

Children and Young People Summary

The role of the GP in the care of children and young people

As a GP, your role is to:

- Provide the majority of care to children and young people in primary care. GPs are usually the first point of contact for the unwell child
- Be responsible for ensuring high quality evidence-based care for children and young people with both acute and chronic conditions, and demonstrating appropriate competence in child safeguarding
- Make every contact count, with opportunistic interventions during scheduled and unscheduled contacts in Primary Care
- Play a key role in coordinating truly holistic care through multi-professional conversations with services across health, social and educational sectors. This will have a crucial impact on the adult health and life chances of children and young adults²⁴
- Identify and support at-risk children, and adolescents who may fall through the gaps in services, particularly in the context of safeguarding and mental health. Identify vulnerable children when seeing adult patients who have experienced their own health and social problems such as domestic violence or substance misuse.

Key Areas for Exam Preparation

Common and important conditions

Many of the problems and diseases are classified by body system, reflecting the wide scope of general practice in the United Kingdom. There is inevitably overlap between system classifications and generic areas such as child health.

- Early and undifferentiated presentations, and recognition of a seriously ill child (and urgent intervention when appropriate)
- Acute paediatric emergencies (e.g. febrile convulsions, anaphylaxis, asthma, septicaemia, meningitis, surgical conditions)
- Urgent resuscitation in line with Resuscitation Council (UK) guidelines
- Appropriate acute and repeat prescribing and reviews
- Behavioural problems (e.g. enuresis, encopresis, eating disorders, tantrums)
- Childhood infections including exanthemata (e.g. mumps, measles, rubella, chickenpox, herpes simplex, parvovirus, Coxsackie, Kawasaki, and other infections listed under dermatological disorders below)
- Childhood malignancies (e.g. leukaemias, lymphoma, brain tumours, retinoblastoma, neuroblastoma, nephroblastoma, sarcoma)
- Chromosomal disorders (e.g. Down syndrome, Fragile X, Klinefelter's syndrome, trisomy 18, Turner's syndrome)
- Congenital abnormalities (e.g. congenital heart disease, hypothyroidism, musculoskeletal, neurological abnormalities and sensory impairment)
- Dermatological disorders in childhood (e.g. seborrheic dermatitis, atopic eczema, infections such as impetigo and fungal infections especially tinea capitis and kerions, alopecia areata, vitiligo and infantile haemangiomas)
- Diagnosis and management of diseases relating to children (e.g. asthma, diabetes, epilepsy, respiratory infections such as pneumonia, bronchiolitis, croup)
- Disease prevention, well-being and safety including in the following areas:
 - prenatal diagnosis;
 - health benefits of breastfeeding;
 - infant feeding, effective milk transfer, and breastfeeding substitute guidelines
 - healthy diet;
 - social and emotional well-being;
 - immunization;
 - smoking;
 - avoiding the use of volatile substances and other drugs; and
 - minimising alcohol intake
- Faltering growth and underlying causes, including ineffective intake (e.g. due to lack of breast milk), chronic diseases (e.g. cystic fibrosis, coeliac disease), chronic infection, non-medical causes such as abuse or neglect
- GI conditions that present in childhood (e.g. appendicitis, Meckel's diverticulum, intussusception, malabsorption such as coeliac disease, cows' milk protein allergy, cystic fibrosis and the risks/treatment of iron deficiency. Inflammatory bowel disease and other chronic malabsorption conditions which might be confused with other conditions such as eating disorders)
- Immunisation in children (routine primary schedule and other immunisations, contraindications to immunisation)
- Learning disabilities in children (e.g. cerebral palsy, disorders with developmental delay, autism, dyslexia, dyspraxia, autistic spectrum disorders including Asperger's syndrome)
- Behavioural and mental health problems (e.g. attention deficit hyperactivity disorder (ADHD), depression, eating disorders, substance misuse and self-harm, autistic spectrum disorder and related conditions (see also RCGP Topic Guides on *Mental Health* and *Alcohol and Substance Misuse*). Risks and consequences of bullying including cyberbullying.

