

**BASTYR
UNIVERSITY**

COURSE INFORMATION FOR STUDENTS

Winter Quarter 2010

COURSE NUMBER	NM 7314		
COURSE TITLE	Pediatrics 1		
INSTRUCTOR	Sheila Kingsbury, ND, RH (AHG)		
CLASS TIME	A: 8:00-9:50am; B: 2:00-3:50pm		
CREDITS	2		
STUDENT ADVISING HOURS	Fridays 10-12 or by appointment – please email me to set up an appointment		
CONTACT INFO	(Work Phone) [REDACTED]	(Home Phone) [REDACTED]	(E-mail) [REDACTED]
Purchase test Scantrons in the Bastyr University Bookstore			

- *Students are responsible for adhering to the academic policies and procedures that are posted on MyBU.*
- *Students are responsible for completing electronic assessments through the "MyBU" student portal from 5:00 p.m. 02/26/10 to 8:00 a.m. 03/15/10.*
- *For difficulties in math and writing, tutoring (at no cost to the student) is available through the tutoring center, 425-602-3147. An instructor may make a strong recommendation for, or may require tutoring in a particular subject or topic in a class as part of successful completion.*

1. Table of Contents

2. Syllabus Introduction

This syllabus should provide you with the information you need in regards to course objectives, assignments and grading policies pertaining to Pediatrics 1.

3. Course Overview

• **Course Description**

This course is the first in a 2 quarter series on Pediatrics. This course covers management of the pediatric population in healthcare, basics of pediatric nutrition, growth and development and disease prevention. Emphasis is on early recognition of signs and symptoms and the development of a healthy lifestyle at an early age.

• **Global Student Competencies**

Communication Skills:

1. Express self clearly, concisely and effectively for various purposes (scientific, clinical), keeping audience (patients or peers) in mind and adhering to correct grammar and syntax. Students will exhibit these skills in all of their written assignments.
2. Listening with intention and openness and speaking with appropriate focused comments and questions with respect and empathy to the participants and teachers or guests present.
3. Know how to seek appropriate research resources for a variety of assignment needs.

Critical Thinking:

1. Combine old knowledge with new insights; gather and assess relevant information from many sources and divergent points of view.
2. Self reflective encouragement towards development of intuitive skills
3. Gathers facts, analyzes data, develops hypotheses, determines priorities, designs solutions
4. Problem solving through application of accessible resources

Professional Behavior:

1. Completes and turns in all assignments on or before the date they are due.
2. Consideration given to whole person, family, cultural, ethical, legal and professional factors as appropriate
3. Maintains appropriate eye contact and personal space
4. Abstains from plagiarism and cheating and practicing respectful communication with students, faculty and staff.
5. Knowing one's limits – focusing on one's own health in order to be a role model for patients and respecting that students do not yet have a right to practice healthcare on others.

• **Major Course Educational Objectives**

1. Assess the general health and appearance of a neonate and know the components of a basic newborn physical exam and newborn metabolic screening test.
2. Assess the nutritional needs and development of the various pediatric age-groups: neonate, infant, toddler, school-age child and adolescent.
3. Cite and discuss the professional viewpoints and recommendations in regards to the practice of circumcision.
4. List the current vaccination recommendations and discuss the indications and contraindications for each and discuss information regarding each of the diseases the vaccinations are designed to prevent.
5. Demonstrate an understanding of referral and consultation guidelines as they relate to the pediatric diseases and conditions.
6. Recognize and list management and treatment options for common health concerns of the various pediatric age-groups: neonate, infant, toddler, school-age child and adolescent.

• **Organization & Requirements**

This course will be primarily lecture format with some group activity work. I expect students to have read their reading assignments and prepare their other assignments on time so that we can make the most of our time together. There will be 4 quizzes (the lowest score will be dropped) – the quizzes will not be comprehensive, they will only cover the material given since the last quiz. There will also be a paper assignment on vaccines, creation of a patient handout and a comprehensive final exam. Extra credit opportunities may become available and are up to the discretion of the instructor.

