

## Template for Course Plan (Pediatric)

### **I. Course Description:**

A course in pediatrics is designed to equip medical students, residents, or practicing physicians with the knowledge and skills necessary to care for children and adolescents. Below is a general overview of the specifications for a pediatrics course, which can vary depending on the institution or educational program.

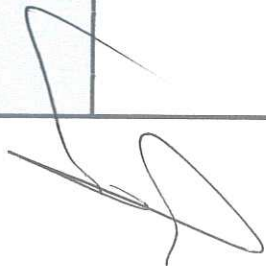
<b>I. Course content:</b>				
<b>A – Theoretical Aspect:</b>				
<b>Order</b>		<b>Sub Topics List/ weekly</b>	<b>Number of Weeks</b>	<b>Contact hours</b>
1	1. <b>Introduction to Pediatrics</b>	<ul style="list-style-type: none"> <li>• Overview of pediatrics as a medical discipline.</li> <li>• Historical development and the role of a pediatrician.</li> </ul>	1	2
2	<b>Normal Growth and Development</b>	<ul style="list-style-type: none"> <li>□ <b>Physical Growth: Milestones of physical growth from infancy to adolescence, including height, weight, and head circumference measurements.</b></li> <li>□ <b>Cognitive Development: Stages of cognitive development (Piaget's stages).</b></li> <li>□ <b>Motor Development: Milestones such as crawling, walking, fine and gross motor skills.</b></li> <li>□ <b>Social and Emotional Development: Attachment, social interaction, and emotional regulation.</b> <ul style="list-style-type: none"> <li>□ <b>Developmental Screening: Tools and techniques for screening normal and delayed development</b></li> </ul> </li> </ul>	1	2
	3. <b>Neonatology</b>	<ul style="list-style-type: none"> <li>• <b>Normal Neonatal Transition: Physiology of birth and adaptation to extra-uterine life.</b></li> </ul>	1	2

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	<p>4. Pediatric Nutrition</p>	<ul style="list-style-type: none"> <li>• <b>Neonatal Resuscitation:</b> Guidelines for resuscitation of newborns at delivery (including APGAR score).</li> <li>• <b>Premature and Low Birth Weight Infants:</b> Special care, respiratory distress syndrome, and feeding issues.</li> <li>• <b>Common Neonatal Conditions:</b> <ul style="list-style-type: none"> <li>▪ Neonatal jaundice.</li> <li>▪ Hypoglycemia in newborns.</li> <li>▪ Congenital anomalies (e.g., cleft palate, congenital heart disease).</li> <li>▪ Neonatal infections (sepsis, TORCH infections).</li> <li>▪</li> </ul> </li> </ul>		
		<ul style="list-style-type: none"> <li>• <b>Breastfeeding:</b> Benefits, techniques, and common breastfeeding challenges.</li> <li>• <b>Formula Feeding:</b> Indications, types, and potential complications.</li> <li>• <b>Introduction of Solid Foods:</b> Guidelines and timing for starting solids.</li> <li>• <b>Nutritional Disorders:</b> <ul style="list-style-type: none"> <li>○ Malnutrition (Kwashiorkor, Marasmus).</li> <li>○ Vitamin and mineral deficiencies (e.g., iron-deficiency anemia, rickets).</li> <li>○ Obesity: Causes, prevention, and management</li> <li>▪</li> </ul> </li> </ul>	1	2
	<p>5. Immunization and Preventive Pediatrics</p>	<ul style="list-style-type: none"> <li>• <b>Vaccination Schedule:</b> National immunization schedules (e.g., DTP, MMR, polio).</li> <li>• <b>Vaccine-Preventable Diseases:</b> Measles, mumps, rubella, diphtheria, tetanus, pertussis, and polio.</li> <li>• <b>Preventive Health:</b> Routine</li> </ul>	2	4

