Looking for Paediatric ENT Care

I am happy to publish this special paediatric ENT issue for the second time within my tenure of editorship. It is difficult to publish such issue as not many contribute articles about paediatric ENT problems and not many of us, rather only a few, amongst us in India do specific paed. ENT practice which, I feel, should essentially be done by many. Because children constitute 32/% percent of the total global population and of them about 20% children suffer from various illness. This figure may only be minimised if more and more of ENT specialist specialise and render their services specifically for children.

Editorial

Santanu Banerjee
Editor

There are in India not many hospitals for the cause of paediatric ENT problems too. But it is important to remember also that about 25% of the children are hospitalised at least once by 4 years of his/her age and of them majority's illnesses have the basis of psychological etiology. Because our treatment modalities are still not well directed towards the safe guarding of child psychology. And if they continues, very soon psychic diseases in paediatric age group shall out number their all other illness.

By disease we mean an illness which has got some definite sequence of events like etiology, pathology, signs, symptoms, diagnosis etc. While

psychological disturbances are not known to pass through such definite sequences.

Why I suspect psychological illness in children may one day outnumber other childhood illnesses because only 10% of psychic children get treatment from psychiatrists proper. While other 90% from non-psychiatrist. A non Psychiatrist may be medical or non-medical person. Medical means G.P., child specialist, ENT specialist etc. While non-medical personels are teachers, social workers, community personalities etc. Improper management of childhood psychic problems make them to vunerable to suffer from some kind of major psychic problems in future life. But how to recognise such vunerable children ? Children considered as vunerable to psychological illnesses if traumatised are those who are genetically weak.

Genetically or constitutionally weak children are indicated by excessive social shyness, cowardice, inability to adjust with unknown people and surroundings, excessive crying for no obvious threat etc. Factors making children psychologically disturbed are mostly environments and such environment may be (A) Immediate, (B) Subsequent immediate environment includes father, mother, brother and sister. While subsequent environment includes Doctor, Nurse, Hospital, School and Society.

The following chart shows how environmental factors may go wrong to affect the psychi of a child.

Father - criminal, alcoholic, maladjusted etc

Mother - Irreversibly ill.

Doctor/Nurse - Rude, Rough, Unsympathetic

Hospital - Uncomfortable. horrifying

Teacher - Terror

Hospitalisation may affect the psychi of a child by 1) seperation reaction 2) Threat of surgery 3) Malhandling by Doctor / Nurse.

A child may react to these traumas by may of 1) Protest 2) Hopelessness and 3) Detachment.

To reduce the incidences of childhood diseases and disturbances following suggestions may serve the purpose well.

1. Avoid Hospitalisation of a child if it is not life threatening.
2. Allow prior exposure to hospital where the baby is expected to be admitted.
3. Make hospital environment comfortable, entertaining and welcoming.
4. Do not turn treatment into torture.
5. Always admit a child along with his/her father/ mother and never alone.
6. Give a Fake/ demo injection to apert dou / nurse before actually giving it to a child
7. Make visit to OT pleasant, joyful.
8. Use anxiolytics (Diazepam, Midazolam etc) to make the child non apprehensive and nonreacting.
9. Do not impose hospital regulation upon a child too rigidly.

I would like to remind, once again, sufferings of paediatric ENT problems may be minimised if the population of paediatric ENT specialist grow more and more and if may more seperate hospitals for paediatric ENT care can be opened up then why not specialise for paediatric ENT? It is certain that if we do take care of our paediatric patients today they will take care of us in future.