- Musculoskeletal problems relevant to children (e.g. inflammatory arthritides (infective, autoimmune), osteochondritis, Osgood-Schlatter's, Perthes' disease, slipped epiphysis, injuries such as greenstick fractures, pulled elbow)
- Neonatal issues:
 - Congenital abnormalities as above
 - Feeding problems (breast and bottle feeding), gastro-oesophageal reflux, hypoglycaemia
 - Jaundice (e.g. breastfeeding, haemolytic and haemorrhagic disease of the newborn, biliary atresia)
 - Respiratory problems (e.g. respiratory distress syndrome, sleep apnoea)
 - Skin disorders e.g. birthmarks, erythema neonatorum, miliaria and neonatal acne)
 - Complications of prematurity such as chronic lung disease, cerebral palsy
- Neurological problems relevant to children including seizures (e.g. febrile convulsions, epilepsy and their overlap in presentation with cardiogenic causes), awareness of rare degenerative neurological diseases (e.g. Rett's syndrome, Battens)
- Sleep physiology and pathology of sleep disorders in infants and adolescents
- Obesity in childhood: long term health effects and interventional strategies for weight reduction
- Poisoning: accidental ingestion, iatrogenic, overdose and deliberate self-harm, and deliberate harm by carers
- Renal diseases relevant to children (including recurrent urinary tract infections, structural anomalies posterior urethral valves, renal pelvic dilatation, haemolytic uraemic syndrome; nephrotic syndrome and glomerulonephritis)
- Safeguarding children:
 - Recognition of non-accidental injury including physical, emotional and sexual abuse, and appropriate actions
 - Maltreatment and neglect, parental problems including domestic violence and abuse, substance and alcohol misuse and mental health problems
 - Recognising the significance if a child is not brought to an appointment and taking appropriate action
 - Balancing children's rights and wishes with professional responsibility to keep children safe from harm
 - Sex identity and intersex, appearance of genitals including fused labia, hypospadias, clitoral hypertrophy. Risk of Female Genital Mutilation
 - Teenage pregnancy, risks of sexually transmitted infections, and Child Sexual Exploitation
 - Transitional issues from child to adolescent and from adolescent to adult. This applies to all children but especially those who are vulnerable such as those with gender identity issues.

Suggested Resources

General information

As with any age-specific topic for particular groups of conditions please check the appropriate topic headings in this section and also the more general clinical individual topics.

- www.cafamily.org.uk/professionals
- www.e-lfh.org.uk

Guidance for doctors involved in the care of children aged 0 to 18 years www.gmc-uk.org/guidance/ethical_guidance/children_guidance_index.asp

Guidance on the child protection responsibilities of doctors

- www.gmc-uk.org/guidance/ethical_guidance/13257.asp
- www.gosh.nhs.uk
- www.icpcn.org
- www.medikidz.com
- www.evidence.nhs.uk/formulary/bnfc/current
- <https://www.nice.org.uk/guidance/CG89>
- <http://patient.info>
- www.rcgp.org.uk

The e-GP course on the Care of Children and Young People includes topics such as care of neonates and infants, care of children, adolescent health and safeguarding children, as well as the Healthy Child Programme learning set. www.e-GP.org

Other RCGP resources include:

RCGP Child and Adolescent Health information page, including link to RCGP Child Health Strategy, 2010–2015, www.rcgp.org.uk/clinical-and-research/clinical-resources/child-and-adolescent-health.aspx

RCGP Safeguarding Children and Young People Toolkit, www.rcgp.org.uk/clinical-and-research/toolkits/the-rcgp-nspcc-safeguarding-children-toolkit-for-general-practice.aspx

- www.rcpch.ac.uk
- www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx
- www.togetherforshortlives.org.uk
- www.babyfriendly.org.uk
- <https://www.unicef.org/child-rights-convention>
- www.healthtalk.org/young-peoples-experiences
- <https://contact.org.uk/professionals>

Acutely ill child

- <https://bjgp.org/content/64/623/311>
- <https://www.rcpch.ac.uk/resources/spotting-sick-child-online-learning>

Acute emergency children

- <https://www.evidence.nhs.uk/search?q=acute+asthma+in+children>
- <https://www.resus.org.uk/anaphylaxis/>
- <https://www.rcpch.ac.uk/resources/management-children-young-people-acute-decrease-conscious-level-clinical-guideline>

Resuscitation

- <https://www.resus.org.uk/resuscitation-guidelines/paediatric-basic-life-support/>
- <https://www.nice.org.uk/guidance/cg134/evidence/anaphylaxis-full-guideline-pdf-184946941>

Behavioural issues

- <https://www.nice.org.uk/guidance/cg158>
- <https://www.guidelinesfornurses.co.uk/mental-health/nice-guideline-learning-disabilities-and-challenging-behaviour-/454438.article>

