

# CHILD

A new generation Newsletter from  
**Child Development Centre**  
 (An Autonomous Centre under Government of Kerala)  
 MEDICAL COLLEGE CAMPUS, THIRUVANANTHAPURAM

Cdc Health Initiative and Learning Division

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Smt. K. K. Shailaja Teacher, Former Hon'ble Minister for Health, Social Justice and Woman and Child Development releasing SRADHA logo and handing over to Dr Rathan U Kelkar IAS, State Mission Director, NHM through video conferencing which was conducted on 23rd February 2021.

## SRADHA Project Inauguration

Maternal Fetal Medicine Clinic under 'SRADHA Project', initiated by Government of Kerala at Child Development Centre was inaugurated by Smt. K. K. Shailaja Teacher, former Hon'ble Minister for Health, Social Justice and Woman and Child Development. The presidential address for the event was given by Shri Kadakampally Surendran, former Hon'ble Minister for Co-Operation, Tourism and Devaswom. Dr. Rajan N. Khobragade IAS, Principal Secretary to Government, Department of Health and Family Welfare, offered

felicitation during the function. The chief guests were Shri D.R Anil (Councilor and Chairman, Public works standing committee, corporation of Thiruvananthapuram), Dr. M.K.C Nair (Founder Director, CDC and Former Vice Chancellor, KUHS). The project is targeted towards early detection of fetal growth disorders, anomalies and timely intervention for reducing the infant mortality and childhood disability. Dr. Pio James J is the consultant in Maternal-Fetal Medicine and is in charge and head of this facility.



# Maternal Fetal Medicine Clinic (SRADHA Project)

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## Webinar on scientific reminiscences in Pediatrics

An online webinar on scientific reminiscences in Pediatrics, on most Memorable Case in 2019-20 was conducted through online mode on 27<sup>th</sup> September 2020. The programme was inaugurated by Dr. M.K.C.Nair, Founder Director, CDC and Former Vice Chancellor, KUHS. The moderator of the webinar was Dr. M Zulfikar Ahamed, Clinical Professor of Pediatric and Adolescent Cardiology, CDC. Dr. Pio James J., Dr. Lekshmi S., Dr. Sheeja Sugunan, Dr. Deepa Bhaskaran, Dr. Riaz I, Dr. Sankar V.H., Dr. Susan Uthup, Dr. Mary Iype, Dr. Radhika Ajith, Dr. Hariprasad P.G., Dr. Prasanth Sobhan and Dr. Asok Kumar G.M. presented the most memorable cases seen during 2019-2020.

Maternal Fetal Medicine Clinic under 'SRADHA' Project was initiated by Government of Kerala under SAT Hospital and Child Development Centre, Thiruvananthapuram. It delivers free expertise in High Risk Obstetric and Fetal Medicine to the poor and needy pregnant mothers in our Government set up. Majority of the patients seen in the unit are pregnant mothers registered in SAT Hospital who are referred from doctors from PHC, CHC, GH, ESI, W&C and even private institutions. These patients come for the dedicated care from long distances, from neighbouring districts including Kanyakumari district of Tamil Nadu.

### Expertise catered through Maternal Fetal Medicine Unit 'SRADHA'

Expertise delivered through SRADHA – Maternal fetal medicine clinic is manifold.

#### 1 Pre and periconceptional counselling and care

All is well if it starts well. A healthy mother gives a healthy baby. A good number of mothers seen in the unit have multiple medical (DM, HTN, SLE, Anaemia, Thyroid disorders, APLA syndrome, psychiatric illness, epilepsy etc) obstetric (Recurrent fetal anomalies, recurrent pregnancy loss, previous bad obstetric history etc) and genetic problems. These problems have to be addressed well before the couple contemplate on pregnancy. They are seen in close association with the physician/ geneticist and pregnancy has to be decided when the medical problem is under control and on safe drugs.

#### 2 Aneuploidy Screening and Detection

To implement an effective DS detection programme a good screening system should be in place manned by a Fetal Medicine expertise and geneticist. All the Hospitals in the State do not have a Maternal Fetal Medicine unit. Around 25% of the cases referred to SRADHA FMU was for expertise in Down's syndrome screen positive and related cases. Appropriate counselling, and further decision making in performing invasive procedure like amniocentesis is crucial to prevent birth of a Down's syndrome baby.

#### 3 First Trimester Target scan (11-14 weeks) and Early Target scans (16-17 weeks)

Detailed structural assessment of the baby is possible in expert hands well ahead in pregnancy when the baby is just 45mm to 84 mm in its size. This will rule out lethal anomalies, so that a decision to terminate or continue a pregnancy can be taken much early in pregnancy. This is mainly done in high risk pregnancies where we anticipate a structural problem in the fetus. This gives early reassurance to the couple.

#### 4 TARGET/TIIFA/Anomaly scan (18-20 weeks)

28% of the cases seen in SRADHA are second opinion for fetal anomalies. The family is given extensive counselling and guidance on differentiating it between a lethal or non-lethal anomaly/ correctable or non-correctable anomaly so as to take an informed choice to continue or terminate the pregnancy in the right time. Counselling is given on the possible etiology, management options available during pregnancy and in the postnatal period, follow ups are coordinated. Consultation with appropriate paediatric consultants are coordinated so that the couple is well informed regarding prognosis and management options postnatally.

#### 5 Surveillance for fetal growth disorders

Commonest cause of perinatal mortality and morbidity is growth disorders – mainly Fetal Growth Restriction. 18% of the consultation request to SRADHA - FMU is for growth disorders mainly Fetal Growth Restriction. Close fetal surveillance for growth, Dopplers and Non stress test is imperative for an optimal outcome. Close surveillance with Doppler helps to take a decision – Not to deliver too early to prevent prematurity, not to deliver too late to prevent still births or birth of a baby damaged due to hypoxia. SRADHA FMU has a good number of babies weighing between 1000gm to 1500gm, delivered timely in association with OBG and NICU Department. These babies are followed for postnatal developmental assessment in Child Development Centre till 2 years of age. Happy parents do come and visit us often and send the photographs of babies frequently.