• **Instructional Philosophy**

As an instructor, I come to share my passion and experience in regards to working with the Pediatric population. I structure the learning around a variety of learning styles and provide time for modeling and exploration of important topics. I believe that the learner must take an active role in order to integrate the information they receive and apply it. I strive to act as your informational resource in this process and offer up the opportunities within which you can grow and apply your knowledge.

- **Pre-requisite Knowledge**

This course is designed to run concurrent to students' clinical shifts.

- **Instructional Materials and Resources (Recommended Texts or Study Aids)**

Required text:

Kliegman, Robert, et al. Nelson Essentials of Pediatrics, Fifth Edition, Elsevier, 2006.

OR

Hay, William, et al. Current Pediatric Diagnosis and Treatment, 17th edition or older.

AND

McIntyre, Anne, Herbal Treatment of Children: Western and Ayurvedic Perspectives, Elsevier, 2005.

Recommended texts:

Bove, Mary. Encyclopedia of Natural Healing for Children, 2nd Ed. McGraw-Hill, 2001.

Galland, Leo. Superimmunity for Kids: What to feed your children to keep them healthy now and prevent disease in their future, Dell, 1989.

Hale, Thomas. Medications and Mother's Milk, Pharmasoft Medical Pub; 11th edition, 2004.

Mohrbacher, Nora, et al. The Breastfeeding Answer Book, La Leche League International; 3rd edition, 2003.

Romm, Aviva. Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition and Health, Ten Speed Press, Reprint edition, 2003.

Romm, Aviva. Vaccinations: A Thoughtful Parent's Guide: How to make safe, sensible decisions about the risks, benefits and alternatives, Healing Arts Press, 2001.

Schmidt, Barton, Pediatric Telephone Protocols: Office Version. American Academy of Pediatrics, 2002.

Sears, Robert. The Vaccine Book, 2007. (And the corresponding website with updates)

Skowron, Jared. Naturopathic Pediatrics. 2009

Sears, Robert. The Vaccine Book, Little, Brown and Company, 2007.

Ullman, Dana. Homeopathy for Children and Infants, Tarcher, 1992.

4. Grading (Evaluation with Criteria for Passing and Remediation)

Quizzes (4) 15 points each, lowest score dropped	45 points
Vaccine paper	25 points
Patient Handout/Family resources assignment	30 points
Final Exam (in-class)	100 points
Total	200 points

75% of the total score and a 75% or better on the final exam are required to pass this course. Students with scores that fall between 60-74% will be given a PC grade and will be offered remediation. Students with scores below 60% will be given a Failure grade for the course. The quizzes and the final exam will be on scantrons with primarily multiple choice and true/false questions. Quizzes are not cumulative and will only cover information presented in class since the last quiz. The final exam is cumulative.

Late assignments will have a reduced score by 20% of their grade and will not be accepted at all more than a week after the due date. You must be present for the final exam in order to pass the course. Students should see the Instructor promptly with any circumstances that may be interfering with learning or time management or if any emergencies arise.

Vaccine paper: Each student will choose one vaccine preventable disease to write a paper on. The paper should be no more than 2 pages, double-spaced, 11-12 point font. The paper should include:

- 1) A description of the disease and its manifestations in the pediatric population
- 2) Common routes of infections, i.e. how is this disease spread
- 3) What is the incidence of this disease in the United States? It is helpful to include incidence in Europe and Third world countries if known.
- 4) How is the vaccine administered? (i.e., alone or combined with other vaccinations, IM or oral)?
- 5) What are the ingredients in the vaccine for your chosen disease? (Attached is a list of company websites that list ingredients for individual vaccines).
- 6) Include a summary of the risks of the disease versus the risks of the vaccine.