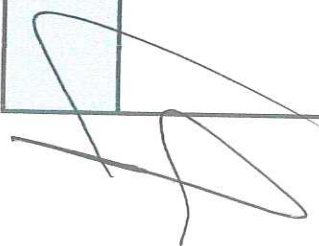
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	<ul style="list-style-type: none"> <li>▪ 6. Common Pediatric Diseases and Conditions</li> </ul>	screening (hearing, vision, dental care). <ul style="list-style-type: none"> <li>• <b>Anticipatory Guidance:</b> Educating parents about safety (car seats, choking hazards, lead exposure), healthy eating, sleep, and childproofing</li> </ul>	1	2
		Midterm exam	4	8
		<ul style="list-style-type: none"> <li>▪ a. Infectious Diseases</li> <li>▪ Respiratory Infections:                             <ul style="list-style-type: none"> <li>▪ Bronchiolitis, pneumonia, croup, influenza.</li> <li>▪ Gastrointestinal Infections: Diarrhea (rotavirus, bacterial causes), dehydration.</li> <li>▪ Skin Infections: Impetigo, scabies, tinea.</li> <li>▪ Systemic Infections: Meningitis, septicemia, Kawasaki disease.</li> </ul> </li> <li>▪ b. Respiratory Diseases</li> <li>▪ Asthma: Pathophysiology, diagnosis, and management.</li> <li>▪ Cystic Fibrosis: Genetic basis,</li> </ul>	1	2



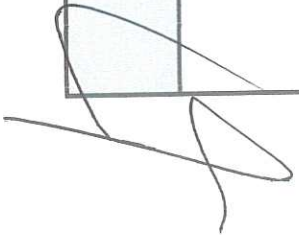
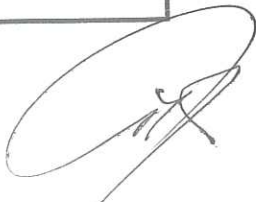

clinical features, and treatment.

- Chronic Respiratory Conditions: Management of recurrent wheezing and bronchitis.
- c. Gastrointestinal Disorders
- Constipation and Encopresis.
- Gastroesophageal Reflux Disease (GERD) in infants.
- Malabsorption Syndromes: Celiac disease, lactose intolerance.
- Hirschsprung's Disease and other congenital GI conditions.
- d. Cardiovascular Disorders
- Congenital Heart Diseases: Ventricular septal defect (VSD), atrial septal defect (ASD), Tetralogy of Fallot.
- Heart Murmurs: Evaluation and diagnosis.
- Pediatric Hypertension: Diagnosis and management.
- e. Neurological Disorders
- Seizures and Epilepsy: Causes, diagnosis, and management.
- Cerebral Palsy: Diagnosis, types, and management.
- Developmental Delay and Intellectual Disabilities.
- Neurodevelopmental Disorders: Autism spectrum disorder (ASD), ADHD.
- f. Endocrine and Metabolic Disorders
- Diabetes Mellitus (Type 1): Diagnosis and management in children.
- Growth Disorders: Short stature, growth hormone deficiency.
- Thyroid Disorders: Hypothyroidism and hyperthyroidism.

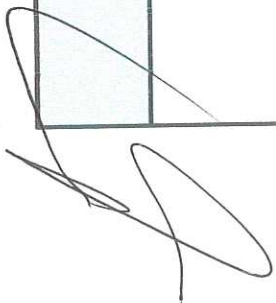
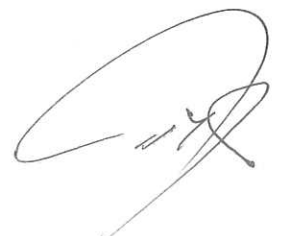


