CLINICAL EVALUATION OF
NEWBORNS, INFANTS
AND CHILDREN
CLINICAL EVALUATION OF NEWBORNS, INFANTS AND CHILDREN

Second Edition

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To

The medical fraternity who care for children
and to the students in pediatrics everywhere
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The first edition of *Clinical Evaluation of Newborns, Infants and Children* published in 2002 was mainly targeted for the postgraduates in pediatrics, joining after few years of service in peripheral health care system. The book had an astounding demand ensuring that clinical skills continue to remain unchallenged in quality care.

The more alert we are, the more we find things to learn; skills once acquired, there is scope for continuous improvement. Perfection in clinical skills is to be achieved by the relentless process of constant practice and revision. Though clinical skills have not changed appreciably during these past few years, corrections and additions were inescapable for an upswing. Each chapter was critically analyzed by the contributors as well as by myself. Three more chapters had to be added in this second edition as suggested by many. At the same time the compactness of the book has been maintained and it has been made user friendly as it was in the first edition.

Apart from the basic approach, symptom-wise presentation for differential diagnosis is provided wherever possible. Color photos and figures have been provided for clarity of skill acquisition and disease patterns.

My efforts to bring out this second edition were tangibly boosted by the learned faculties in various Medical Colleges of Kerala providing valuable directions. The contributors represent most of the prestigious Medical Colleges in Kerala and some of them are from abroad, engaged in constant teaching, research and patient care, so this second edition will provide more aptitude and astute observation of many experts in this field for the readers.

I was lucky enough to have M/s Jaypee Brothers Medical Publishers (P) Ltd, the leading medical book publishers in India to accept my book.

I hope that the second edition will be a step ahead to benefit students of all ages and stages of experience who wish to provide child health care at any part of the world.

S Sushama Bai
Preface to the First Edition

Clinical evaluation of children includes history taking, physical examination and interpretation, which are the most important aspects of patient assessment ensuring quality care in medical practice. Compared to adults, mastering of clinical skills in pediatrics requires more patience, tactics, astute observation and interpretation. With the advent of innumerable diagnostic tests and expansion of various specialties in medicine there is deterioration in acquisition of clinical skills and this has ultimately resulted in loss of humane touch in patient care. Unlike the diagnostic investigations which are costly, painful and require constant updating by the doctor, clinical evaluation remains unchanging and provides confidence and self reliance irrespective of the patient and situation wherever one works. Once mastered, clinical skills remain with the doctor forever and are not subject to errors and costly equipments are not needed.

The young medical graduates from developing countries are to work under various constraints. On one side there is the huge burden of patients with diverse spectrum of illnesses and on the other side there is scarcity of paramedical personnel for assistance, investigation facilities and essential drugs. With limited time and resources available, the diagnosis is to be made quickly, treatment has to be decided and implemented promptly and psychologic support to the family has to be extended. The physician well versed in clinical skills only will be able to rise up to this challenging situation to meet all these demands.

Children under fifteen years of age contribute to 45% of the total population in developing countries. Textbooks on clinical methods focusing the adults are many but regarding children they are scanty. Pediatric textbooks reveal elaborate description of diseases but astonishingly lack diagnostic clinical methods specially designed for children, so that the student in paediatrics has to proceed in the same tempo of adult clinical evaluation. After having acquired thirty two years of teaching experience, to me it appears that there is a felt need for textbooks on clinical evaluation in children.

Perfection in clinical skills is to be achieved by the relentless process of constant practice, revision and improvement. One has to be aware of this continuous process of teaching and learning and hence this textbook is intended to benefit students of all ages and stages of experience who wish to practise pediatrics.

S Sushama Bai
Clinical Evaluation of Newborns, Infants and Children reflects the dedicated work of the contributors who have built up their expertise in each system examination after years of teaching experience.

In bringing out this second edition, I admit the spirit of clinical sense acquired as an assistant for many years from Dr Shanta Kurup, my Senior Professor who critically reviewed the first edition at the earliest.

My junior assistants Dr Thomas Mathew and Dr Manju George Elenjickal and postgraduates of the Pushpagiri Institute of Medical Sciences and Research Centre, especially Dr PC Ajikumar and Dr Zaheer Ahamed helped me to collect clinical images and references.

The chief librarian of the extensive library of the institute, Mr VKG Nair promptly provided me the references as and when required.

Of course, the invisible propulsion from the Chief Executive Director, Rev Dr Abraham Kakkanat, a person very keen in the academic excellence of the faculties of the institute was always there.

Mr Manoj Mathew again worked for me with dedication in typesetting and page layout. The support and inspiration provided by my family were immense throughout the period.

I am obliged to Mr Tarun Duneja (Director-Publishing) of M/s Jaypee Brothers Medical Publishers (P) Ltd, New Delhi for his persistent efforts in bringing out this second edition.
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