

Overview of Pediatrics

Overview of Pediatrics – Study Notes

1. Definition & Scope

- **Pediatrics:** Medical specialty focused on health care of infants, children, and adolescents (0-21 years).
- **Goal:** Promote optimal growth, development, and disease prevention while managing acute and chronic illnesses.
- **Setting:** Primary care offices, hospitals, NICU/PICU, subspecialty clinics, community health programs.

2. Core Principles

Principle	Description
Family-Centered Care	Decisions involve parents/guardians; respect cultural, social, and emotional contexts.
Developmental Continuum	Care is tailored to age-specific physiological and psychosocial milestones.
Prevention First	Immunizations, screening, nutrition, injury prevention, and health education are priorities.
Continuity of Care	Long-term relationship from birth through adolescence ensures early detection of problems.
Safety & Advocacy	Identify and mitigate risks (e.g., child abuse, environmental hazards).

3. Age Categories & Typical Concerns

Age Range	Key Developmental Milestones	Common Clinical Focus
Neonate (0-28 days)	Rapid physiologic adaptation; reflexes present	Jaundice, feeding problems, sepsis, congenital anomalies
Infant (1mo-12mo)	Motor (rolling, sitting), language (babbling)	Growth monitoring, immunizations, otitis media, reflux

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Age Range	Key Developmental Milestones	Common Clinical Focus
Toddler (1-3yr)	Walking, first words, autonomy	Developmental screening, nutrition, asthma, injuries
Preschool (3-5yr)	Fine motor, social play, basic self-care	Behavior, speech delays, dental health, vaccine updates
School-age (6-12yr)	Academic skills, peer relationships	ADHD, obesity, orthopedic injuries, chronic disease management
Adolescent (13-21yr)	Abstract thinking, identity formation	Mental health, reproductive health, substance use, risk-taking behaviors

4. Preventive Health Care

Preventive Service	Timing / Frequency	Notes
Well-Child Visits	Birth, 1mo, 2mo, 4mo, 6mo, 9mo, 12mo, 15mo, 18mo, 24mo, then annually	Growth, development, anticipatory guidance
Immunizations	According to CDC schedule (e.g., HepB, DTaP, IPV, Hib, PCV, MMR, Varicella, COVID-19)	Review contraindications; catch up if needed
Screenings	Vision, hearing, anemia, lead, lipid, BMI, autism (12-18mo), depression (12yr+)	Use age-appropriate tools (e.g., PHQ-9, M-CHAT)
Counseling	Nutrition, sleep, safety (car seats, helmets), dental hygiene, media use	Tailor to developmental stage and family context
Dental Referral	First dental visit by age 1yr	Prevent early childhood caries

5. Common Pediatric Conditions (Snapshot)

System	Typical Conditions	Brief Management Points
Respiratory	Viral bronchiolitis, asthma, pneumonia	Supportive care, bronchodilators for