

### Mat á starfsemi

#### Heibrigðismat

##### Augu

Uppbygging og symmetry

Visual acuity screening test

Extroocular movements to all quadrants

Corneal light reflex, cover-uncover test og visual fields

Ophthalmoscope; red reflex bilaterally

Abnormalities; eye drainage, cloudiness of lens, or abnormal eye movement.

##### Eyru

Staðsetning og symmetry of the external ear.

Auditory screening test

Otoscope; evaluate the ear canal and tympanic membrane.

Ask about ear pain, drainage, and discomfort.

##### Nef

Symmetry and placement of the nose.

Are the nares bilaterally patent?

Are there lesions or drainage?

Are several smells identified?

Are signs of sinus infection present

##### Munnur og háls

Are oral mucous membranes intact?

How many primary/secondary/loose teeth are present?

Are there visible caries? Are there broken or chipped teeth?

Evaluate the soft and hard palate for intactness.

Describe the throat and size/appearance of tonsils.

Palpate cervical lymph nodes, noting size and tenderness."

### Frávik í augum barna:

#### Periorbital cellulitis:

**Sjóntruflun/skekkja:** Disorders of refraction

### Frávik í augum barna: (cont)

**Hyperopia** Farsightedness; a refractive error where distant objects are seen more clearly than close objects, often due to the eyeball being too short or the cornea having too little curvature.

**Myopia** Nearsightedness; a common refractive error where close objects are seen clearly, but distant objects are blurry.

**Astigmatism** A refractive error in the eye where the cornea or lens has an irregular shape, causing blurred or distorted vision at various distances.

#### Muscular or anatomic abnormalities:

**Strabismus** A condition in which the eyes are misaligned and do not point in the same direction. One eye may turn inward, outward, upward, or downward.

**Amblyopia** Commonly known as "lazy eye," amblyopia is a vision development disorder where one eye does not achieve normal visual acuity, even with the use of corrective lenses.

**Cataracts** Clouding of the eye's natural lens, leading to blurred vision. Cataracts are often associated with aging but can also result from injury or other medical conditions.

### Frávik í augum barna: (cont)

**Glaucoma** A group of eye conditions that damage the optic nerve, often due to increased intraocular pressure. Glaucoma can lead to vision loss and blindness if not treated.

**Retinoblastoma** A rare childhood cancer that develops in the retina, the light-sensitive tissue at the back of the eye. It can occur in one or both eyes and may lead to vision loss or loss of the eye if not treated.

#### Litblinda:

#### Retinopathy of prematurity (ROP):

#### Sjónskerðing/blinda:

#### Augnskaði:

*Vökvamikíð líffæri mikið augum. Getur komið sýking. Þvo augun. Sjónskekkjur algengar.*

### Frávik í eyru

#### Eymabólga

#### Miðeyrabólga

**Algengi** Börn eru í aukinni hættu fyrir sýkingu vegna þess að kokhlustin er meira lárétt/flö

**Sýklar** Bakteríur og veirur

**Meðferð** Eftirlit, bíða og sjá í 2-3 ef vægt. Ef barnið er ekki betra, hefja þer os sýklalyfjameðferð

#### Ytra eymabólga

**Orsök** Hlustin er mjög stutt hjá ungum börnum

**Meðferð** Gefa eymadropa (sýklalyf/bólgu-eyðandi). Getur þurft að skola eyra með saltvatni.



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### Frávik í eyru (cont)

*Toga ytra eyra niður og aftur hjá börnum < 3ja ára Toga ytra eyra upp og aftur hjá börnum > 3ja ára*

Fræðsla Fræðsla um orsakir og forvarnir

#### Skert heym

Orsakir Tíðar sýkingar geta valdið heymarskaða. Meðfætt

Kembileit Sjúkrahús. Langvinnar eyrnabólur.

Eftirlit Fylgjast með atferli sem gefur tilkynna skerta heym

### Atferli sem gefur tilkynna skerta heym hjá ungbörnum

Vaknar aðeins við snertingu

Hrekkur ekki við hátt hljóð

Vaknar ekki við hávaða

Snýr ekki höfði að hljóði áreiti við 3-4 mánaða aldur

Staðsetur ekki hljóð við 6-10 mánaða aldur

Staðsetur ekki hljóð við 6-10 mánaða aldur

### Atferli sem gefur tilkynna skerta heym hjá smá- og forskólabörnum

Talar illskiljanlega eða ekki

Virðist þroskahamlaður

Virðist tilfinningalega vanþroska, öskrar óviðeigandi

Bregst ekki við þegar sími/dyrabjalla hringir

Hefur meiri áhuga á hlutum en fólki

Tjáir sig með hreyfingum

### Atferli sem gefur tilkynna skerta heym hjá skólabörnum og unglingum

Biður um að setningar séu endurtekna

Svarar spurningum óviðeigandi nema þegar horfir á viðmælenda

Tekur illa eftir og dreymir dagdrauma

Gengur illa í skóla eða skrópar

Er með talerfiðleika

Situr nálægt TV eða hækkar í TV og útvarpi

### Frávik í eyru (cont)

Vill leika eitt

**Skert heym** Meðferð

Meðferð fer eftir tegund og alvarleika

Varanleg skerðing á heyrn: Þverfaglegt teymi

#### Heymartap: Alvarlegt

Cochlear implant (þurfa að vera amk 12 mánn)

Heymartæki

Samskiptatækni (táknmál, varalestur)

### Nef og háls

Blóðnasir Dry air or low humidity. Nosepick (epist-axis)

