Public Health

Archive
Lecture 16

(Child's Healthcare [III]: Dr. Israa)

Corrected By :

shaden al-matar.

Designed By :

Raneem Dmour

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1.Hassan is 7 months old. If Hassan's growth curve points are found to be at the 0 z-score line for the past four months on WHO's growth charts, all are correct EXCEPT:
a. You use the growth chart even if his mother told you that he was born in USA.
b. You tell the mother that her son is on the average weight for his age.
c. You inform his mother that his growth is stagnated and he needs to catch up on the positive z- line 1 or 2.
d. You use the growth charts even if his mother told you that he is bottle fed.
e. You inform his mother that his next visit will be in a month.

Answer: C

2. One of the following is TRUE regarding development:
a. Associated with increase in cell number or cell size.
B.Raising head to 45 degrees is related to fine motor.
C.The sequence of development is the same for all children.
D.Motor development direction is caudocephalic.
E.At 8 weeks the baby gets afraid if a stranger carries them.

Answer: C

3. You work in a MCH clinic, a mother brings her son Rashid for his regular check-up, she informs you that Rashid's birth weight was 3.5 Kg you find his current weight to be 9 Kg. If Rashid is growing normally, what is Rashid's age:
a. 6 months.
b. 8 months.
c. 10 months.
d. 12 months.
e. 13 months.

Answer: C

The infant can double his birth weight by 4-5 months, and triple by the end of first year and quadruple by the age of two years, 9/3.5= less than three (a little behind tripling) -> a little behind the first year. OR you can use the average weight gain formula for exact numbers: for 1st 4 months (750 g/ month), 2nd 4 months (500g/ month) and 3rd 4 months (250 g/month). 1st 4: he will gain 3 kgs (6.5 kgs), 2nd 4:

** he will gain 2 kgs (8.5), now we are close to the target goal: 9th month: 8.750 kgs and 10th month: 9 kg**

4.All of the following are true about growth indicators, EXCEPT:

a. Weight-for-age cannot indicate obesity.

b. Length/height-for-age cannot indicate the effect of an acute diarrheal episode on child's growth.

c. Weight-for-age cannot be used for refugee children with unknown age.

d. Weight-for-length/height to indicate obesity.

e. Weight-for-age may not be accurate if edema presents.

Answer: D

5.Rana is a 10 weeks old baby. She was born at 32 weeks gestation (pre-term). On the growth chart at her first MCH visit, you would:

a. Plot at age 0

b. Plot at age 2 weeks.

c. Plot at age 10 weeks.

d. Plot at age 2 months.

e. Plot at age 42 weeks.

Answer: B

** For such questions, use: 40- birth age= difference, then subtract the difference from their current age. 40- 32= 8 weeks, 10- 8= 2 weeks **

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6.One is true regarding development:
a. Associated with increase in cell number or cell size.
b. Raising head to 45 degrees is related to fine motor.
c. The rate of development is the same for all children.
d. Motor development direction is from head to toes.
e. At 8 weeks the baby gets afraid if a stranger carries them.

Answer: D

7. All of the following are considered normal for full-term newborn, EXCEPT:
a. Weight of 3.7 kg.
b. Respiratory rate of 45 breath per minute.
c. Pulse of 150 bpm.
d. Length of 35 cm.
e. Weight of 4 kg.

Answer: D

8. The normal height of a 4 years old child should be:
a. 25 cm
b. 50 cm
c. 90 cm
d. 100 cm

Answer: D

9. A BMI-for-age chart shows a reading above 1, it indicated:
a. Underweight.
b. Possible risk of overweight.
c. Overweight.
d. Obese.

Answer: B

10. One of the following growth charts is correctly matched:
a. Weight-for-age: screening of overweight or obese
b. Length/height-for-age: refugee situations
c. Weight-for-length/height: screening of overweight or obese.
d. BMI-for-age: screening of overweight or obese.
e. Head circumference-for-age: wasting.

Answer: D

11. One of the following examples on areas of development is under the gross motor
umbrella:
a. Hand skills.
b. Replying by non-verbal communication.
c. Feeding.
d. Toileting.
e. Leg movements.

Answer: E

12. An infant weighed 4 kg at birth. Her mother visited an MCH center and found out
that she weighs 9 kg, the exact age of the infant will be:
a. 6 months.
b. 8 months.
c. 9 months.
d. 2 years.

Answer: B

** For the 1st 4 months: she will gain 3 kgs (7 kgs), for the 2nd 4 months: she will gain 2 kgs (9 kgs) **

13. One of the following examples on areas of development is under the gross motor
umbrella:
a. Movement of eye.
b. Movement of hand.
c. Movement of leg.
d. Holding pencil.
e. Movement of finger.

Answer: C

14.suitable growth chart for each case :
a) Weight for height BMI for overweight and obese XXX

15: Motor – leg movement

16. The following are TRUE about growth indicators, EXCEPT?
a Weight-for-age can't indicate obesity
b Length/height-for-age can't indicate effect of an acute diarrheal episode on child's growth
C. Weight for age can't be used for refugee children with unknown age
d. weight-for-length ,/heights to indicate obesity
e. Weight-for-age may not be accurate if edema present

Answer: D

17. What is the normal height of a 4 year old child?
A 25 cm
B 50 cm / 0.5 m
C 90 cm
D 100 cm / 1 m

ANSWER: D

18. A BMI for age chart shows a reading above 1 what does that indicate?

A Underweight

B possible risk of overweight

C overweight

D obese

ANSWER: B