

JOINT EVENT



18th International Conference on
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August 06-07, 2018 Madrid, Spain

Posters

Pediatrics Health 2018 and Adolescent Health 2018

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The extent of off-label and unlicensed drug use in neonatal intensive care units in Iran

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The present study was designed to evaluate the use of unlicensed and off-labeled drugs in neonatal intensive care units (NICU) of two academic hospitals in Iran. To our knowledge it is the first study done in this area in Iran. In this cross sectional study, all neonates that had at least 24 hour NICU admission, during the first 3 months of 2016, in two different hospitals were included in this study after their parental consent. The drugs were categorized as licensed, unlicensed and off-labeled according to Pediatric and neonatal dosage handbook (Lexicomp® 22nd Edition). 193 patients (52.85% M, 47.15% F), 64.2% of them delivered via C-section, were included in this study. Mean gestational weight was 409 ± 3317 g for term babies and 1732 ± 621 g for preterm neonates. A total of 1049 drug orders were made for these patients (including 59 agents and 72 drug formulations). The mean number of drug orders and pharmaceutical agents for each patient were 5.44 ± 4.08 and 4.46 ± 2.98 respectively. Preterm neonates had a higher number of drug orders and medications (p values 0.003 and <0.001). 38.04% of the drug orders were off-labeled (received by 85% of the neonates) and 1.91% unlicensed (used in 8% of the patients). 45% of the off-label use was regarding the dose and 36.86%, dose interval. 60.05% of the used drugs were licensed. It seems that due to the high rate of off-label and unlicensed drug use in NICUs, further studies regarding their safety and efficacy should be performed.

Biography

Leila Kouti became a board certified clinical pharmacist at the age of 29 years (2009) and completed her PhD three years later, from Tehran University of Medical Sciences. She is an assistant professor in clinical pharmacy department at Ahvaz Jundishapur University of Medical Sciences. She has published more than 20 papers in different journals.

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Pattern of viral infection in acute asthma exacerbation and association with the severity of the episode

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Objectives: To identify the prevalence of certain viruses in asthmatic children during acute asthma exacerbation and identify any correlation between certain virus and severity of the episode.

Methods: A retrospective cross-sectional study was carried out including all children aged between 2 to 12 years who were admitted in royal hospital between January 2015 to October 2017 with acute exacerbation of asthma and who had nasal swab. Nasal swab were collected, which can detect 18 viruses like Rhinovirus, Boca virus, RSV A/B, Adenovirus respiratory, Human metapneumovirus, Coronavirus OC43, Parainfluenza 1, Parainfluenza 4, Influenza, Coronavirus 229E, Coronavirus HKU1, Parainfluenza 2, Parainfluenza 3, Influenza A(H1N1), Influenza A, Coronavirus NL63, Influenza B and Para echovirus.

Results: Among the 108 enrolled patients, viral infections were detected in 82 patients (75.9%). Rhinovirus is the most frequently detected virus (41%) followed by adenoviruses (13%), RSV (11%), Boca virus (7%) and human metapneumovirus (6%). According to severity of asthma, viruses were detected in 6.1% of mild cases, 61% of moderate and 32.9% of severe cases. No association between asthma severity and presence of virus ($P=0.062$). No significant difference in severe asthma exacerbation with or without viral infection. (32.9% vs 53.8%) ($P=0.066$). Among the viral positive patients, Adenovirus has significant association with asthma severity ($P=0.021$). In our study, age, respiratory rate and Oxygen saturation were significantly different between viral positive and viral negative group. (P values respectively: 0.0001, 0.036 and 0.01).

Conclusion: Respiratory viruses were identified in 75.9% of patients with acute asthma exacerbation. Rhinovirus is the most frequently detected virus (41%), but adenovirus has significant association with asthma severity ($P=0.021$).

Recent Publications

1. Factors associated with pediatrician attitudes over the use of complementary and traditional medicine on children in Muscat, Oman Muna Ahmed Al Saadoon1*, Mohammed Suweilem Al Jafari2, Bader Darwish Al Dhouyani2, Syed Rizvi3: 2 January 2015.

Biography

Bader Al Dhouyani has completed his MD at the age of 25 years from medical school at Sultan Qaboos University in Oman. Currently I am Paediatric resident at Oman Medical Specialty Board (third years, R3).

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Accepted Abstracts

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Transcranial doppler scan implementation in sickle cell patients at a paediatric hospital in South East London

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Sickle cell disease (SCD) is a chronic condition associated with a plethora of complications, with stroke being one of the most prevalent. By the age of 20, 11% of patients with homozygous SCD will have suffered a stroke secondary to their condition. Transcranial doppler scans (TCD) can be used to assess the risk of this complication by measuring cerebral artery blood flow velocity. The objective of this audit was to assess uptake of TCD scans in a sickle cell patient cohort, and to investigate adherence to repeat TCD scans at the Evelina Children's Hospital. A total of 166 patients fulfilled the inclusion criteria, and TCD outcomes yielded 93% with normal results, 6% with conditional results, and 1% with an abnormal result. Patient adherence across all patients under investigation was less than 60%; an underwhelming figure compared to the 90% recommendation set by national guidelines. Reasons proposed for this disparity may include outside commitments of older patients, the inconvenience of taking time out of work for parents/guardians, and potentially a lack of understanding regarding the significance of TCD scan results. All can invariably have a negative impact on scan adherence. The proposed intervention includes a mobile phone texting service one week before scans; alerting patients of the upcoming appointment. It may also be beneficial to implement leaflet distribution to parents/guardians, to outline the importance of scans and the value of ongoing management and prophylaxis. Such interventions aim to ameliorate TCD scan adherence, and thus improve ongoing management of SCD. Management of patients with chronic conditions is a constant challenge, but must be overcome to ensure long term patient safety through monitoring of baselines, predicting complications, and preventing them from occurring.