Nefkoksólga Caused by various viruses, with rhinoviruses being the most common (nasopharyngitis)

Kokkbólga Can be caused by viral or bacterial infections. Common viral causes include rhinovirus, influenza virus, and adenovirus. Bacterial causes may include Streptococcus pyogenes (group A streptococcus), which can lead to strep throat

Hálskirtlabólga Tonsillitis often results from viral or bacterial infections. Viral causes include adenovirus and Epstein-Barr virus. Bacterial tonsillitis is commonly caused by Streptococcus pyogenes (group A streptococcus), which can lead to strep throat

#### Blóðnasir

Algengi Algengt hjá börnum á skólabörnum, sérstaklega drengjum

### Nef og háls (cont)

Forvarnir Rakt loft heima sérstakla yfir vetrartímam. Ekki bora í nef. Ekki setja hluti í nef

Meðferð Kvíðastilling, draga úr nefblæðingi, varúðarrástöfanir

#### Nefkoksólga

Meðferð heima Saltvatnsdropar á 3ja – 4ra klst fresti fyrir ungbörn. Gefa áður en að barnið drekkur. Nefúði fyrir eldri börn - ekki lengur en 4 - 5 daga

Stoðmeðferð Drekkja, handþvottur, parasetamól, hvíld

#### Hálsbólga

Meðferð Einkennameðferð

Drekka vel, skola háls með saltvatni, parasetamól, hvíld, rakt loft, tyggjó, handþvottur

Ef sýklalyf eru notuð Leggja áherslu á að klára lyfsskammt og skipta um tannbursta eftir 2 daga frá því að byrjar á sýklalyfjum

#### Hálskirtlataka

Fræðsla til foreldra Hætta á blæðingu er mest fyrsta sólarhringinn og 7-10 daga eftir skurðaðgerð þegar örvefur er að myndast

Aukaverkanir: Parasetamól, kaldir drykkir, ekki súrir drykkir, hvíld, rólegheit

### HÚÐ og vefir BARNA

**Sýrustig húðarinnar** The acidity of children's skin is noted to be alkaline during the first week of life.

*During the first week of life, a newborn's skin is alkaline. This is primarily because the acid mantle, which is a thin, protective layer on the skin's surface, takes time to develop. The acid mantle is crucial for protecting the skin from bacteria and other environmental factors. The alkaline nature of the skin in the initial days may make it more susceptible to irritation and microbial colonization.*

**Punnur epidermis** The epidermis in children is described as thin, making them more susceptible to blister formation.

*The thinness of the epidermis in children, especially in newborns, makes their skin more fragile. The formation of blisters can occur more easily due to the delicate nature of the epidermal layer. Newborn skin is also more permeable than adult skin, which can affect the absorption of substances.*

### Aðskilin húðlög

*In newborns, the layers of the skin are not as well-integrated as in adults. The dermis and epidermis may not be fully connected, and this separation could affect the overall structural integrity of the skin.*

**Meiri millif-urmuvökvi** This could affect the hydration and protective functions of the skin.

*Children, especially infants, have a higher ratio of intercellular fluid compared to adults. This means there is more fluid between the skin cells. This increased intercellular fluid can contribute to the softness and pliability of children's skin, but it may also impact barrier function and dehydration susceptibility.*

### HÚÐ og vefir BARNA (cont)

**Slímhúð** IgA nær sama gildi og hjá fullorðnum við 2-5 ár aldur

*Immunoglobulin A (IgA) is an antibody that plays a crucial role in mucosal immunity. The note that IgA levels in mucosa reach adult levels by 2-5 years indicates a maturation of the immune system in mucosal surfaces during early childhood. This maturation is essential for effective defense against pathogens.*

**Fituki-rtlar** Virkir fyrst eftir fæðingu, óvirkir til 8-10 ára

*Sebaceous glands produce sebum, an oily substance that lubricates the skin and helps in maintaining its integrity. The inactivity of sebaceous glands until 8-10 years means that children may have drier skin compared to adults, and considerations for skin hydration become crucial, especially in the early years.*

**Apocrine kirtlar:** fara að svitna t.d. Undir höndum.

*The activation of apocrine glands around 8-10 years indicates the onset of sweating in areas like the hands. Sweating is a critical mechanism for thermoregulation, helping the body cool down. The delayed activation suggests that children may have a different thermoregulatory mechanism until a certain age.*

### General Implications:

Skin Vulnerability in Infancy:

Separation of Skin Layers:

Immunological Maturation:

Delayed Sebaceous Gland Activity:

Onset of Sweating in Late Childhood:

### Breytingar á húð og vefjum

#### Nýburi

Húðin er mjög þunn, lítil fita undir húð

Eccrine svitakirtlar mynda svita sem svörun við hita- og tilfinningaáreitum

Apocrine svitakirtlar eru litlir og óstarfhæfir

### Breytingar á húð og vefjum (cont)

Epidermis og dermis tengjast lauslega, mikill millifrumu-vökvi, núningur eykur hættu á blöðrumyndun

Minna magn melanin litarefnis í húð við fæðingu – húðin ljós

### Unglingur

Húðin þykknar

Epidermis og dermis tengjast þétt – veitir viðnám fyrir sýkingum núningi og ertingu

Eccrine svitakirtlar með fulla starfsemi, eftir kynþroska svitna drengir > stúlkur

Apocrine svitakirtlar þroskast við kynþroska

Melanin það sama og hjá fullorðnum, veitir vörn gegn útfjólubláum geislum

### Húðvandamál barna

#### Húðbólga - dermatitis



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