

👉 FOUNDATION MODULE: PART 3 - PEDIATRICS

1. Pediatric History Taking (The "BIRTH" Framework)

Curriculum Link: Theme 1, LO 26.

Unlike adults, pediatric history has specific "mandatory" sections you must not miss.

Key Components

1. Pregnancy & Birth History:

- **Antenatal:** Maternal illness (Diabetes, HTN), Drugs, Infections (TORCH).
- **Natal:** Mode of delivery (SVD/C-Section), Gestation (Term/Preterm), Cry at birth (Immediate/Delayed), NICU admission.

2. Feeding History:

- Breastfeeding (Exclusive? Frequency?) vs. Formula (Dilution?).
- Weaning (Started when? What solids?).

3. Immunization History:

- "Is the child vaccinated according to the EPI schedule?" (Ask for the card).

4. Developmental History:

- "When did he hold his neck? Sit? Walk?" (Compare to peers).

Past Paper Corner

- **Q:** Most important initial question in a neonate with seizures? **History of delayed cry/asphyxia at birth.**
- **Q:** 6-month-old with failure to thrive. Key history? **Feeding history (dilution of formula).**

2. Developmental Milestones (The "High Yield" Chart)

Curriculum Link: Theme 1, LO 28, 29.

- **Rule of Thumb:** Milestones progress from **Head to Toe** (Neck control → Sitting → Walking) and **Proximodistal** (Shoulder → Hand).

A. Gross Motor (The "Movement" Milestones)

- **2 months:** Neck holding (lifts head when prone).
- **4 months:** Rolls over.
- **6 months:** Sits **with support** (tripod).
- **8-9 months:** Sits **without support**. Crawls.
- **12 months:** Stands/Walks with support ("Cruising").
- **15 months:** Walks alone.
- **18 months:** Runs.
- **2 years:** Walks up and down stairs (2 feet per step).
- **3 years:** Rides Tricycle.

B. Fine Motor (The "Hand" Milestones)

- **4 months:** Reaches for objects (Palmar grasp).
- **6 months:** Transfers objects hand-to-hand.
- **9 months: Pincer Grasp** (Thumb & Index finger - *Important MCQ*).
- **12 months:** Casting (throws objects).
- **2 years:** Builds tower of **6 cubes**. Copies a **Line**.
- **3 years:** Builds tower of **9 cubes**. Copies a **Circle**.

C. Social & Speech

- **2 months: Social Smile.**
- **6 months:** Stranger Anxiety. Mono-syllables ("Ba, Da").
- **9 months:** Bi-syllables ("Mama, Dada") - non-specific. Wave "Bye-bye".
- **12 months:** Specific words ("Mama" for mom).
- **2 years:** 2-word sentences ("Drink milk").
- **3 years:** Knows name/gender. Asks "Why?".



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Explore

Past Paper Corner

- **Q:** 9-month-old child can do which fine motor task? **Pincer Grasp.**
- **Q:** Child builds a tower of 9 cubes and copies a circle. Age? **3 years.**
- **Q:** Child walks up stairs with 2 feet per step. Age? **2 years.**
- **Q:** Social smile appears at? **2 months** (6-8 weeks).

3. Physical Examination & Growth

Curriculum Link: Theme 1, LO 27.

A. Growth Parameters (The "Rule of 3")

- **Weight:**
 - Birth weight **doubles** by **5 months**.
 - **Triples** by **1 year**.
 - **Quadruples** by **2 years**.
- **Height:**
 - Length increases by 50% at 1 year (approx 75cm).
 - Height doubles by **4 years**.
- **Head Circumference (OFC):**
 - Rapid growth in first year.
 - **Anterior Fontanelle** closes by **12-18 months**.
 - **Posterior Fontanelle** closes by **2 months** (usually 6-8 weeks).

B. Anthropometry Interpretation

- **< 3rd Centile:** Failure to Thrive / Short Stature.
- **> 97th Centile:** Obesity / Macrocephaly.
- **Crossing Centiles:** Drop across 2 major centile lines (e.g., 50th → 10th) is abnormal.

Past Paper Corner

- **Q:** 11-month-old with wide open Anterior Fontanelle. Diagnosis? **Rickets** or **Hypothyroidism** (Normal closure is up to 18 months, but if associated with wide wrists = Rickets).
- **Q:** Birth weight doubles at? **5 months**.
- **Q:** Child born 3kg. Expected weight at 1 year? **9-10 kg** (Triples).

4. Final Review: Foundation Module Triage

(From BLOCK N PREPROFFS 2024 & Foundation.pdf)

- **Evidence-Based Medicine:** Remember the hierarchy (Meta-analysis > RCT > Cohort).
- **Patient Safety:** WHO Checklist has 3 parts (Sign in, Time out, Sign out).
- **Ethics:** Consent is the surgeon's job. Autonomy is paramount (even in refusal).
- **Geriatrics:** Frailty is the accumulation of deficits. Falls are multifactorial.