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Homeopathy treatment for functional abdominal pain in children: Randomised placebo-controlled trial**Neha Sharma**

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Background: Functional Abdominal Pain (FAP) is one of the most common complaints of children and can result in distress and discomfort in both the child and the parents. Children with FAP have diminished quality of life, miss their school days with parents miss their day works. Accordingly, childhood FAP affects the economy and health of the society. No study has evaluated the effectiveness of homeopathy in the treatment of childhood FAP. This randomized placebo-controlled trial tested the efficacy of homeopathy intervention to improve outcomes in idiopathic childhood abdominal pain.

Methods: Two hundred children with persistent functional abdominal pain were randomly assigned to one of two groups- individualised homeopathy intervention or placebo intervention. Children were assessed at pre-treatment, 3 months, and 6 months post-treatment. The primary outcome measure was treatment response defined as at least 2-point reduction in the Wong-Baker FACES Pain Rating Scale or “no pain” after medication. Secondary outcomes included the physician-rated global severity and improvement using the Clinical Global Impression Severity and Improvement Scales (CGI-S, CGI-I).

Results: Children in homeopathy group showed greater baseline to follow-up decreases in pain and gastrointestinal symptom severity than children in the placebo at 3 months ($P<0.01$) and at 6 months ($p<0.001$). Both treatment conditions resulted in improvements on measures of pain intensity and pain behavior. However, the children receiving homeopathy had a higher rate of complete elimination of pain, lower levels of relapse at 6 months, and lower levels of interference with their activities because of pain and parents reported a higher level of satisfaction with the treatment than children receiving placebo.

Conclusion: Homeopathy intervention aimed at reducing children's abdominal pain and symptom appears to be helpful.

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Prevalence of overweight and growth retardation and related factors in children with Type-1 diabetes mellitus

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Aim: Diabetes mellitus type one is recognized by inadequate insulin secretion, so absence of anabolic effects of insulin lead to low weight. Insulin therapy, decrease in physical activity to avoid hypoglycemia and changes diet and life style are probable causes of overweight and obesity in these patients. Here we tried to estimate prevalence of obesity, overweight and growth retardation in a population of diabetes mellitus, and also some related factors.

Method: Ninety patients with stable T1D aged 2–18 years with no history of recent infection were included. Written informed Consents were taken from the parents before enrollment. Variables were age, gender, weight and height percentile, body mass index, thyroid status, blood pressure, HbA1C, serum creatinine, 24 hours urine albumin and GFR, compared against of overweight and growth retardation, using appropriate statistical approach.

Results: Among 90 patients, 1.1% had BMI of higher than 30, 6.6% between 29.9 and 25, 40% between 24.9 and 18.5 and 52% less than 18.49 kg/m². Height percentile had mean and standard deviation of 45.3(30.3) ranging 3 to 99th percentile, weight percentile had mean and standard deviation of 42.5(15.8), ranging 14 to 98 percentile. Height percentile had significant negative correlation with duration of diabetes, age and plasma creatinine. Weight percentile had significant positive correlation with age, duration of diabetes, plasma creatinine and urine albumin and negative with GFR. Body mass index was positively correlated with age and plasma creatinine. Height percentile also was associated with systolic blood pressure, while weight percentile and body mass index, and were associated with thyroid status, puberty stages, both systolic and diastolic blood pressure.

Conclusion: Only 40% of diabetic patients had normal body mass index. While more than half of them were underweight, 6.6% had overweight. Height and weight for age and sex, presented as percentiles, were normal in all patients.

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Outcomes After Kidney injury in Surgery (OAKS): Protocol for a multicentre, observational cohort study of acute kidney injury following major gastrointestinal and liver surgery

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Introduction: Acute kidney injury (AKI) is associated with increased morbidity and mortality following cardiac surgery. Data focusing on the patterns of AKI following major gastrointestinal surgery could inform quality improvement projects and clinical trials, but there is a lack of reliable evidence. This multicentre study aims to determine the incidence and impact of AKI following major gastrointestinal and liver surgery.

Methodology: Prospective, collaborative, multicentre cohort study will include adults undergoing gastrointestinal resection, liver resection or reversal of ileostomy or colostomy. The primary end point is the incidence of AKI within 7 days of surgery, identified using an adaptation of the National Algorithm for Detecting AKI, based on the Kidney Disease Improving Global Outcomes (KDIGO) AKI guidelines. The 30-day adverse event rate was measured using the Clavien-Dindo scale.

Results: Almost 20% of patients nationally do not have a pre-operative creatinine test. Post-operative creatinine testing, and thus indication of renal function demonstrated 98.4% compliance. Nationally, 14 centres have AKI rates above the 95% confidence interval and 2 above the 99.7% confidence interval for AKI rates, and the overall national rate was 13.1%. Using the Clavien-Dindo scoring system, major complication rate was found to be higher in patients who developed AKI, demonstrating it is significantly associated with morbidity, mortality and cost.

Discussion and conclusions: Pre- and post-operative creatinine measurements can be helpful to stratify risk, direct anaesthetic choices, and guide postoperative management. Patients who have developed an AKI are more likely to go on and develop major complications. It is therefore the hope of the authors that this study will define targets for future quality improvement programmes and clinical trials. Identifying risk factors for AKI will allow stratification of patients to prioritise future interventions aimed at enhancing preoperative optimisation and perioperative monitoring.

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Survey of neonatologists' burnout on a neonatal surgical unit: Audit study from Cairo University specialized pediatric hospital, SNICU

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Background: More doctors are complaining of burnout than before, Burnout is a state of physical and mental exhaustion unfortunately caused by the doctor's lifestyle. Medical errors are also more likely in those suffering from burnout and these may result in catastrophic consequences.

Methodology: A retrospective audit of burnout response of all neonatologists rotating on the surgical neonatal intensive care unit (SNICU) over a 6 month period was carried out. Data was gathered using a standard burnout questionnaire. Responses were divided into 5 categories according to the final score of the 28 questions in the questionnaire: category 1 with score from 28-38 with almost no work stress, category 2 with score (38-50) who express a low amount of job related stress, category 3 with score (51-70) with moderate amount of stress, category 4 with score (71-90) those express a high amount of job stress and begun to burnout, category 5 with score (91 and above) who are under a dangerous amount of stress and advanced stage of burnout.