#### 6 Complicated Multiple pregnancies

15 – 20% of the multiple pregnancies are prone to complications. Identification of type of twinning (Monochorionic or Dichorionic) and close follow up of twins and higher order multiples are done in “SRADHA” to identify the complications early and for timely intervention. Late intervention will result in losing the entire pregnancy. Most of the patients who are really thankful to SRADHA FMU are parents who have become pregnant after a long period of infertility treatment, complicated with an ongoing twin pregnancy.

#### 7 Detailed assessment of certain organ system -

Fetal Echocardiography, Fetal neurosonogram, Fetal skeletal survey are dedicated scans that are done in our unit. Appropriate management option is discussed with the couple if an abnormality is detected

#### 8. Invasive procedures and fetal intervention

At present, invasive procedures are done in liaison with a local centre for indicated cases.

#### 9. Genetic evaluation

Indicated cases that need genetic evaluation are seen by Geneticist and counselled on appropriate genetic testing. Genetic test like Karyotype, Micro Array and gene sequencing are done. Perinatal pathology for indicated cases are also done.

It has been a successful 2 years since it has started. We strongly believe that SRADHA has stood up to the MISSION providing High Risk Obstetrics and Fetal Medicine expertise to the poor and needy pregnant mothers in our Government set up. In the coming years, SRADHA is keen to expand more on invasive procedures and Fetal interventions.

## American Academy of Pediatrics (AAP), on Autism Spectrum Disorders

About 1 in 44 children has been identified with autism spectrum disorder (ASD) according to estimates from Centres for Disease Control and Prevention (CDC)'s Autism and Developmental Disabilities Monitoring (ADDM) Network (CDC, 2020).

AAP recommends that developmental surveillance be incorporated at every health supervision visit. Any concerns raised during surveillance should be addressed promptly with standardized developmental screening tests. In addition, screening tests should be administered regularly at the 9, 18, and 24- or 30-month visits.

Considering the need for developing such a simple tool having red flag signs for ASD, Child Development Centre, Kerala is in the process of developing and validating a 'red flag sign card' for babies between 12 to 18 months of age.

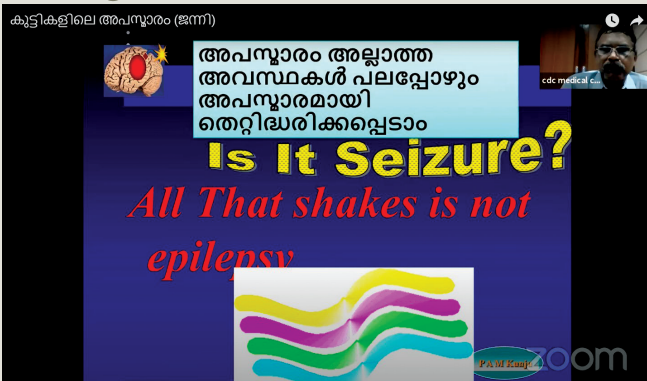


## Release of Report

Bio-Psycho-Social Assessment of Differently Abled Children selected as Performers at Different Arts Centre at Magic Planet, Thiruvananthapuram on 18.02. 2021 at the chamber of Smt. K.K. Shailaja Teacher, Hon'ble Minister for Health, Social Justice and Woman and Child Development (KDISC project). Dr K.M Abraham, Executive vice chairperson, K-DISC, Dr Muhammed Asheel, Former Executive Director, KSSM, Mr Gopinath Muthukad, renowned magician and Dr Babu George, Director, CDC were present during the occasion.

## Online training classes for Anganwadi Workers

Dr P A Mohammed Kunju taking online classes for WCD functionaries on Epilepsy



Online classes for various functionaries of Women and Child Development Department were conducted during the month of October and November 2020. The topics of classes included growth of children, developmental screening, developmental milestones, epilepsy and early detection of Autism Spectrum Disorders. Dr Babu George, Director, CDC, Dr P. A Mohammed Kunju, Consultant Pediatric Neurologist, CDC, Dr Deepa Bhaskaran, Assistant Professor-CDC, Ms Lakshmi M.A, Preschool teacher-CDC and Ms Prasanna G.L, Development therapist-CDC handled classes for the training sessions.

## Congratulations

Congratulations to Dr Garlapathi Swetha and Dr Priyanka Dilip Patil for successful completion of one-year full time IAP fellowship program, in Developmental and Behavioural Pediatrics during 2019-2020 (4th Batch)



Dr Garlapathi Swetha



Dr Priyanka Dilip Patil

## Online Training Programme for School Counsellors of Women and Child Development Department

In the context of COVID-19 pandemic, online induction training programmes were conducted for newly appointed school counsellors of Department of Women and Child Development from 15th December 2020 to 22nd January 2021. The training program was inaugurated by Smt. K. K. Shailaja Teacher, former Hon'ble Minister for Health, Social Justice and Woman and Child Development and facilitation address was given by Ms T V Anupama IAS, Director, Women and Child Development Department and Dr Babu George, Director, Child Development Centre. The participants comprised of 6 batches of 50 persons per batch of five days' duration. There were 10 sessions for the training program with 2 hours' duration. At the end of each session one-hour interactive session with the expert was provided to the participants for doubt clearance. Faculty for handling the sessions included senior Pediatricians, Psychiatrists, Clinical Psychologists, Counsellors and Social Scientists.