

Preventions for Different Types of Illness on Child Health

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Abstract

Child health education plays an important role in life for emphasising the importance of excellent health throughout childhood and subsequent economic life for their growth and stability in outcomes of education, health and learning. Health education is basically educating the people about health conditions. This includes various types of health education which are popularly known are Spiritual health, social health, mental health, physical health, environmental health as well as sexual and reproductive health. Health education is a sort of education that aims to provide people or the general public with the knowledge, skills, values, and attitudes required to promote, maintain, enhance, and restore their own or another person's health. Personal health is divided into five categories: Physical, emotional, social, spiritual, and intellectual. It is critical that none of these aspects be overlooked in order to be termed well.

Keywords: Intellectual; Cognitive learning; Inhalation medicines; Infection

Introduction

Health education is important for children in order to improve their health and maintain good health that helps in having proper health condition without any diseases and reduces risk. Educating children in health can prevent various diseases like diabetes, obesity and sexually transmitted diseases. This leads children a happy and good healthy life style. Health education refers to any combination of learning experiences aimed at encouraging voluntary actions that benefit health. Health promotion is a combination of educational and environmental supports for health-promoting behaviours and living conditions, including health education. It helps the Individuals and communities benefit from health education programmes by improving their physical, mental, emotional, and social health by extending their knowledge and changing their attitudes toward caring for their well-being.

Physical, social, and psychological elements which contributes to health, according to this concept. The combination of the physical, intellectual, emotional, spiritual, social, and environmental components known as the six dimensions of health is then used to represent wellness. Your child's health is the foundation of all growth and development. First and foremost, your child's health comprises more than simply physical growth. Cognitive learning and thinking growth, social and emotional development, and mental health are all important parts of your child's health. Improve access to safe drinking water. Nutritious meals and beverages, for example, should be encouraged by pricing them lower than less nutritious alternatives. Include nutrition instruction in health education, throughout the school day, and in after school projects such as school gardens and farm-to-school activities. Many professionals like health education because it allows them to provide valuable information to underrepresented populations. These professionals may be in great demand in the near

future, as the BLS expects a 13% growth in health educator job possibilities between 2019 and 2029.

Health Education Importance and Improvement

The field of child safety is focused with reducing children's exposure to hazards and lowering their risk of injury. Child safety, on the other hand, demands a multifaceted strategy that includes educating parents and children about threats, building safe environments, doing research, and advocating for effective policies. Student achievement, as well as children's social, emotional, and behavioural development, are all intimately linked to mental health. Given that one out of every six children in the United States between the ages of six and seventeen suffers from a mental health problem each year, it stands to reason that mental health should be taught in schools. Infectious diseases are common among children and are the major cause of mortality among them. Diarrhea and acute respiratory illnesses are two examples (ARI). Contagious illnesses include measles, pertussis (whooping cough), diphtheria, polio, tetanus, and Tuberculosis (TB) [1-3].

Childhood illnesses: The facts

There are so many infectious and noninfectious paediatric illnesses that listing them all would be impossible. However, we will go through some of the more common ones, such as viral and bacterial infections, as well as allergy and immunologic problems.

Bronchiolitis

A variety of viruses induce bronchiolitis (inflammation of the small airways), which affects children under the age of one year. RSV (Respiratory Syncytial Virus) is the most frequent cause, but influenza

and other common viruses that cause upper respiratory symptoms such as fever, runny nose, and cough can also cause it. Bronchiolitis is treated differently from asthma, however some of the same medications may be used. In a small proportion of babies, this initial wheezing episode may be a forerunner to a future asthma diagnosis, but for the most majority, it is a one-time event [4].

Infections of the ears

Ear infections are common in children and are caused by a malfunction of the Eustachian tubes, which connect the inner ears to the throat and serve as a drain for any fluid that accumulates there. When fluid builds up, it attracts bacteria and other germs, which can multiply and cause sickness. Fever, ear discomfort, ear tugging, and even ear canal leaks are all symptoms. Ear infections can be treated either by observation or with medicine. The fluid inside the middle ear may need to be drained on occasion [5].

Glue ear

When fluid accumulates in the middle ear and does not resolve on its own or with therapy, it may need to be surgically removed. This is referred to as tympanocentesis. To drain fluid, a needle is inserted into the middle ear. Recurrent infections or chronic effusions (fluid that lasts at least three months) may need the placement of a tympanostomy tube into the tympanic membrane (eardrum), allowing the middle ear to drain and function normally. The tubes are supposed to stay in place for a year before coming out on their own. Following this procedure, the eardrum usually heals and restores normal function [6].

Croup

Croup is a frequent illness among young children. Croup is caused by a number of viruses, and the symptoms are produced by inflammation of the upper airways, namely the larynx (voice box) and trachea (windpipe). Among the symptoms include a barking cough, stridor, and a wheeze on inspiration. The majority of children with croup may be treated at home, but in severe instances, hospitalisation may be required. In more severe cases, therapy may include steroids and inhalation medications. Always visit your doctor if you are concerned if your child appears to be ill.

Hand, foot and mouth disease

Coxsackievirus causes hand, foot, and mouth disease. It's pretty common in the summer and early fall, and it normally goes away on its own after about ten days. The virus causes fever, sore throat, and blisters inside the mouth, palms of the hands, and soles of the feet. Other than supportive care, which includes pain medicines, there is no medical treatment for the infection [7].

Conclusion

Some of the primary variables to avoid in order to prevent frequent paediatric diseases are given below. Get vaccinations, Hands should be cleansed often. Coughing and sneezing should be avoided. Toys, electronics, and shared items should all be sterilised. Eat healthily and exercise regularly. Begin developing beneficial habits at a young age.

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