Results: The study period covered was January 2017 to September 2017. The questionnaire was distributed among 33 neonatologists. 23 responses were sent back with a response rate of 69.6%. (61%) of respondents fell in to category 4, 31% in to category 5, while 8% were equally distributed between category 2 and 3 (4% each of them). No respondents were in category 1.

Conclusion: Severe burnout is present among neonatologists on the SNICU. Interventions to reduce burnout and improve working conditions should be prioritised.

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The relationship between the parents' knowledge, attitude and practices on immunization and the immunization status of their adolescent children in the out patient department of a tertiary hospital

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Objective: To determine the relationship between the knowledge, attitude and practices of parents and the immunization status of their children aged 11 to 18 years old.

Design: Prospective cross-sectional study.

Subjects: 70 guardians of patients aged 11 to 18 years for follow up at the St. Luke's Medical Center QC (SLMC) Pediatric Out-Patient Department (OPD). Purposive sampling was done.

Methodology: Interviewer-administered questionnaire/face to face interview and review of immunization records was conducted from December 2016 to February 2017 among parents of Adolescent patients who followed up at the Pediatric OPD of SLMC QC.

Results: Patients were most often partially or non-adherent to their recommended adolescent vaccination schedules. About 93% received at least one dose of the Hepatitis B vaccine, but none received any booster or catch-up dose. Hepatitis A and Td/Tdap vaccines were given to 17% and 10% of adolescents, respectively. The coverage rates for annual influenza (5.7%) and HPV (2.9%) were the lowest among all vaccines recorded. More than 90% of respondents correctly replied to items on seriousness of the diseases targeted by MMR, varicella, and hepatitis A and B. In contrast, only half recognized the possibility of a serious sequelae of HPV infection. The cost of getting immunized was the leading barrier (87%) to availment of this service.

Conclusion: No significant associations were found between parents' range of knowledge scores and the actual immunization status of their adolescent children. However, score of $\geq 75\%$ appeared to be associated with increased MMR and lower hepatitis A and influenza vaccination rates. In these findings we can conclude that availability of the vaccines in the health center can increase the adherence to adolescent immunization. The top 3 identified barriers in availing immunization were: Financial problems, Lack of knowledge and Lack of vaccines in the health center.

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Prevalence of hypertension and related factors in children with Type-1 diabetes mellitus

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Aim: Diabetic nephropathy is leading cause of end stage renal disease. Appropriate Control of blood pressure could prevent and delayed renal failure in diabetic patients. Hypertension also is associated with cardiovascular events in diabetes. Here we aimed to evaluate blood pressure status in children with Type-1 diabetes and related factors.

Method: 67 patients with stable T1D aged 2–18 years with no history of recent infection were included. Written informed Consents were taken from the parents before enrollment. Variables were age, gender, weight and height percentile, body mass index, thyroid status, blood pressure, HbA1C, serum creatinine, 24 hours urine albumin and GFR, compared against systolic and diastolic blood pressure status, using appropriate statistical approach.

Results: Mean (standard deviation) of systolic blood pressure was 110.5(12.6). Two patients (3%) had systolic blood pressure of higher than 99th percentile+ 5 mmHg, five patients (7.5%) had systolic blood pressure of between 95th percentile and 99th percentile+ 5 and eighteen (26.9%) had systolic blood pressures between 90 and 95th percentiles or less than 120 mmHg. Mean (standard deviation) of diastolic blood pressure was 68.8 (11.6). One patients (1.5%) had diastolic blood pressure of higher than 99th percentile+ 5 mmHg, tree patients (4.5%) had diastolic blood pressure of between 95th percentile and 99th percentile+ 5 and sixteen (23.9%) had blood diastolic pressures between 90 and 95th percentiles or less than 120 mmHg. Normal systolic and diastolic blood pressure was observed in 62.7% and 70.1% of the patients, respectively. Age, height percentile, weight percentile, body mass index, tanner stage and HbA1C had significant association with systolic blood pressures. Diastolic blood pressure was associated with body mass index, tanner stage and weight percentile. Urine albumin, glomerular filtration rate and serum creatinine were not associated with blood pressure.

Conclusion: it seems that blood pressure is becoming prevalent, not to progression of renal failure in diabetic children.

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Direct evidence of viral infection and mitochondrial alterations in the brain of fetuses at high risk for schizophrenia

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Introduction: There is increasing evidences that favor the prenatal beginning of schizophrenia. These evidences point toward intra-uterine environmental factors that act specifically during the second pregnancy trimester producing a direct damage of the brain of the fetus. The current available technology doesn't allow observing what is happening at cellular level since the human brain is not exposed to a direct analysis in that stage of the life in subjects at high risk of developing schizophrenia.

Methods: In 1977 we began a direct electron microscopic research of the brain of fetuses at high risk from schizophrenic mothers in order to finding differences at cellular level in relation to controls.

Results: In these studies we have observed within the nuclei of neurons the presence of complete and incomplete viral particles that reacted in positive form with antibodies to herpes simplex hominis type I [HSV1] virus, and mitochondria alterations.

Conclusion: The importance of these findings can have practical applications in the prevention of the illness keeping in mind its direct relation to the aetiology and physiopathology of schizophrenia. A study of the gametes or the amniotic fluid cells in women at risk of having a schizophrenic offspring is considered. Of being observed the same alterations that those observed previously in the cells of the brain of the studied foetuses, it would intend to these women in risk of having a schizophrenia descendant, previous information of the results, the voluntary medical interruption of the pregnancy or an early anti HSV1 viral treatment as preventive measure of the later development of the illness.