You need to have at least 3 reputable references listed and cited in either APA or MLA format. The CDC "Pink Book" is available online and is a great resource for information about vaccine preventable diseases: http://www.cdc.gov/nip/publications/pink/def_pink_full.htm. Papers will be evaluated for content presented, professional quality writing, research integration and academic integrity. Plagiarism will not be tolerated. This assignment is due **February 19, 2010**.

NOTE ON REFERENCING YOUR WORK: Give a detail list of your reference sources. Please list web sites also. I would like the majority of information to come from books, articles or published research. Use information from the internet sparingly as it may be incorrect. The following criteria should be used in citations:

- If a statement appears in a medical text, you don't cite it with an endnote.
- If coming from an herbal text, and you can't verify it anywhere else, cite it with an endnote. If only that herbal text says it, cite it.
- If a primary research article, always cite it.
- If more than two texts say it, no need to endnote it, but it should still be included in your references. Please note that all statistical or opinion references should always be cited.
- If a website reference, you must put more than just the URL. Include some information about the website so it can be evaluated as a reference and the date it was retrieved.
- If it is your personal information or opinion, state that in your text. No citing.
- If quoting an instructor or their notes, a conference or personal communication, cite it.

Please use MLA or APA format in all of your writing assignments and referencing formats. I prefer to have papers be double spaced, 11 point font, with one inch margins and a reference page for research papers. I will be looking for good writing flow and style, quality research and application of the research, appropriate

citation use and format, appropriate content and editing. Please be aware that the Career Services Office has a handout entitled "Writing at Bastyr" that can serve as a writing guideline if you require it. There are also many websites that give brief tips on MLA or APA format use and referencing, a quick search will find them easily.

Patient Handout/Family Resources Assignment: Each student is to create a patient handout for a topic that they have selected from a list that will be posted outside the instructor's door, room 359. The handout can be in an 8 1/2 x 11 format or in a tri-fold format. The topic for the handout should have at least 3 references from current texts or peer-reviewed journals published within the last 5 years and these references should be listed somewhere on your handout or attached on a separate sheet. The information included will be evaluated according to the following criteria:

- 1) Is the information in the handout current, accurate, brief and easy to follow?
- 2) Is there at least 3 family resources included on where the patient's family can find support groups, other health care providers, public health information, etc? At least one of these resources must be local to the Seattle urban or suburban area.
- 3) Are the references reliable and current?
- 4) Does the handout look professional? (i.e., no typing, spelling or grammatical errors, contains pleasing and appropriate graphics, contains health professional or business contact information).

This project is due **March 6, 2010**. Please also email the project to skingsbu@bastyr.edu so that a class electronic folder can be put together to share all of this hard work.

5. Study Strategies & Class Participation Expectations

Reading assignments are listed in order to help you prepare for the topics to be discussed at each class. Doing the reading assignments will not only help you learn the information but may bring up questions that you can address while we are together in class. Reading over the lecture material and class notes should provide you with adequate information for the quizzes. Giving focused attention to your other assignments will serve you well in being that much further prepared for your exams. A study guide will be provided each week to assist you in preparing for the exams.

