

Tutorials on Clinical Methods in Paediatrics



Dr M R Ghuman
MBBS (Pb), MSc Med (Wits), FCPaed (SA)

6th Draft 2020

Preface

Due to Covid-19 lockdown most of the Medical Students and Interns who are under training in the discipline of Paediatrics and Child Health, may find it difficult to have a face to face tutorial in their respective hospitals. Therefore, I have developed this document in such a way that each tutorial discusses basic information related to that system first and then explains clinical methods with photographs and lively illustrations.

It was presumed that students learning Paediatrics have had previous exposure of clinical methods therefore in-depth description of basic clinical terms is not done in this review. It is also not intended to be a text book or encyclopaedia, instead to serve as a guide to what need to be done at the bedside.

Although main emphasis is made on history taking and clinical examination, students are also guided to make logical deductions and differential diagnosis on the basis of their clinical findings. Since my approach is basically clinical that will be confined largely to clinical signs and symptoms in children of varying ages, it does not include pathophysiology, laboratory investigations and treatment protocol. Readers are therefore directed to main text books of Paediatrics and Neonatology if detailed information is required on a particular condition. In keeping with the need of the reader I have tried to retain a problem-oriented approach where possible, and I hope that this manual fills the need for a distant learning concise set of tutorials on Clinical Methods in Paediatrics.

I am indebted to my team of doctors which include Dr Yajna Ramdass, Dr Riaz Bux and Dr Irfaan Saib for assisting me for lively illustrations and photographic shots. I would also like to thank the parents of little boy for allowing us to include him for illustrating the clinical examination.



M R Ghuman

SOURCE OF INFORMATION & ACKNOWLEDGEMENTS

1. Macleod's Clinical Examination 11th ed
2. Students Clinical Methods: M Ali 4th ed
3. Clinical Examination: NJ Tally et al 5th ed
4. Examination Paediatrics: Wayne Harris 3rd ed
5. Coovadia's Paediatrics and Child Health 6th ed
6. Weiner and Levitt's Pediatric Neurology 4th ed
7. Parks Paediatric Cardiology for Practitioners 5th ed
8. Clinical Paediatrics for post graduate students 3rd ed
9. Paediatric Guidelines: Mc Karrow, Patrick & Stephen et al
10. Bates Guide to Clinical Examination and History Taking 4th ed
11. Handbook of Clinical Methods Course for 4th year UKZN Students 2018
12. The History and Clinical Examination of Children: University of Pretoria 2009

CONTENTS

Tutorial	Topic	page
Tutorial 1	History taking	5
Tutorial 2	Anthropometry	14
Tutorial 3	Micronutrients	29
Tutorial 4	Neurodevelopmental assessment	41
Tutorial 5	Dysmorphology	54
Tutorial 6	General physical examination	63
Tutorial 7	Respiratory system	83
Tutorial 8	Cardiovascular system	98
Tutorial 9	Abdomen	117
Tutorial 10	Central nervous system	134
Tutorial 11	Musculoskeletal system	176
Tutorial 12	Endocrine system	183
Tutorial 13	Renal system	185
Tutorial 14	Haematological system	186
Tutorial 14	Final assessment	189
Tutorial 15	Infant feeding	190