred)



Do not shake or move the child's head until you reach the hospital. If there is bleeding, place a clean towel over the injury.

Home Care

Bath : It is advisable not to bathe the child on the day of the injury.

Play : Keep the child calm for 2-3 days.

Precautions

Even if no injury was diagnosed after the medical examination, make sure to keep the child calm and observe his movements carefully for a few more days. There have been cases of internal bleeding that progress unnoticed over days with symptoms gradually worsening. The slightest unusual behavior may be an indicator that prompt medical attention is required.

Accidental Ingestion of Cigarettes

Most cases of nicotine poisoning accidents, which happen most often to children between 0-2 years of age, are usually due to parental negligence.

When cigarettes are accidentally swallowed, the nicotine content is not readily absorbed in the stomach. However, since cigarettes are water soluble, they are potentially toxic and hazardous when swallowed and absorbed in the body.

Time of Ingestion & Amount Ingested

Confirm whether the cigarette was actually ingested. Call your pediatrician and seek medical assistance immediately regardless of the number of cigarettes or amount of tobacco ingested.



- * Swallowing a cigarette more than 2cm long ···· potentially toxic
- * Drinking a cigarette dissolved in water ···· potentially toxic

Symptoms

- Paleness and spontaneous vomiting.
- In severe cases, lethargy, convulsions, unresponsive when name is called.

Home Care

Try to induce vomiting, but do not give the child any liquids to ingest as this will speed up the absorption of the toxin.

Treatment

Administer a stomach pump (This is done by inserting a tube into the stomach. Pour in water to help expel the cigarette. This procedure however, needs expert handling.)

Secondhand smoke is hazardous to health

The nose, throat and lungs of infants are very sensitive. Cigarette smoke stimulates the mucous membrane and triggers coughing, which may cause the child to become asthmatic or acquire allergies.

It is best that parents stop smoking when they have children at home.