

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.

I. Course content:

A – Theoretical Aspect:

Order		Sub Topics List/ weekly	Number of Weeks	Contact hours
1	1. Introduction to Pediatrics	• Overview of pediatrics as a medical discipline. • Historical development and the role of a pediatrician.	1	2
2	Normal Growth and Development	□ Physical Growth: Milestones of physical growth from infancy to adolescence, including height, weight, and head circumference measurements. □ Cognitive Development: Stages of cognitive development (Piaget's stages). □ Motor Development: Milestones such as crawling, walking, fine and gross motor skills. □ Social and Emotional Development: Attachment, social interaction, and emotional regulation. □ Developmental Screening: Tools and techniques for screening normal and delayed development	1	2
	3. Neonatology	• Normal Neonatal Transition: Physiology of birth and adaptation to extra-uterine life.	1	2

	4. Pediatric Nutrition	• Neonatal Resuscitation: Guidelines for resuscitation of newborns at delivery (including APGAR score). • Premature and Low Birth Weight Infants: Special care, respiratory distress syndrome, and feeding issues. • Common Neonatal Conditions: ▪ Neonatal jaundice. ▪ Hypoglycemia in newborns. ▪ Congenital anomalies (e.g., cleft palate, congenital heart disease). ▪ Neonatal infections (sepsis, TORCH infections). ▪		
		• Breastfeeding: Benefits, techniques, and common breastfeeding challenges. • Formula Feeding: Indications, types, and potential complications. • Introduction of Solid Foods: Guidelines and timing for starting solids. • Nutritional Disorders: ○ Malnutrition (Kwashiorkor, Marasmus). ○ Vitamin and mineral deficiencies (e.g., iron-deficiency anemia, rickets). ○ Obesity: Causes, prevention, and management ▪	1	2
	5. Immunization and Preventive Pediatrics	• Vaccination Schedule: National immunization schedules (e.g., DTP, MMR, polio). • Vaccine-Preventable Diseases: Measles, mumps, rubella, diphtheria, tetanus, pertussis, and polio. • Preventive Health: Routine	2	4

	6. Common Pediatric Diseases and Conditions	screening (hearing, vision, dental care). • Anticipatory Guidance: Educating parents about safety (car seats, choking hazards, lead exposure), healthy eating, sleep, and childproofing ▪	1	2
			4	8
		Midterm exam	1	2
		▪ a. Infectious Diseases ▪ Respiratory Infections: ▪ Bronchiolitis, pneumonia, croup, influenza. ▪ Gastrointestinal Infections: Diarrhea (rotavirus, bacterial causes), dehydration. ▪ Skin Infections: Impetigo, scabies, tinea. ▪ Systemic Infections: Meningitis, septicemia, Kawasaki disease. ▪ b. Respiratory Diseases ▪ Asthma: Pathophysiology, diagnosis, and management. ▪ Cystic Fibrosis: Genetic basis,		

		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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	7. Pediatric Emergency Care	- Adrenal Disorders: Congenital adrenal hyperplasia, Addison's disease. - Hematology and Oncology - Anemia: Iron deficiency anemia, sickle cell anemia, thalassemia. - Pediatric Cancers: Leukemia, neuroblastoma, Wilms' tumor. - Bleeding Disorders: Hemophilia, von Willebrand disease. h. Rheumatology and Immunology - Juvenile Idiopathic Arthritis (JIA): Presentation and management. - Systemic Lupus Erythematosus (SLE) in children. - Primary Immunodeficiencies: Clinical features and management		
	8. Pediatric Behavioral and Mental Health	Pediatric Advanced Life Support (PALS): Resuscitation and stabilization. Common Pediatric Emergencies: - Febrile seizures. - Acute asthma exacerbation. - Dehydration and electrolyte imbalance. - Trauma (head injuries, fractures). Poisoning and Ingestions: Recognition and management of toxic exposures		
	9. Adolescent Medicine Puberty and Growth Spurts	Developmental Disorders: Autism spectrum disorders (ASD), intellectual disabilities. Behavioral Issues: ADHD, oppositional defiant disorder (ODD), conduct disorder. Childhood Anxiety and Depression: Diagnosis and		

	10. Pediatric Subspecialties (Optional for Advanced Training)	therapeutic interventions. • Eating Disorders: Anorexia nervosa, bulimia in adolescents. • Adolescent Mental Health: Addressing issues like self-harm, suicide, and substance abuse ▪		
	11. Pediatric Ethics and Advocacy	▪ : Normal puberty, precocious puberty, delayed puberty. ▪ Menstrual Disorders: Dysmenorrhea, amenorrhea. ▪ Adolescent Sexual Health: Contraception, sexually transmitted infections (STIs), and counseling. ▪ Psychosocial Issues in Adolescents: Identity formation, peer pressure, body image issues. ▪		
	Ethical Dilemmas in Pediatrics:	• Pediatric Cardiology: Advanced understanding of congenital and acquired heart disease. • Pediatric Neurology: Detailed exploration of neurological conditions in children. • Pediatric Nephrology: Renal diseases and their management (e.g., nephrotic syndrome, acute kidney injury). • Neonatology: Intensive care for premature and critically ill newborns. ▪		

		- End-of-life care, decision-making in minors, and consent issues. - Child Protection: Recognizing and managing cases of child abuse and neglect. - Advocacy for Child Health: Promoting policies that improve child health outcomes and addressing social determinants of health		
4		Final exam	3	6
			1	2
	Number of Weeks /and contacts Hour Per Semester		16	32

B. Case Studies and Practical Aspect:			
No.	Sub Topics List	Number of Weeks	Contact Hours
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
Number of Weeks /and Units Per Semester		16	32