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Early laparotomy in the management of necrotizing enterocolitis**Yasen Alalayet**

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Aim: Even 50 years passed after definitive description of NEC, no consensus for proper time and optimal surgical treatment for Necrotizing enterocolitis. Aiming to answer the question in early laparotomy will improve the morbidity and mortality in NEC more than the classic indication for laparotomy.

Method: We conduct a prospective randomized study conducted between September (2013) and September (2016) on 64 neonates admitted to NICU. All was suspected to have necrotizing enterocolitis (NEC). Divided in 2 groups, in group A; early intervention criteria was applied and group B; treated conservatively with classical indication was followed up for surgical intervention.

Conclusion: Survival group A was 88.2% and 52.95 in group B (P value 0.01). Early surgical intervention reduce mortality rate in NEC and discover other rare causes of neonatal peritonitis.

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The child and the child's perspective

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Children have their own way of experiencing things, and research-based knowledge about children's experiences can further help healthcare professionals to better understanding the children's world of experiences. Children have a right to participate, receive information, and make health-related decisions. Paediatric care needs to be of good quality; it should meet the children's needs of safety, and the best interest for the child should always be a primary priority in all actions concerning children. Historically, children have been excluded from the research process or decision making regarding their own health care. One reason for this could be that research with children as participants raises many ethical questions: another reason may be that children have been seen as vulnerable and without competence due to their age and immaturity. In view of the recommendation by UNCRC, that all treatment and procedures should be based on respect for the child's autonomy and integrity and that it should be performed with the child's active participation, today children are asked about their view on many aspects of their lives. Children's experiences in paediatric care of not being listened to, or not being supported, and their desire to have more of a say, are reported by several researchers. When children describe the factors which may restrict them from actively participating in their care, they include, for example, fear of causing trouble by asking questions, fear of being ignored or disbelieved, and the difficulty to understand medical terminology. Lack of involvement in their own care can result in the children feeling unprepared for the necessary procedures, which can increase fears and anxiety. Both a child and a child's perspective are used today in paediatric nursing and research, and both are focused on children. During the last twenty years, there has been an active discussion around the child perspective in paediatric care, and family-centered care (FCC) has been quite central in these discussions. FCC is based on partnerships between children, families, and healthcare providers, and it has been considered the best way to provide quality care to children in hospital, despite a lack of evidence about its effectiveness. Since the children participate more and more in research, knowledge about the importance of their own experience and perception of health care has increased.

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Effect of kangaroo care on physiological measurements and weight in low birth weight infants

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Low birth weight infants are highly vulnerable as they have to make several adjustments to achieve equilibrium in metabolic processes, circulation and breathing. Therefore, the aim of this study was to examine the effect of Kangaroo Care on physiological measurements and weight in Low birth weight infants. The study was conducted at the neonatal Intensive Care Units in Menoufia University hospital (Shebin El-Kom) and Mansheat Sultan village (Menoufia). The study sample was composed of sixty Low birth weight infants. A simple random sample was done to assign them into study and control groups (n=30). A quasi experimental design was used. The results of this study showed that low birth weight infants who attended kangaroo care sessions had better weight gain (2.06 ± 0.21 Vs 1.90 ± 0.26), fewer duration of hospitalization (11.33 ± 1.81 Vs 15.57 ± 2.81) and better physiological adjustments than low birth weight infants in the control group. Therefore, it was concluded that low birth weight infants who attended kangaroo care sessions had better physiological measurements, weight gain and shorter duration of hospitalization than low birth weight infants in the control group. It was recommended that kangaroo care sessions should be conducted at neonatal intensive care units.

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Virtual Reality (VR) technology in the absence of general anaesthesia during radiotherapy procedure for paediatric oncology patients

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VR is a three-dimensional (3D) computer-generated environment that enables the user to explore and interact within a different environmental perspective. It could be in the form of a realistic-artificial environment or a 3D imaging that is presented to the user as a real atmosphere with made-up information. The VR has been considered as a non-pharmacologic form of analgesia through exerting attention processes on the body's intricate pain system. It does so through profoundly immersing the body and mind by delivering enough sensory information to the extent where it suspends any disbelief that one is in a virtual environment. The aim of the study is to eliminate the General Anaesthesia (GA) procedure used on paediatric oncology patients undergoing multiple fractions of Radiotherapy. We aimed to utilise the VR technology as a replacement for the GA. Typically, the radiotherapy session under GA takes around 30 minutes from the machine time and that session can be repeated daily for several weeks. As a result, VR Technology was an excellent alternative in most of the patients treated with radiotherapy for non-Head/Brain Tumours. There were significant reductions on the number of the GA sessions. That reduction has a great impact on reducing side effect of GA and save more time on the Radiotherapy machine that can be used to treat more patients.

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Endovascular embolization of facial Hemangioma followed by surgical excision

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Introduction: Infantile hemangiomas are the commonest soft tissue tumors of infancy, with incidence 4% to 10% in children below the age of 1 year, showing female predominance three to four times higher than male infants. Within the first weeks of life, they enter a phase of rapid growth lasting for 3 to 6 months which may go on for 24 months. A period of stabilization for a few months follows with spontaneous involution usually occurring in several years. However, problematic hemangiomas occur when they ulcerate, have massive growth, cause disfigurement, or affect normal function or cosmetic development. Common locations for problematic hemangiomas include the face, ear, orbit, and airway. These hemangiomas subsequently require early and aggressive treatment for ideal functional and cosmetic outcomes.

Case presentation: 10 months old female, full term, C.S. delivery, -ve consanguinity and -ve family history, presented to us with facial hemangioma at the age of 4 months. Firstly, we started oral propranolol at dose 2mg/kg/day in 3 divided doses for 3 months that was increased to 3mg/kg/day in 3 divided doses for another 3 months with regular monitoring for the heart rate and the blood glucose level, however the response was not adequate and there was rapid proliferation of the hemangioma. At the age of 10 months we did MRI of the brain and both orbits that showed small left intra-orbital extra-coanal extension with no intra-cranial extension and Multislice C.T. angiography of the extra and intra cranial carotid and vertebrobasilar arterial systems that revealed main blood supply from the Ophthalmic branch of the left internal carotid artery. Endovascular embolization was done using tiny plastic particles (200 µm) through the Femoral artery access. 24 hours later we did near total excision of the hemangioma. The residual part of the hemangioma dealt with by 3 cycles of intralesional Triamcinolone acetate injection at the dose of 0.5 mg/kg/injection on 4 weeks intervals. With adequate cosmetic result and reasonable parents satisfaction.

