

# Pediatric Primary Care

FOURTH  
EDITION

Practice Guidelines for Nurses



Beth Richardson

---

# Contents

Preface	xvii
Acknowledgments	xix
Contributors	xxi

## SECTION ONE

### Child Health Care

1

#### CHAPTER 1

##### Obtaining an Initial History

3

*Beth Richardson*

Introduction	3
Initial Information	3
Reason for Current Visit	3
Past History	3
Review of Systems	5
Family History	6
Disease History	7
Social History	7
Development	8
Bibliography	8

#### CHAPTER 2

##### Obtaining an Interval History

9

*Donna Hallas*

The Interval History	9
Interval History for Athletic Child or Adolescent	14
Focused History	14
Applying Data Obtained in Interval History to Clinical Practice	17
When to Refer	17
Bibliography	17

**C H A P T E R 3**

**Performing a Physical Examination**

*Mary Jo Eoff and Beth Richardson*

Introduction

Pediatric Physical Examination

Bibliography

**19**

19

19

25

**C H A P T E R 4**

**Making Newborn Rounds**

*Candace F. Zickler*

Making Newborn Rounds

Review of the Individual Records

Physical Assessment of the Newborn

Abnormal Physical Findings (Consult with Staff Physician  
and/or Refer for Evaluation, as Indicated)

Laboratory Assessment of Newborn

Meeting with the Parent

Nutrition

Elimination

Sleep

Growth and Development

Social Development

Immunizations

Safety/Anticipatory Guidance

Discharge to Home

Bibliography

**27**

28

28

29

31

32

32

33

33

34

34

34

35

35

36

37

**C H A P T E R 5**

**Guidelines for Breastfeeding**

*Amy L. Feldman*

Introduction

Physiology of Lactation

Human Milk

Contraindications for Breastfeeding

Maternal Assessment

Infant Assessment

Breastfeeding in the Early Days

Separation of Mother and Infant

Supporting Breastfeeding Past the Early Days

Common Problems

**39**

39

40

41

42

42

42

51

52

54

Helpful Breastfeeding Resources	59
Bibliography	61
 <b>CHAPTER 6</b>	
<b>Common Genetic Disorders</b>	<b>63</b>
<i>Tracy Magee</i>	
Orofacial Clefts	63
Spina Bifida	65
Turner Syndrome	67
Down Syndrome	68
Fetal Alcohol Spectrum Disorders	70
Prader-Willi Syndrome	71
Fragile X Syndrome	73
Bibliography	74
 <b>CHAPTER 7</b>	
<b>Two-Week Visit</b>	<b>75</b>
<i>Candace F. Zickler</i>	
General Impression	75
Nutrition	76
Elimination	77
Sleep	77
Growth and Development	77
Social Development	78
Immunizations	78
Safety/Anticipatory Guidance	78
Bibliography	80
 <b>CHAPTER 8</b>	
<b>One-Month Visit</b>	<b>81</b>
<i>Candace F. Zickler</i>	
General Impression	81
Nutrition	81
Elimination	82
Sleep	82
Growth and Development	83
Social Development	84
Immunizations	84
Safety/Anticipatory Guidance	84
Bibliography	85

**C H A P T E R 9**

**Two-Month Visit**

*Candace F. Zickler*

General Impression	87
Nutrition	87
Elimination	88
Sleep	88
Growth and Development	88
Social Development	89
Immunizations	89
Safety/Anticipatory Guidance	90
Bibliography	91

**C H A P T E R 10**

**Four-Month Visit**

*Patricia Clinton and Beth Richardson*

General Impression	93
Nutrition	93
Elimination	94
Sleep	94
Growth and Development	95
Social Development	95
Immunizations	96
Safety/Anticipatory Guidance	96
Bibliography	97

