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Medical Group

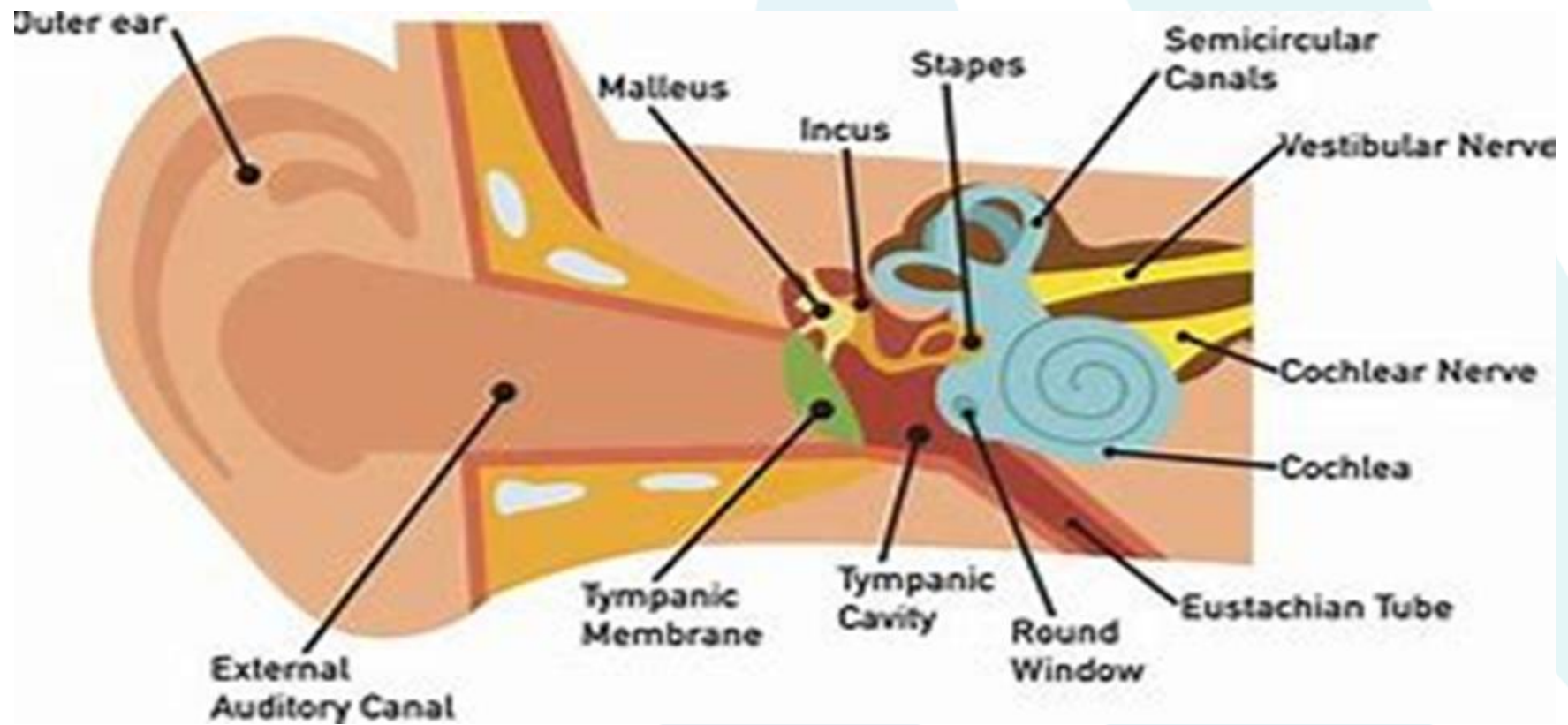
Minor illness in children

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Ear Pain/Infection:

- Otitis Externa
- Otitis Media



Treatment:

- Regular paracetamol and ibuprofen
- If pain continues to attend PHARMACY FIRST
- Antibiotics topical or oral maybe considered
- RED FLAGS:
 - Pain on the mastoid (bone behind the ear)
 - Fevers not decreasing
 - Pain continues

Conjunctivitis:

- Red/pink eyes Bilaterally
- Redness behind the eyelid
- Swelling to eyelids
- Water/green discharge
- Associated itch



Treatment:

- Bathing regularly
- If continues to consider topical antibiotics
- RED FLAGS:
 - Swelling,
 - Pain,
 - Fevers,
 - Peri-orbital cellulitis



Sore throat:

- Sore throat and painful swallowing
- Fevers
- Swollen, painful glands in neck
- Tonsils with discharge on them



FACT!

Antibiotics don't usually speed up recovery.



No antibiotics

VS

Antibiotics



8 of 10 children with tonsillitis (sore throat) who **DO NOT** take antibiotics feel better within a week



9 of 10 children with tonsillitis (sore throat) who **DO** take antibiotics feel better within a week

Sore throat/tonsillitis generally improves without the need for antibiotics in otherwise healthy, vaccinated children

Cough/Cold- Upper Respiratory Illness:

- Extremely common in child and usually gets better (worse increase post COVID)
- Normally resolves in 2-3 weeks
- However....
 - Prolonged Fever
 - Breathing Faster than usual
 - Using extra effort when breathing
 - Being too breathless to feed or complete sentences- would need to be seen

Breathing Conditions:

- Lower Respiratory Chest Infection, including:
 - Bronchiolitis
<https://www.youtube.com/watch?v=oOrty5PfhTY>
 - Croup (Barking cough)
<https://www.youtube.com/watch?v=sZrrtC7Pj6I>
 - Pneumonia
 - Viral Wheeze (High pitch sound)
<https://www.youtube.com/watch?v=QNrsjDzD0QM&t=11s>

Common rashes seen and treatment:

- Fevers
- Associated itch
- Painful
- Blanching/Appearance
- Eating and drinking
- How well is the child? E&D, PU and BO
- How well is the family?

Viral Rashes:

- Very common and can be caused by various viruses. Normally harmless and resolve on their own



Scarlet Fever:

- Is a contagious infection with children and requires antibiotics



Measles:

- Starts with a cold and followed by a rash. Fever, runny nose, cough, red, sore watery eyes



Slapped cheek:

- Rash on both cheeks with a high fevers, sore throat and runny nose. Normally managed with regular paracetamol



Impetigo:

- Common skin infection that causes sores, blisters and crusty patches.
- It can spread easily and either topical or oral antibiotics are required



Chicken Pox:

- Chickenpox is an infectious disease
- Fevers and generally unwell
- Red, itchy spots that turn into fluid-filled blisters.
- Cluster normally starts behind ears, on the face, over the scalp, on the chest and belly, on the arms and legs, but can be anyway



Hand foot and Mouth:

- Mild contagious viral infection which can last for several days or weeks.
- It causes mouth ulcers and spots on the hands and feet



Heat Rash (Prickly heat):

- Small raised spots, an itchy prickly feeling with mild swelling.
- To treat with antihistamines



Eczema:

- Eczema is a common skin condition.
- Can be mild, moderate or severe.
- There is no cure for eczema but there are ways to keep the eczema under control and help your child feel more comfortable



Thank you, any questions?