Conclusion: Combined management of such disfiguring, rapidly growing hemangioma is important to avoid functional losses (theoretically in our case it could lead to diplopia, because it was encroaching on the left eye).

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Relation bronchial asthma and parasitic (nematodes) infection in Egyptian children

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Background: Among the many factors influencing the prevalence of asthma in developing countries from the tropics are geohelminthic infections.

Aims: This work aims to study the relation between bronchial asthma and parasitic infestation in Egyptian children.

Patients and Methods: A cross-section, analytical study design was chosen to perform this research on 100 school aged children. All children were interviewed and examined clinically and laboratory.

Results: 86% of patients with bronchial asthma lived in urban areas, while 64% of patients with parasitic infestation lived in rural areas. Statistically significantly Negative correlations were found between blood level of IgE and FEV1% of predicted in patients with bronchial asthma as well as patients with parasitic infestation with $r = -0.381$, -0.325 at $p = 0.006$, 0.021 respectively. Inverse relationship was found between blood level of IgE and FEV1/FVC% in patients with parasitic infestation with $r = -0.358$ with statistical significant difference at $p = 0.011$.

Conclusions: Statistically significance higher values of IgE were found in patients with parasitic infestation compared to patients with bronchial asthma. It was noted that patients with combined bronchial asthma and parasitic infestation demonstrated statistically significance higher values of IgE which suggest a possible synergistic effect of two diseases.

Recommendation: Improving personal and environmental hygiene and regular screening, treatment and health education for children as regard parasitic infections is recommended.

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Thyroid function status and related factors in children with Type-1 diabetes mellitus

Farzaneh Rohani

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Aim: Auto immune endocrinopathies could be co-occurred with type one diabetes mellitus in some cases but not all. Here we tried to investigate prevalence of hypo and hyperthyroidism in children with type one diabetes mellitus and related factors.

Method: Ninety one patients with stable T1D aged 2–18 years with no history of recent infection were included. Written informed Consents were taken from the parents before enrollment. Variables were age, gender, weight and height percentile, body mass index, thyroid status, blood pressure, HbA1C, serum creatinine, 24 hours urine albumin and GFR, compared against thyroid function status, using appropriate statistical approach.

Results: Total of 91 patients, 11 patients (12.1%) were hypothyroid, 2 patients (2.2%) were hyperthyroid, and 78 reminded patients (85.7%) were euthyroid. Tanner stage, Body mass index and weight percentile were significantly associated with thyroid function status. Most of the euthyroid patients were at pre pubertal stage.

Conclusion: It seems that co-existed thyroid function abnormalities in diabetes mellitus are exacerbated by progress in puberty. Higher weight percentile and body mass index in thyroid may be cause or impact of thyroid function abnormality. Treatment with Insulin also may be suspected.

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Acne vulgaris: Prevalence, severity and impact on quality of life and self-esteem among secondary school-aged adolescents in Egypt

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Introduction: Acne vulgaris has a great importance among the dermatoses that affect adolescents, in view of its prevalence in this age bracket and its impact on quality of life (QoL). Objectives: to estimate the prevalence of acne, severity and its impact on QoL and self-esteem among adolescents in Alexandria, Egypt.

Method: A cross-sectional study was conducted, where 787 students were selected using multistage stratified random sampling from twelve (six private and six public) secondary schools in Alexandria, between February and May 2016. Data collection was performed using self-reported questionnaire and clinical examination. Severity of acne, its impact on QoL and self-esteem were assessed using Global Acne Grading System (GAGS), Cardiff Acne Disability Index (CADI) and Coopersmith self-esteem scale, respectively.

Results: The study population consisted of 396 boys (50.3%) and 391 girls (49.7%), with a mean age of 16.31 ± 0.725 years. Prevalence of self-reported acne was 34.7%. Females reported acne more frequently than males (39.1% vs. 30.3%, $p=0.009$). Prevalence of clinically-confirmed acne was 24.4%, with higher rates among females (28.6%) than males (20.2%, $p=0.006$). A higher proportion of students in private schools (29.6%) compared with those in public schools (19.6%) had acne ($p=0.001$). 75.5% of students had mild acne, 22.9% had moderate acne and 1.6% had severe acne. The severity of acne was similar in both genders. No association was found between self-esteem and acne, or with acne severity. The CADI showed that 49.0% experienced mild impairment and 11.4% had severe impairment. The overall mean CADI score was 4.95 ± 3.21 . There was a significant medium positive correlation between GAGS and CADI ($r=0.338$, $p=0.00$).

Conclusion: Our findings should alert health professionals and school authorities to timely identify, manage and educate adolescents with acne.

