جامعة الفرات الاوسط التقنية /المعهد التقني سماوة

قسم تقنيات التمريض

المحاضرة الرابعة عشر+الخامسة عشر

اسم المادة / أطفال

المرحلة الدراسية / الثانية

العام الدراسي / 2022 -2023

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Rickets

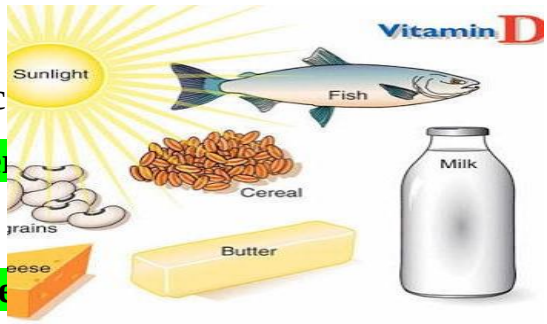
Rickets(Vitamin D Deficienc)

- A disease of children because of a defect in the **deposition of bone minerals such as calcium and phosphorus** during the growth phase, and as a result the bones become easy to break with curves and abnormalities.

- is a childhood bone disorder in which bones soften and become prone to fractures.

Natural sourc

from choleste



Food sources is **milk** and products like **milk, chee**

also in eggs and **fish oil**, **liver**.

Cause of rickets:

1. Lack of vitamin D.
2. Lack of exposure to sunlight .
3. Lack of foods that contain this vitamin intake.
4. Persons with dark skin to vitamin D deficiency
5. Vomiting and Diarrhea .
6. childhood kidney and liver diseases can cause rickets
7. Digestive disorder

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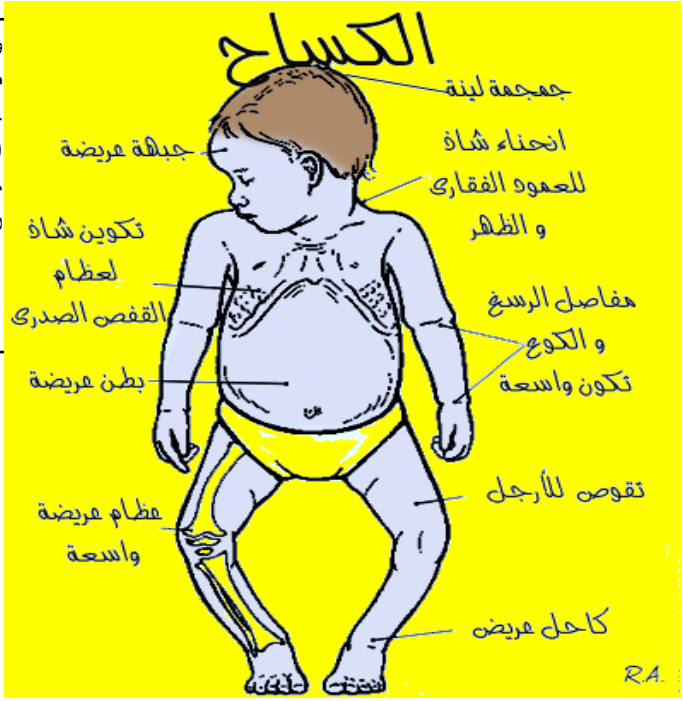


Symptoms of rickets

- Baby is *floppy*
- Bone pain, Bone tenderness ,Bones break easily, Soft skull

- Low calcium blood levels (**hypocalcemia**)
- The child's physical growth (height, weight) may be affected
- There may be spinal, pelvic deformities
- bowed legs تقوس الساقين
- Uncontrolled muscle spasms, which may affect the entire body (tetany)
- Widening wrists.

prevention

1. Exposure to direct sunlight at frequent
2. Balanced healthy diet that contains of vitamin **D**.
3. Taking vitamins and proper food by women during pregnancy to prevent the occurrence of the disease among newborn period.
4. the child is dependent on breastfeeding should add vitamins directed by a physician, especially for mothers who suffer from a lack of calcium salts or vitamin D.
5. Health follow-up continued at the discovery of the disease or its causes to prevent complications of the disease or other causes of complications of the disease.

Kwashiorkor and Marasmus (PEM)

Kwashiorkor and **Marasmus** are type .