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<p><b>7. Pediatric Emergency Care</b></p>	<ul style="list-style-type: none"> <li>▪ Adrenal Disorders: Congenital adrenal hyperplasia, Addison's disease. Hematology and Oncology</li> <li>▪ Anemia: Iron deficiency anemia, sickle cell anemia, thalassemia.</li> <li>▪ Pediatric Cancers: Leukemia, neuroblastoma, Wilms' tumor.</li> <li>▪ Bleeding Disorders: Hemophilia, von Willebrand disease.</li> <li>▪ h. Rheumatology and Immunology</li> <li>▪ Juvenile Idiopathic Arthritis (JIA): Presentation and management.</li> <li>▪ Systemic Lupus Erythematosus (SLE) in children.</li> <li>▪ Primary Immunodeficiencies: Clinical features and management</li> <li>▪</li> <li>▪</li> </ul>		
<p><b>8. Pediatric Behavioral and Mental Health</b></p>	<ul style="list-style-type: none"> <li>• <b>Pediatric Advanced Life Support (PALS):</b> Resuscitation and stabilization.</li> <li>• <b>Common Pediatric Emergencies:</b> <ul style="list-style-type: none"> <li>○ Febrile seizures.</li> <li>○ Acute asthma exacerbation.</li> <li>○ Dehydration and electrolyte imbalance.</li> <li>○ Trauma (head injuries, fractures).</li> </ul> </li> <li>• <b>Poisoning and Ingestions:</b> Recognition and management of toxic exposures</li> <li>▪</li> </ul>		
<p>9. Adolescent Medicine Puberty and Growth Spurts</p>	<ul style="list-style-type: none"> <li>• <b>Developmental Disorders:</b> Autism spectrum disorders (ASD), intellectual disabilities.</li> <li>• <b>Behavioral Issues:</b> ADHD, oppositional defiant disorder (ODD), conduct disorder.</li> <li>• <b>Childhood Anxiety and Depression:</b> Diagnosis and</li> </ul>		

	<p><b>10. Pediatric Subspecialties (Optional for Advanced Training)</b></p>	<p>therapeutic interventions.</p> <ul style="list-style-type: none"> <li>• <b>Eating Disorders:</b> Anorexia nervosa, bulimia in adolescents.</li> <li>• <b>Adolescent Mental Health:</b> Addressing issues like self-harm, suicide, and substance abuse</li> </ul>		
	<p><b>11. Pediatric Ethics and Advocacy Ethical Dilemmas in Pediatrics:</b></p>	<ul style="list-style-type: none"> <li>▪ : Normal puberty, precocious puberty, delayed puberty.</li> <li>▪ <b>Menstrual Disorders:</b> Dysmenorrhea, amenorrhea.</li> <li>▪ <b>Adolescent Sexual Health:</b> Contraception, sexually transmitted infections (STIs), and counseling.</li> <li>▪ <b>Psychosocial Issues in Adolescents:</b> Identity formation, peer pressure, body image issues.</li> </ul>		
		<ul style="list-style-type: none"> <li>• <b>Pediatric Cardiology:</b> Advanced understanding of congenital and acquired heart disease.</li> <li>• <b>Pediatric Neurology:</b> Detailed exploration of neurological conditions in children.</li> <li>• <b>Pediatric Nephrology:</b> Renal diseases and their management (e.g., nephrotic syndrome, acute kidney injury).</li> <li>• <b>Neonatology:</b> Intensive care for premature and critically ill newborns.</li> </ul>		

		<ul style="list-style-type: none"> <li>▪ End-of-life care, decision-making in minors, and consent issues.</li> <li>▪ Child Protection: Recognizing and managing cases of child abuse and neglect.</li> <li>▪ Advocacy for Child Health: Promoting policies that improve child health outcomes and addressing social determinants of health</li> <li>▪</li> </ul>		
4		<ul style="list-style-type: none"> <li>▪</li> </ul>	3	6
		<ul style="list-style-type: none"> <li>▪ Final exam</li> </ul>	1	2
<b>Number of Weeks /and contacts Hour Per Semester</b>			16	32

<b>B. Case Studies and Practical Aspect:</b>			
<b>No.</b>	<b>Sub Topics List</b>	<b>Number of Weeks</b>	<b>Contact Hours</b>
1	Pediatric Nursing, growth & development, Nutrition and Child Psychology	2	6
2	Nursing Management of Premature baby, Genetic Disorders and immunization	4	12
3	Nursing Management of Children with Medical Disorders	3	6
4	Pediatric Surgery and Child health emergencies	4	8
<b>Number of Weeks /and Units Per Semester</b>		16	32