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Eunuch and transgender persons: Repositioning of hijra identity in post-colonial Pakistan

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This article is based on data, which I have collected for my PhD research on the topic of “Transgender and Human Right Issues in Pakistan”. This research study follows constructionist grounded theory and gathered data through qualitative research methods, i.e. In-depth Interviews (IDIs) and Biographic Interviews. In this article, I tried to answer the question ‘How current legislative bill for the protection of transgender - presented in the Senate of Pakistan in 2017-2018, define hijra identity, which deviates from socio-cultural and religious perspective?’. The bill allows transgender to identify themselves as per their sense of identity without bringing consideration of the biological body. However, this kind of provision for the transgender identity crosses the socially constructed knowledge and Islamic jurisprudence. Where traditionally it is believed that the biological body of transgender persons determines gender identity. Therefore, those transgender persons who do not possess true hijra body, i.e. body with ambiguous sex organ cannot be termed as real hijra. Other than this, all hijras are considered as deviant. Colonial masters criminalized hijra identity due to the dominant discourse of binary of sex and gender. The same is an issue with Islamic jurisprudence, where importance is given to the body instead of a sense of self. In this case, British rulers and Islamic jurisprudence criminalized all those persons who possessed the male body and adopted feminine gender. Hence, current bill inspires from the Human Right Treaties and International Law, which acknowledge and respect the person's sense of self in determining gender identity. Therefore, one hand the bill fulfills international human right commitments. While, other hand, it deviates from the socially constructed knowledge. So, in this article I describe multiple discrepancies which exist at socio-cultural and legal level in term of conceptualization of hijra identity. First, the option for the hijra identity given by the Pakistani State for making of Computerised National Identity Card (CNIC) deviates from the actual sub-identities like Aqwa, Narban, and Khwajasara identity, which have been existing under the core hijra identity. Secondly, the identity options given by the Pakistani State those are transgender male, transgender female and third is Khunsa Mushkil. These identification categorizations are nearer to the categorization of transgender as per Islamic Jurisprudence. Therefore, in this case the state is deviating from the modern human right standards. Finally, conceptualization of hijra on the pattern of transgender bluer socio-cultural meaning associated with the hijra identity, which may vanish hijra culture and hijra as an indigenous separate identity.

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A study on contraceptive knowledge, attitude and practices among adolescent gravidas in a tertiary hospital in the Philippines

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Objectives: The objectives of this study are as follows: 1) to describe the socio-demographic profile of Filipino adolescent gravidas, 2) to establish the baseline knowledge, attitude, and practices of these adolescent gravidas on contraception, 3) to determine if there is an unmet need for family planning in this age group, and 4) to identify the barriers, if any, to their use of contraceptives.

Methodology: This is a descriptive, survey-based, cross-sectional study on contraception using an adapted, validated, and pre-tested, structured questionnaire among 107 young gravidas (ages 19 and below) consulting or admitted in the Department of Obstetrics and Gynecology at Philippine General Hospital.

Results: The average age of all respondents was 17; 75% belong to the 17-19 age range. 59% of youth were out of school prior to getting pregnant while 24% were forced to stop during pregnancy. Menarche and coitarche on average were at 12.5 and 16 years, respectively. The latter was unplanned in 77% of cases. Pregnancy was unintended in 85%. For most of the participants, this was their first pregnancy while 8% have had a previous one. 66.4% of all respondents said they had some knowledge about contraception, while only 22.4% have ever used any method. The most commonly known methods were condoms (59%), hormonal pills (55%), injectables (24.3%), implants (23.3%), and withdrawal method (18.7%). 79% of women said they intended to use family planning after their present pregnancy, with 62.8% choosing subdermal implants as their choice of contraception.

Conclusions: Filipina adolescents are beginning to have sexual relationships and getting pregnant at a younger age. Because of their lack of knowledge on basic sexual and reproductive health, they are unprepared and unmotivated to use contraception despite wanting to delay childbearing. Knowledge on contraception poorly correlates to their actual utility. The use or non-use of family planning is greatly influenced by their partners so that an earlier orientation on sexual and reproductive issues may be warranted for young Filipinos, with emphasis on shared responsibility on decisions regarding contraception.

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Obstetric and perinatal outcomes and the factors associated with it among pregnant teen/adolescent Filipino 13-19 years old in a tertiary institution

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Introduction: In the Philippines, according to the results of the 2013 National Demographic and Health Survey (NDHS), one in ten young Filipino women aged 15-19 years old had begun their child bearing years. Some studies found that teenage pregnancy was associated with obstetric and perinatal complications.

Aim: This study aims to determine the obstetric and perinatal outcomes of teenage pregnancy among Filipino women aged 13-19 years old encountered at Philippine General Hospital from year 2014-2016. This is a retrospective study.

Methods: The hospital records of pregnant women, aged 13 to 19 years old, at the Philippine General Hospital between 2014-2016 were reviewed. Descriptive statistics, frequency and proportion, mean and standard deviation were used to analyze the results.

Results: This study noted that almost 50% of the adolescent pregnancy yielded obstetric and perinatal complications. The odds of having abnormal obstetric outcome among mothers with obstetric score of g1 is 7.8 (95% CI: 2.0 to 30.7) times higher as compared with other obstetric scores and the odds of having at least one perinatal disorder decreases by 19% (95% CI: 6% to 30%) as the mothers regularly visit an obstetric clinic. Hence, teenage pregnancy as World Health Organization and Department of Health emphasize, is an important issue that needs to be dealt with.

Conclusion: To ensure good perinatal outcome, provision of health care services designed particularly for adolescent mothers need to be properly implemented, to ensure they avail of it and visit more frequently.

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Too little or too much? A short-term longitudinal study of youth's own economic resources and risk behaviours

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This study examined socioeconomic differences in risk behaviours according to youth-oriented measures of economic resources. Using a representative sample of Swedish adolescents (n=3,801, 50% females), the associations that two aspects of youth's own economy shared with smoking, drinking and conduct problems were examined. Data was based on population register and self-report information when participants were in grades 8 (T1 aged 14-15) and 9 (T2 aged 15-16). Missing activities due to financial constraints and having a cash margin were each associated with concurrent risk behaviours. Missing activities predicted a greater likelihood of conduct problems and having a cash margin predicted an increased likelihood of drinking one-year later. The effects of family income and education were not mediated by missing activities or having a cash margin. The results demonstrate that youth-oriented conceptualisations of economic resources identify gradients in risk behaviours that are distinct from family socioeconomic status. In addition, youth's experiences of relative versus absolute economic resources have different implications for drinking, smoking and conduct problems.