**C H A P T E R 11**

**Six-Month Visit**

*Patricia Clinton and Beth Richardson*

General Impression	99
Nutrition	99
Elimination	100
Sleep	100
Growth and Development	100
Social Development	101
Immunizations	101
Safety/Anticipatory Guidance	101
Bibliography	102

**C H A P T E R 1 2**

<b>Nine-Month Visit</b>	<b>105</b>
<i>Patricia Clinton and Beth Richardson</i>	
General Impression	105
Nutrition	105
Elimination	106
Sleep	106
Growth and Development	107
Social Development	107
Immunizations	108
Safety	108
Anticipatory Guidance	108
Bibliography	109

**C H A P T E R 1 3**

<b>Twelve-Month Visit</b>	<b>111</b>
<i>Patricia Clinton and Beth Richardson</i>	
General Impression	111
Nutrition	111
Elimination	112
Sleep	112
Growth and Development	113
Social Development	113
Immunizations	114
Safety	114
Anticipatory Guidance	115
Bibliography	116

**C H A P T E R 1 4**

<b>Fifteen- to Eighteen-Month Visit</b>	<b>117</b>
<i>Susan G. Rains</i>	
Nutrition	117
Elimination: Toilet Training	119
Sleep	120
Growth and Development	121
Social Development	122
Safety	123
Immunizations	125

Other Screenings if Risk Assessment Indicates	125
Anticipatory Guidance	126
Bibliography	127
C H A P T E R 1 5	
<b>Two-Year Visit</b>	129
<i>Beth Richardson and Frances K. Porcher</i>	
General Impression	129
Nutrition	129
Elimination	130
Sleep	130
Growth and Development	131
Social Development	131
Immunizations	131
Safety	132
Anticipatory Guidance	132
Bibliography	134
C H A P T E R 1 6	
<b>Three-Year Visit (Preschool)</b>	135
<i>Beth Richardson and Frances K. Porcher</i>	
General Impression	135
Nutrition	135
Elimination	136
Sleep	136
Growth and Development	136
Social Development	137
Immunizations	137
Safety	137
Anticipatory Guidance	137
Bibliography	138
C H A P T E R 1 7	
<b>Six-Year Visit (School Readiness)</b>	139
<i>Jane A. Fox</i>	
General Impression	139
Nutrition	141
Elimination	141
Sleep	141
Growth and Development	141

Social Development	141
Immunizations	142
Safety	142
Anticipatory Guidance	143
School Readiness	145
Bibliography	146
 <b>C H A P T E R 18</b>	
<b>Seven- to Ten-Year Visit (School Age)</b>	<b>147</b>
<i>Elizabeth Godfrey Terry</i>	
Overall Impression	148
Nutrition	148
Elimination	149
Sleep	149
Growth and Development	150
Cognitive and Social Development	153
Immunizations	154
Safety/Anticipatory Guidance	154
Bibliography	162
 <b>C H A P T E R 19</b>	
<b>Eleven- to Thirteen-Year Visit (Preadolescent)</b>	<b>165</b>
<i>Mary J. Alvarado</i>	
General Impression	165
Nutrition	165
Elimination	166
Sleep	166
Growth and Development	166
Social Development	168
Immunizations	169
Safety	169
Anticipatory Guidance	169
Bibliography	171
 <b>C H A P T E R 20</b>	
<b>Fourteen- to Eighteen-Year Visit (Adolescent)</b>	<b>173</b>
<i>Mary Lou C. Rosenblatt and Beth Richardson</i>	
General Impression	173
Nutrition	174
Elimination	176