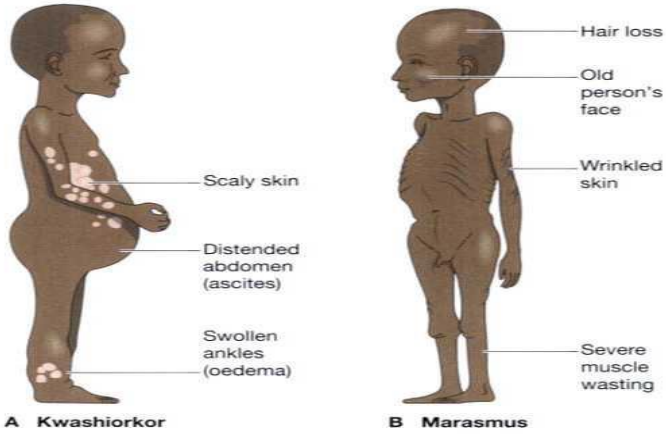
-Undernutrition can occur for :

- Food resources may be unavailable
- May have a condition that makes it **difficult to eat**
- **Difficult to absorb nutrition**
- **difficult** prepare food.
- Drinking too much alcohol can also lead to undernutrition.

The symptoms of undernutrition include:

1. fatigue **2.**difficulty staying warm **3.** lower body temperature **4.**diarrhea **5.** Loss of appetite **6.**irritability **7.**weakness slower breathing **8.**dry skin **9.**hair loss

Marasmus: is a form of severe malnutrition characterized by **energy deficiency**



Kwashiorkor occurs in people who have **a severe protein deficiency**.

The symptoms of kwashiorkor include:

1. Edema,
2. Bulging of the abdomen
3. An inability to grow or gain weight

Causes of Marasmus and kwashiorkor

The main cause of both of these conditions is **a lack of access to food**. Some things that may affect a person's access to food include:

- famineمجاعة
- a caregiver's inability to get food due to lack of transportation or a physical inability
عدم قدرة مقدمي الرعاية على الحصول على الغذاء بسبب نقص وسائل النقل أو عدم القدرة المادية
- living in povertyالذين يعيشون في الفقر

Other things that may lead to these conditions include:

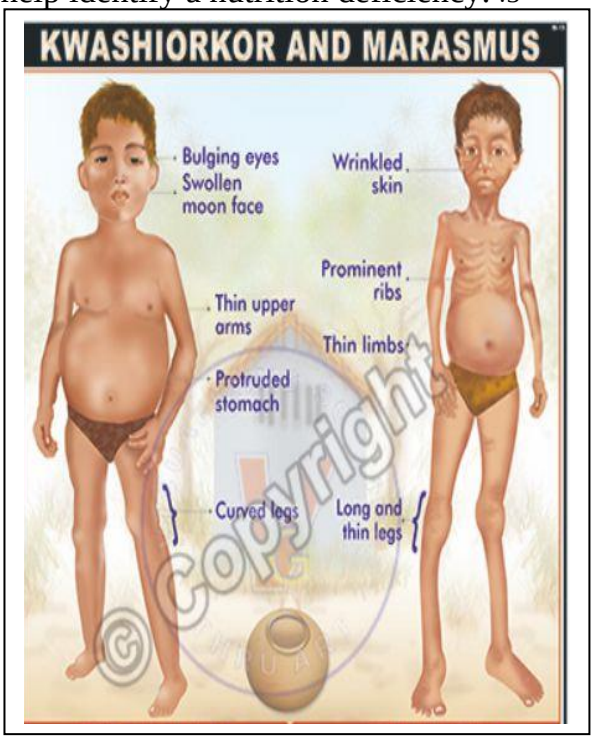
- Having an eating disorder
- Taking medication
- Having a medical condition that increases body's need for calories

Diagnosis

1. Physical symptoms. (access to food, any history of eating disorders, and medications taking. They may also ask about current mental state or mood.
2. Stool sample to rule out other issues related to diarrhea if diarrhea is a symptom. doctor
3. Urine or blood to help identify a nutrition deficiency.

Comparison of the features of kwashiorkor and marasmus

Feature	Kwashiorkor	Marasmus
Growth failure	Present	Present
Wasting	Present	Present, marked
Edema	Present (sometimes mild)	Absent
Hair changes	Common	Less common
Mental changes	Very common	Uncommon
Dermatosis, flaky-paint	Common	Does not occur
Appetite	Poor	Good
Anemia	Severe (sometimes)	Present, less severe
Subcutaneous fat	Reduced but present	Absent
Face	May be edematous	Drawn in, monkey-like
Fatty infiltration of liver	Present	Absent



Treatment : Both conditions are treatable by slowly

1. Increasing calorie intake through several, small meals...
2. liquid protein supplements if have problems digesting food
3. Multivitamin supplements and may prescribe medications to improve appetite..
4. If symptoms are severe, hospitalization may be necessary..
5. Skim milk powder
6. Vegetable oil
7. Treatment with antibiotics or other medications is standard.
8. Treating infections..