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Health risk behaviors in homeless girls: A qualitative approach using the theory of planned behavior

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Even though homeless girls engage in several health risk behaviors that negatively impact their well-being, little is known from a psychosocial perspective. The aim of this research was to qualitatively analyze the health risk behaviors of substance use and abuse, sexual risk behaviors and illicit activities (theft, prostitution and drug dealing) through Ajzen's Theory of Planned Behavior in a group of 250 homeless girls ages 12-23 years old to, subsequently, design and implement effective intervention strategies. A semi-structured interview based on Ajzen's theory was applied and a content analysis was done. Main findings revealed that although homeless girls know the repercussions associated with such behaviors, they carry them out due to social pressure, to belong to a group and to please their partner. Therefore, affiliative relationships are the central factor that increases the likelihood of engaging in health risk behaviors, followed by the presence of these behaviors in the environment. Consequently, the key to an efficient intervention lies in promoting the establishment of a healthy social support network, the learning and acquisition of assertive skills (resisting pressures, saying no and establishing healthy interpersonal relationships), and the non-association with risk groups as essential components for diminishing such behaviors. In this way it will be more feasible to modify the behavioral, normative and control beliefs associated with health risk behaviors. Afterwards, through community interventions it is possible to buffer the negative effects of risk-environments. Nonetheless, without these components, the best psychological therapy accompanied by medical treatment, will have no long-lasting effects.

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The relation between adolescents' participation and well-being

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Health is not created in a vacuum but in the relationship between individuals and their surroundings. Settings like school, is therefore an important arena for adolescents since they spend the majority of their waking hours there. Earlier research has been particularly focused on risk factors related to mental illness in children and youth, rather than what promotes and strengthens their well-being. Studies from our research show that participation is a key factor for pupils positive health and well-being. With use of participatory visual methods we enable adolescents to put their eyes on, for them, critical aspects for well-being, discuss these issues together and make proposals to decision makers about change. In order to gain understanding of the needs and values of new generations, adolescents need to be made a part of the development of their own everyday environment. This is also in line with article 12 in the UN Convention on rights of the child. Photovoice, a participatory research method and other visual methods I have used, enable adolescents to reflect on physical and social aspects in their school environment and in the community by taking photos or record cell-films. The method, photovoice, will be described and early results will be presented from studies about well-being among students at vocational programs at high school.

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Assessment of symmetrigraph and global postural system results for the posture analysis of the healthy individuals

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Background & Aim: Posture disorder is commonly seen in society. There are some differences among the reasons of them, these are ergonomic deficiency of office work environment, habits, cultural and sexual differences. The primer target of our work is to determine the similarities or differences of the methods by analyzing the results of two of posture analysis methods used for the healthy individuals.

Materials & Methodology: In this study, the posture analysis has been made with Global Postural System and Symmetrigraph for 100 healthy individuals, 18-23 year-old, between the dates of March 2015- April 2015. Posterior and lateral posture analysis has been made for the individuals standing in front of the Symmetrigraph and Bragg posture table has been used for this analysis. Assessment of the posture has been made over triple scale. With the Global Postural System thoracic kyphosis and lumbar lordosis angles and measurements of sagittal plane head alignment have been calculated.

Results: Statistical analysis shows; in between symmetrigraph results of thoracic kyphosis and ages of the participants, there are not any meaningful differences ($p>0.05$). As a result of the statistical analysis, the lumbar lordosis symmetrigraph results, there are meaningful changes with the aging of the individuals ($p<0.05$). Moreover, there are not any meaningful changes with the aging of the individuals on the head position in the sagittal plan in symmetrigraph method ($p>0.05$). Only position of head in sagittal plan, results of both methods are compatible with each other. On the individuals 20 years and older, results are higher on symmetrigraph than Global Postural System for all perimeters.

Conclusions: In our study we have determined that the angle for thoracic kyphosis for the male individuals are lower than female individuals; female individuals have lumbar lordosis angle lower then male individuals while head position in sagittal plan has lower angle on the male individuals. When the results obtained from the studies are taken into consideration, it can be said that the results obtained from both methods do not show parallels in general. Consequently, we think that both methods can be used for the posture analysis, but the number and quality of the detailed studies related to this subject should be increased.

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Stress, depressive symptoms, coping and sexual behavior

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The purpose of this study was to examine how adolescents' reports of stressful life events, depressive symptoms, and coping were related with their sexual risk behaviors. This study used data from waves 1 and 2 (ages 13-20 years, N=3,884) of the National Longitudinal Study of Adolescent to Adult Health (Add Health), a nationally representative longitudinal data set of 7th-through 12th-grade students in the US collected between 1994 and 2009. After controlling for covariates, stressful life events predicted having a positive history of STIs, contraceptive nonuse at last sexual intercourse, and more frequent sex for both females and males (ORs ranging from 1.18 - 2.16). Lack of problem-focused coping was related to greater risk of contraceptive nonuse at last sexual intercourse among females (aOR = 1.12, 95% CI 1.10-1.16) and males (aOR = 1.16, CI 1.06-1.26). Findings suggest that interventions promoting healthy responses to stressful life events might positively influence adolescents' sexual risk behaviors. Screening adolescents for stressful life events may identify at-risk youth sooner, leading to tailored preventive interventions.