x      Contents

Sleep	177
Growth and Development	179
Social Development	180
Immunizations	182
Safety	183
Anticipatory Guidance	184
Bibliography	187
 S E C T I O N   T W O Common Childhood Disorders	
 C H A P T E R   2 1	
<b>Dermatological Problems</b>	191
<i>Judith O'Haver, Megan Reynolds, Samantha Casselman, and Noreen Heer Nicol</i>	
Approach to Patient with a Rash: History of Present Illness	192
Acne	192
Atopic Dermatitis/Eczema	200
Impetigo/MRSA	205
Contact Dermatitis	207
Urticaria	210
Tinea Versicolor (Pityroasis Versicolor)	212
Tinea Capitis	214
Tinea Corporis	216
Tinea Pedis	217
Head Lice ( <i>Pediculosis humanus capitis</i> )	218
Scabies	221
Seborrheic Dermatitis	223
<i>Verruca vulgaris</i>	225
Molluscum Contagiosum	228
Cutaneous Drug Reactions	231
Bibliography	234
 C H A P T E R   2 2	
<b>Eye Disorders</b>	237
<i>Jane A. Fox and Frances K. Porcher</i>	
Allergic Conjunctivitis	237
Bacterial Conjunctivitis	238
Chlamydial Conjunctivitis	240
Viral Conjunctivitis	242

Congenital Nasolacrimal Duct Obstruction (Dacryostenosis)	243
Blepharitis	245
Hordeolum	247
Chalazion	248
Chemical Burn	249
Corneal Abrasion (Superficial)	250
Foreign Body (Conjunctival, Corneal)	251
Hemorrhage (Subconjunctival)	252
Hyphema	253
Ocular Trauma	254
Preseptal Cellulitis (Periorbital Cellulitis)	256
Strabismus	257
Amblyopia	258
Bibliography	259
 <b>CHAPTER 23</b>	
<b>Ear Disorders</b>	<b>261</b>
<i>Jane A. Fox</i>	
Foreign Body	261
Hearing Loss: Conductive, Sensorineural	263
Otitis Externa	267
Acute Otitis Media	271
Otitis Media with Effusion	280
Eustachian Tube Dysfunction	283
Bibliography	285
 <b>CHAPTER 24</b>	
<b>Sinus, Mouth, Throat, and Neck Disorders</b>	<b>287</b>
<i>Susan G. Rains</i>	
Allergic Rhinitis	287
Recurrent Aphthous Stomatitis	291
Cat-Scratch Disease	294
Cervical Lymphadenitis	297
Epistaxis	303
Foreign Body, Nasal	306
Infectious Mononucleosis	308
Pharyngitis	313
Rhinosinusitis	318
Bibliography	322

**C H A P T E R 2 5**

**Respiratory Disorders**

*Nancy Valentine*

Croup	325
Bronchiolitis	329
Influenza	333
Bronchitis	337
Pertussis	340
Asthma	345
Pneumonia	362
Bibliography	370

**C H A P T E R 2 6**

**Cardiovascular Disorders**

*Karen M. Corlett and Beth Richardson*

Chest Pain	373
Hypertension	378
Innocent Heart Murmurs	383
Syncope	388
Kawasaki Disease	390
Rheumatic Fever	394
Bibliography	399

**C H A P T E R 2 7**

**Gastrointestinal Disorders**

*Robin Shannon*

Abdominal Pain, Acute	401
Abdominal Pain, Chronic: Functional Abdominal Pain–NOS, Child/Adolescent	404
Colic	407
Constipation	410
Diarrhea, Acute	414
Encopresis	420
Gastroesophageal Reflux Disease	422
Hernia, Inguinal	425
Hernia, Umbilical	428
Intussusception	429
Irritable Bowel Syndrome	431
Peptic Ulcer Disease	434
Pinworms (Enterobiasis)	438

Pyloric Stenosis	440
Viral Gastroenteritis	441
Vomiting, Acute	443
Bibliography	447

**C H A P T E R 2 8****Genitourinary Disorders** **449***Shelly J. King*

<i>Male Genitalia Disorders</i>	449
Cryptorchidism	449
Hydrocele	451
Epididymitis	453
Hypospadias/Chordee	456
Phimosis	458
Meatal Stenosis	459
<i>Female Genitalia Disorders</i>	460
Labial Adhesion	460
<i>Male and Female Disorders</i>	462
Pediatric Urinary Tract Infections	462
Hematuria	468
Proteinuria	471
Bibliography	474