6. Course Outline & Time Schedule **Attached

7. Syllabus Chapters/Materials (if applicable)

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WEEK	DATE	TOPIC	INSTRUCTOR	READING ASSIGNMENT	BRIEF OUTLINE OF CONTENT
1	1/8/10	Introduction to Pediatrics, The Neonate	Kingsbury	Nelson pp 1-10, 24, 34, 278-293; Current Ch. 1 (p 1-11, 63-64) and Ch. 32 (pp. 990)	Newborn Exam, Metabolic screening, Reflexes
2	1/15/10	Breastfeeding Circumcision	Kingsbury	Nelson Ch. 131-136; Current 299-300	Importance of Breastfeeding, support from 1 st month to weaning; Circumcision video and discussion
3	1/23/09	Common Newborn Concerns, Growth Charts QUIZ 1	Kingsbury	Nelson pp 15-22, 105-108, 460-461; Current p 11-16; McIntyre Ch. 5	Jaundice, Umbilical care, SIDS, Fever, How to read and interpret growth charts, Failure to Thrive
4	1/29/10	Infant Growth and Development	Kingsbury	Nelson pp 28-42, 59-63; Current 65-86	Well Child Exams, Developmental Milestones, Eczema, Colic, Spit up, Sleep issues, cradle cap
5	2/5/10	Vaccination administration Telephone Triage and Referral management QUIZ 2	Dr. Candace Aasan	Nelson pp 157-164, 449-454; Current Ch. 9	Vaccine administration and management. Managing telephone calls, when to refer, how to assess an acutely ill child
6	2/12/10	Childhood Vaccinations	Dr. Candace Aasan		Childhood vaccines & reactions, selective vaccination, Reportable Diseases. Vaccine paper due
7	2/19/10	Pediatric Nutrition QUIZ 3	Kingsbury	Nelson 136-139, 146-156; McIntyre 194-199; Current 283-314	Pediatric Nutrition and Food Introduction
8	2/26/10	Child Abuse	Rebecca Milliman, Children's Response Center	Nelson pp.109-116, 123; Current Ch. 7	Child Abuse and Neglect – How to detect and how to report Patient Handout/Family Resources due
9	3/5/10	School Age Development QUIZ 4	Kingsbury	Nelson pp 42-43, 63-64, 68-75; McIntyre 246-254	Toilet training, Development, Discipline, Anxiety
10	3/12/10	Adolescent Development	Kingsbury	Nelson pp 337- 361, Current Ch 3, 4, 5	Development, Communication, Legal rights, Eating disorders, Substance Abuse, Suicide
11	3/19/10	In class comprehensive final exam			

Winter quarter classes begin on Monday, 01/04/10. The quarter and final exams end on Friday, 03/19/10. Grades are due to the Registrar by 2:00 p.m. on Wednesday, 03/24/10. Holidays are Martin Luther King Day, 1/18/09 and Presidents Day, 2/15/10. Spring break is 3/22/10 through 4/02/10. This syllabus is tentative and may change if the course instructor finds it necessary. You will be informed in class of any changes.

Patient Handout/Family Resources Assignment Topic Sheet

Note: *These are just suggestions. Other ideas can be discussed with the Instructor. Please try to select topics not already being covered by another student unless all of the topics have been selected. A sign up sheet will be passed around in class and posted outside the instructor's door, room 378.*

Abdominal pain
Acne
ADD/ADHD
Asthma
Autism
Breastfeeding guidelines and resources
Child Abuse resources
Common Cold
Colic and Crying
Constipation
Co-sleeping/Family Bed
Cradle cap
Croup
Dehydration
Dental care
Diaper Rash
Diarrhea
Eating disorders
Eczema
Exercise
Failure to Thrive
Fever
Food Allergies
Food Introduction
Head lice
Heat rash
Jaundice
Health tips for Adolescents
Metabolic screening test
Vaccinations (in general)
Molluscum contagiosum
Otitis Media
Safety/First Aid guidelines/resources
SIDS
Spitting up
Temper Tantrums
Thumb sucking
Toilet training
Viral infections
Vomiting
Who to call in an emergency?
Worms

Vaccine Information Online Resources:

Click on the brand names:

<http://www.vaccinesafety.edu/thi-table.htm>

Hepatitis B

http://us.gsk.com/products/assets/us_engerixb.pdf (ENGRIX vaccine package insert: by GSK)

http://us.gsk.com/products/assets/us_pediarix.pdf (PEDIARIZ vaccine package insert: by GSK)

http://us.gsk.com/products/assets/us_twinrix.pdf (TWINRIX vaccine package insert: by GSK)

http://www.merck.com/product/usa/pi...x/comvax_pi.pdf (COMVAX vaccine package insert: by Merck)

http://www.merck.com/product/usa/pi...combivax_pi.pdf (RECOMBIVAX HB vaccine package insert: by Merck)

http://www.nabi.com/images/prescrib...ion_Nabi_HB.pdf (Nabi HB vaccine package insert: by Nabi)

http://www.bayerbiologicalsusa.baye...d_hype_bhep.asp (BayHep vaccine package insert: by Bayer)