Childhood infections:

- <https://www.nhs.uk/conditions/pregnancy-and-baby/infectious-illnesses-children/>
- <http://www.practicebooklet.co.uk/CommonChildhoodIllness/commonChildhoodIllnessBooklet.pdf>

Malignancy

See Cancer Topic

- Craft A and Killen S. *Palliative Care Services for Children and Young People in England: an independent review for the Secretary of State for Health* London: Department of Health, 2007,
- <https://www.evidence.nhs.uk/search?q=childhood+cancer>

Chromosomal

See genomic topic

- <https://www.evidence.nhs.uk/search?ps=20&q=Chromosomal+disorder>
- <https://arms.evidence.nhs.uk/resources/hub/attachment>

Dermatological

See Dermatology Topic

Long term disease management & prescribing

See Long Term disease Topic

Sleep disorders

- <https://www.evidence.nhs.uk/search?q=sleep+disorders+in+children>
- <https://www.nice.org.uk/advice/esuom2/chapter/Key-points-from-the-evidence>
- <https://www.nice.org.uk/advice/esuom2/resources/sleep-disorders-in-children-and-young-people-with-attention-deficit-hyperactivity-disorder-melatonin-1503234972035269>

Obesity

- <https://www.nice.org.uk/guidance/qs94>
- <https://ep.bmj.com/content/102/2/84>
- <https://www.nice.org.uk/guidance/cg189/evidence/obesity-update-full-guideline-pdf-193342429>

Faltering growth

- <https://www.evidence.nhs.uk/search?q=faltering+growth+in+infants+dietary+management>
- <https://www.nice.org.uk/guidance/ng75>
- <https://www.rcog.org.uk/en/about-us/nga/nga-news/nice-guideline-faltering-growth/>
- <https://www.bmj.com/content/358/bmj.j4219>

GI

- <https://www.evidence.nhs.uk/search?ps=50&q=reflux+THICKENED+STOMACH>
- <https://bspghan.org.uk/guidelines>
- <https://www.bsg.org.uk/clinical/bsg-guidelines.html>
- <https://gut.bmj.com/content/66/6/988>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2364807/>
- <https://www.evidence.nhs.uk/search?q=Abdominal+pain>

Immunization

- <https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule>
- <https://vk.ovg.ox.ac.uk/vk/uk-schedule>

Learning Disability

- <https://www.evidence.nhs.uk/search?q=definition+of+learning+disability>
- <https://www.evidence.nhs.uk/search?q=children+learning+disability>
- <https://www.nationalelfservice.net/learning-disabilities/challenging-behaviour/nice-learning-disabilities-and-challenging-behaviour-guidance-highlights-need-for-stronger-evidence/>
- <https://www.rcgp.org.uk/learningdisabilities/>

ADDH

- <https://www.evidence.nhs.uk/search?q=ADHD>
- <https://ebm.bmj.com/content/24/3/99>
- https://www.rcpsych.ac.uk/docs/default-source/members/divisions/scotland/adhd_in_adultsfinal_guidelines_june2017.pdf?sfvrsn=40650449_2

MSK

- <https://www.evidence.nhs.uk/search?ps=50&q=paediatric+orthopaedics>
- <https://www.boa.ac.uk/standards-guidance/nice-trauma-and-orthopaedic-guidelines.html>

Neonatal issues

- <https://www.evidence.nhs.uk/search?q=neonatal+care>
- <https://www.rcog.org.uk/en/about-us/nga/nga-news/nice-guideline-specialist-neonatal-respiratory-care/>

Seizures

- <https://www.evidence.nhs.uk/search?ps=20&q=first+seizure+children>
- <https://www.youngpilepsy.org.uk/dmdocuments/Full-NICE-epilepsy-guidance-2012.pdf>

Poisoning

- <https://www.evidence.nhs.uk/search?q=poisoning>
- <https://bnf.nice.org.uk/treatment-summary/poisoning-emergency-treatment.html>

Renal disease

- <https://www.evidence.nhs.uk/search?q=nephrotic+syndrome+in+children>
- <https://renal.org/bapn/bapn-clinical/paediatric-guidelines/>

Safeguarding

- <https://www.evidence.nhs.uk/search?q=safeguarding+child>
- <https://www.rcpch.ac.uk/key-topics/child-protection/evidence-reviews>