

Recommendations for Womens and Child Health

Deevena Reddy*

Department of Biochemistry, Nagarjuna University, Andhra Pradesh, India

Keywords: Pediatrics; Medicine; Women health; Child

Pediatrics is defined as it is a branch of medicine which deals with the health and medical care of children. The medical care including prevention, diagnosis & treatment of acute & chronic diseases in infants, children & adolescents up to the age of 18. Pediatricians are the medical practitioner specializing in the child health and their diseases [1].

In the world, women health and children health are the most vulnerable and important. In the under developed countries of the world, women and infant death rate is the highest rate make up over two-thirds of the population. Half of the total mortality rate seen in children under 5 years of age compared to only 5% in countries in underdeveloped countries. But in developed countries, the child survival rate is over 97% in children under the age of 5.

Well experienced nurses and doctors should be there during labor and delivery should attend Mother and baby. labor should be conducted under healthy conditions like Clean hand, clean delivery surface, clean cord-cutting and tying and clean environment. After delivery, Care of the new-born baby should be guided by the doctors. cover the new-born in a dry towel, Place the new-born next to the mother to get the breast and warmth.

During labor, Perinatal mortality causes are generally by trauma and stress of labor, maternal disease like malaria and malnutrition, congenital, skin infection and induced abortions. Now, In developing countries, the rates and causes of perinatal mortality are less well documented. According to current data, in some countries especially poor countries still the mortality and death rate is very high.

Pregnant women should take care about health and intake of nutrition diet. Pregnant women should be checked regularly and advised on their nutrition and any other difficulties they have. Every child begins as a fetus in his life before delivery. Every pregnant woman should take tetanus immunization to protect her new baby. Finally, should take help from family doctors during labor and delivery will provide the good start in life.

In young women anovulation is very important, which is exceptionally seen within the to begin with 2–3 post-menarchal a long time and is related with adolescence of the hypothalamic–pituitary–ovarian pivot [2]. Alkaptonuria, a rare autosomal-recessive disorder caused by mutations commonly seen in children. Currently, treatment is not available for this autosomal-recessive disorder. But can be treated by avoiding to take dietary protein in pediatric patients has been advocated, with the aim of reducing HGA excretion [3].

Children with mental health issues are exposed to a high risk of developing acute stress disorders, depression, and anxiety. These symptoms are different from person to person and may occur earlier during the first days of hospitalization. The most important factor is post-traumatic syndrome. Some studies have also demonstrated that parents suffering from PTSD showed less attitude to take care of their children [4].

Parents should be well educated about basic oral hygiene for their infants and young children. For children common oral health problems are dental caries, fluorosis and dental infections begin in young age and can be prevented by taking advice from dental specialists. A thorough knowledge of preventive measures will help maintain excellent dental hygiene of children [5].

References

1. Neva C (2020) 2nd International Conference on Pediatrics, Neonatology and Healthcare April 16-17, 2020, Amsterdam, Netherlands.
2. Gimovsky ML (2021) Pediatric and Adolescent Gynecology J Preg Child Health 8: 453.
3. Dewan K, Klug T, Donald CBM, Shires CB (2020) The Blue Man; a pediatric disease with implications for adulthood. Otolaryngol (Sunnyvale) 10: 405.
4. Mento Carmela (2019) Emotional Impact in Parents of Open and Restricted Pediatric Intensive Care: A Clinical Research. Int J Mental Health Human Res 21: 1-5.
5. Shah N (2018) A Short Review of Pediatric Dental Hygiene for Infants and Young Children. Neonat Pediatr Med 4: 159

*Corresponding author: Deevena Reddy, Department of Biochemistry, Nagarjuna University, Andhra Pradesh, India, E-mail: deevenaR@gmail.com

Received March 04, 2021; Accepted March 18, 2021; Published March 25, 2021

Citation: Reddy D (2021) Recommendations for Womens and Child Health. J Comm Pub Health Nursing 7:276.

Copyright: © 2021 Reddy D. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.