**C H A P T E R 2 9****Gynecologic Disorders** **475***Mary Lou C. Rosenblatt and Meg Moorman*

Amenorrhea	475
Chlamydial Infection	478
Dysmenorrhea	480
Genital Herpes	482
Genital Warts	485
Gonorrhea	487
Syphilis	489
<i>Trichomonas</i>	492
Vulvovaginitis	493
Bibliography	495

**C H A P T E R 3 0****Endocrine Disorders** **497***Linda S. Gilman*

Hyperthyroidism	497
-----------------	-----

Hypothyroidism	500
Short Stature	503
Diabetes Mellitus	506
Type 2 Diabetes	513
Steroid Use with Athletes	515
Polycystic Ovary Syndrome/Disease	518
Metabolic Syndrome	520
Bibliography	522
C H A P T E R 3 1	
<b>Musculoskeletal Disorders</b>	525
<i>Miki M. Patterson</i>	
Injuries: Sprain, Strain, Overuse	525
Injuries: Fracture, Dislocation	528
Back Pain	530
Scoliosis	533
Hip Pain	534
Septic Hip/Septic Arthritis	535
Developmentally Dislocated Hip	536
Transient Synovitis	539
Hip Pain: Legg-Calvé-Perthes Disease	541
Hip Pain: Slipped Capital Femoral Epiphysis	542
Knee Pain: Osgood-Schlatter Disease	545
Physiologic Genu Varum (Bow Legs)	547
In-Toeing: Metatarsus Adductus	549
In-Toeing: Tibial Torsion	550
In-Toeing: Femoral Anteversion	553
Foot Problems: Talipes Equinovarus (Clubbed Foot)	554
Pes Planus: Flat Foot	555
Nursemaid's Elbow: Radial Head Subluxation	556
Growing Pains	557
Costochondritis	559
Osteoporosis	560
Bibliography	561
C H A P T E R 3 2	
<b>Neurologic Disorders</b>	563
<i>Kristin Miller</i>	
Meningitis	563
Encephalitis	566
Head Injury	569

Concussion	572
Status Epilepticus	583
Confusional Migraine	585
Migraines	586
Tension-Type Headaches	590
Common Medications to Treat Headaches in Children	592
Febrile Seizures	593
Generalized Seizures	595
Partial Seizures	598
Common Anticonvulsant Medications for Children	600
Global Developmental Delay	600
Tourette Syndrome	602
Resources	605
Bibliography	605
 <b>C H A P T E R 3 3</b>	
<b>Hematologic Disorders</b>	<b>607</b>
<i>Betsy Atkinson Joyce and Terea Giannetta</i>	
Iron-Deficiency Anemia	607
Thalassemia	612
Lead Poisoning	615
Sickle-Cell Disease	620
Bleeding Disorders	625
Clotting Disorders (Thrombophilia)	630
Bibliography	631
 <b>C H A P T E R 3 4</b>	
<b>Pediatric Obesity</b>	<b>635</b>
<i>V. Julie LaMothe</i>	
Introduction	635
Pediatric Obesity Assessment	635
Treatment	640
Coding for Obesity and Comorbidities	644
Bibliography	646
 <b>C H A P T E R 3 5</b>	
<b>Behavioral Disorders</b>	<b>649</b>
<i>Donna Hallas</i>	
Behavioral Assessment Instruments	649
Attention-Deficit/Hyperactivity Disorder	650

Autistic Spectrum Disorder	661
Breath Holding	665
Nightmares and Night Terrors	667
School Refusal	669
Bibliography	670
C H A P T E R 3 6	
<b>Mental Health Disorders</b>	673
<i>Kim Walton and Susan J. Kersey</i>	
Anxiety Disorders	673
Eating Disorders	678
Mood Disorders	683
Bibliography	689
Index	691