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Recent developments and current status of sexuality education in Europe and Central Asia

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School sexuality education has a long history in Europe, starting in Sweden, where it became a mandatory teaching subject in 1954. Since then it was also adopted in most other European countries; first in Western and Northern Europe and later on also in several Southern and Eastern European countries. In 2008, the German Federal Health Education Centre (BZgA, a WHO collaborating centre), initiated closer international collaboration in the field of sexuality education at the European level. To this end, it organized a “European Expert Group on Sexuality Education”, which is still active in improving, promoting, and in exchanging information and experience in this field. Since 2010 this expert group has released various documents on the subject, in particular the influential “Standards for Sexuality Education in Europe (2010)”, that has been used in many European countries for the development of sexuality education curricula and for integrating the subject in school educational programmes. In 2016, in collaboration with the European Network of IPPF, BZgA initiated a study on the current status of sexuality education in Europe (including Central Asia), in which a representative selection of 25 European (and Central Asian) countries participated. Preliminary results of this unique study have first been presented at an international WHO conference on sexuality education in Europe, in Berlin in May 2017, and the full results became available in 2018 (full report publication in May 2018). The study provides a detailed assessment of the current status of sexuality education in Europe. It is now a mandatory teaching subject in schools in the vast majority of European countries. Unlike in other world regions, the teaching in about half of the European countries has a comprehensive (or holistic) character, is fully integrated and spread out throughout school curricula, starts at young ages and lasts for several years, is based on human rights, and starts from a positive approach to sexuality. Comprehensive sexuality education has a positive influence on the incidence of mostly unplanned adolescent pregnancy rates. In countries with mandatory comprehensive programmes these rates are much lower than in other countries.

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Current physiotherapy approaches for adolescents with idiopathic scoliosis

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Current Physiotherapy Approaches for Adolescents with Idiopathic Scoliosis: Idiopathic scoliosis is a three-dimensional spinal deformity with an unknown etiology, characterized by the lateral deviation in frontal plane, axial rotation in horizontal plane and abnormal sagittal curvature of the spine. Adolescent idiopathic scoliosis (AIS) is present in 2%–4% of children and occurs in 10-year-old children to maturity. Adolescents with idiopathic scoliosis have several problems including altered posture, gait deviations, muscular imbalance, sensory disturbances, balance and postural stability defects, functional limitations, back pain, and negative physico-social and body image effects along with curve progression. To cope with these complications, conservative treatment of AIS involves various bracing and corrective exercise methods. The conservative treatment of AIS has been reported to be aimed at improving curve magnitude, cosmetic appearance, trunk symmetry and health-related quality of life. Long-term bracing success rate is 80% for radiographic correction, but bracing cannot address the entire spectrum of musculoskeletal problems. There are several scoliosis-specific exercise methods including Schroth, Lyon method, Dobomed approach, scientific exercise approach to scoliosis (SEAS), and general exercise programs such as yoga and pilates. This abstract has the aim of present current physiotherapy and rehabilitation approaches including different bracing and exercise methods for the rehabilitation of AIS.

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Gender non-conforming children and transgender youth: Clinical considerations and perspective from the United States

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Transgender youth are those who experience incongruence between their assigned sex at birth, and their gender identity. Ongoing distress that results in an impairment of function about this incongruence is termed gender dysphoria. In order to help alleviate this distress, many transgender youth require physical changes to their bodies in order to bring them into closer alignment with their internal gender identity. Historically, most transgender individuals seeking medical interventions (hormones and/or surgery) for gender transition have and still continue to access care in adulthood. The past decade has witnessed an unprecedented number of transgender youth presenting for care at gender centers throughout the world, with the average age of referral getting younger each year. In response to this groundswell, the care of gender non-conforming and transgender youth has become a topic of great interest over the past decade. The evolution of professional communities moving from pathologizing transgender experience to a thoughtful discussion about improving the health and well-being of transgender individuals is long overdue. The development of adult male (laryngeal prominence, deepening of the voice, tall stature, etc.) or adult female (chest, menstruation, and short stature) secondary sexual characteristics often trigger specific body dysphoria for many transgender adolescents and adults. The use of medications for the purpose of suppressing endogenous puberty, and thus potentially bypassing the development of undesired secondary sexual characteristics altogether, is a relatively new strategy in the approach to treating gender-nonconforming youth. Primarily pioneered by a team of gender specialists in the Netherlands, suppression of puberty is becoming increasingly common in many gender clinics around the world. Increasingly, professional guidelines are acknowledging the importance of individualized care plans over protocols as appropriate and critical when working with gender diverse youth. The use of cross-sex, or gender affirming hormones for masculinization or feminization is a critical aspect of addressing gender dysphoria in most transgender individuals. Due to a lack of available data and long-term outcomes among youth who begin physical gender transition in adolescence, there is a lack of consensus among medical providers about timing, dosing, and care models for transgender youth. This workshop will cover the basic principles of gender dysphoria, the use of blockers to suppress endogenous puberty, and the use of gender affirming hormones in transgender adolescents. mental health and medical care for those youth desiring gender transition is still extremely rare, and often inadequate in most places around the United States. This program is a comprehensive, two day symposium designed for professionals interested in providing sensitive and competent mental health and medical care for gender non-conforming children, transgender youth and young adults. While primarily didactic in presentation, this symposium also includes case studies, and audience activities designed to highlight the challenges of caring for this population, and improve understanding of their needs.

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Analysis of adolescent health information need through national health hotline counseling and construction of adolescent health counseling service platform

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1 2320 health hotline is an important platform for health information services with 1478 call center seats, websites, SMS, Micro-blogging, WeChat, App, self-service terminals and other channels, which is also used to provide convenient health information advisory services to the adolescent, to guide adolescents to master health knowledge, improve health literacy, form health behaviors, have access to existing adolescent health services. Analysis results of adolescent health counseling on 12320 health hotline from Nov. 2017 to Apr. 2018 show that, the top 5 hot consultation calls are questions about AIDS(68.93%), immunization(16.83%), mental health(7.12%), tobacco control(4.85%) and sexual and reproductive health(1.94%). AIDS transmission, incubation and symptoms, what kinds of vaccine should be vaccinated and where to vaccinate, how to quit smoking, mental health and emotion problems are the consultation focus. We organized the experts in adolescent health fields to develop adolescent health education core messages and its definitions, which is disseminated on 12320 platform in all kinds of ways adolescents like and easily to accept. It is easy for teenagers to accept because of the concealment of telephone calls, the rapid dissemination and extensive use of new media. Once the adolescent have any health problems, they can call 12320 health hotline or search the related information on 12320 websites, micro-blogging and WeChat. They can also use online consultation on 12320 WeChat platform to dialogue with experts.

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