Diphtheria, Tetanus, Pertussis (Whooping cough)

http://us.gsk.com/products/assets/us_boostrix.pdf (BOOSTRIX vaccine package insert: by GSK)

http://us.gsk.com/products/assets/us_infanrix.pdf (INFANRIX vaccine package insert: by GSK)

http://us.gsk.com/products/assets/us_pediarix.pdf (PEDIARIZ vaccine package insert: by GSK)

https://www.vaccineshoppe.com/US_PD..._4757_12.03.pdf (DAPTACEL vaccine package insert: by Aventis Pasteur) (<http://www.daptacel.com/>)

http://www.vaccineshoppe.com/US_PDF...a_4620_4.04.pdf (TRIPEDIA vaccine package insert: by Aventis Pasteur)

<http://poisonevercure.150m.com/vacc...erts/baytet.pdf> (BayTet vaccine package insert: by Bayer)

<http://www.fda.gov/cber/label/dtapled123096lab.pdf> (Acel-Imune vaccine package insert: by Lederle)

Haemophilus Influenzae Type b (HiB)

http://www.vaccineshoppe.com/US_PDF...4875_12.03.pdf (Menomune vaccine package insert: by Aventis Pasteur)

<http://www.wyeth.com/content/ShowLabeling.asp?id=105> (HiBTITTER package insert: by Wyeth)

http://www.merck.com/product/usa/pi...x/comvax_pi.pdf (COMVAX vaccine package insert: by Merck)

http://www.merck.com/product/usa/pi...b/pedvax_pi.pdf (PedvaxHIB vaccine package insert: by Merck)

http://www.vaccineshoppe.com/US_PDF/545_05_4045.pdf (ACTHiB vaccine package insert: by Aventis Pasteur)

Inactive Polio virus

http://us.gsk.com/products/assets/us_pediarix.pdf (PEDIARIZ vaccine package insert: by GSK)

http://www.vaccineshoppe.com/US_PDF...0_4305_4308.pdf (IPOL vaccine package insert: by Aventis Pasteur)

Rubeola (Measles), Mumps, Rubella (German Measles)

http://www.merck.com/product/usa/pi...ttenuvax_pi.pdf (ATTENUVAX, Measles only: by Merck)

http://www.merck.com/product/usa/pi...mumpsvox_pi.pdf (MUMPSVAX, Mumps only: by Merck)

http://www.merck.com/product/usa/pi...ruvax_ii_pi.pdf (MERUVAX, Rubella only: by Merck)

http://www.merck.com/product/usa/pi...i/mmr_ii_pi.pdf (MMRII vaccine package insert: by Merck)

Varicella (chickenpox)

http://www.merck.com/product/usa/pi.../varivax_pi.pdf (Varivax vaccine package insert: by Merck)

Pneumococcal

<http://www.wyeth.com/content/ShowLabeling.asp?id=134> (Prevnar vaccine package insert: by Wyeth) (<http://www.prenar.com/>)

http://www.merck.com/product/usa/pi...neumovax_pi.pdf (Pneumovax vaccine package insert: by Merck)

Influenza

<http://www.flumist.com/pdf/prescribinginfo.pdf> (fluMist vaccine package insert: by MedImmune)

<http://www.fda.gov/cber/label/inflave071405LB.pdf> (FluZone vaccine package insert: by Aventis Pasteur)

(Check what's being given for the current year...)

Hepatitis A

http://www.merck.com/product/usa/pi...ta/vaqta_pi.pdf (VAQTA package insert: by Merck)

http://us.gsk.com/products/assets/us_havrix.pdf (HAVRIX package insert: by GSK)

http://us.gsk.com/products/assets/us_twinrix.pdf (TWINRIX vaccine package insert: by GSK)