New Ideas for Better Child Survival and Health

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Significant contributions:

- 140+ childcare videos in 6 languages at: www.youtube.com/user/drhaj2007
- Advocate KFC (Kid Food Corner) at home. Has been successfully used by Government of Maharashtra to reduce malnutrition.
- Worked for Hindi names on medicine. Now we can write medicines in Hindi and avoid errors.
- Bring out "Aarogya Dnyaneshwari", an annual health magazine in Marathi every Diwali for 20 years.
- Makers of Maternity and Breast feeding leave for 6 months.
**New Ideas for Better Child Survival and Health**

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Supine feeding can kill a baby
Semi liquid Weaning Food:
Commonest foreign body in larynx
Avoid, Tell all, 4 true stories

**Supine feeding can kill baby. Beware!**

Never put food in the mouth of lying down children.
Highest foreign body in air pipe: food especially liquid food/ medicine that always chokes and sometimes kills children.

**Four True Stories**

**Story 1.** K.K.B. is a healthy school going boy. He came for check up. When he was 9 months old he survived a life threatening accident. One day when he was given a liquid medicine, it choked his air pipe. Parents ran with him to the near by doctor. The doctor found that the child had difficulty in breathing. They referred the baby to our hospital. When the baby reached the hospital, the boy was getting fits .He was grunting and fighting for breath. Fortunately he recovered well.

He was given medicine while lying down in a supine position. It choked up his air pipe.

**Lesson: Never put liquids in the mouths of lying down children.**

**Story 2.** Story of an 18 month old son who could not survive “supine feeding”. Both the parents had gone to work. It was time to give milk to the child. In this part of the world the mothers and grandmothers sit on the ground with extended legs. They make the baby sleep between their legs, facing the sky. They immobilize the baby with their legs. Then they put milk or the liquid gruel in baby’s mouth. Many times children resist, cry, but they are forced to swallow. Accidents do happen. Many children get choked up. They cough, become breathless, struggle but survive.

In case of this child, as usual the grandmother sat on the ground. She made the child lie down facing the sky between her extended legs. As usual she fed milk to this child. Unfortunately the milk choked the air pipe. They ran to the doctor but no one could save him. The child died.

**Story 3.** Our friendly M.B.B.S. doctor couple had a son. Both were working with the local government hospital. On one Sunday they were overworked and came home late at night. As usual they gave the milk bottle to the baby, put the baby in the cradle and went to sleep. While feeding, the baby got choked up. They rushed to us. Hours of heroic efforts could not save the child. The child died.
Story 4. One girl less than 2 years had an acute attack of asthma. She came to the hospital. We nebulized her, gave her nasal oxygen and started saline. Another serious child came. When we were attending to the second child, the grandmother gave the feeding bottle to the first girl. The milk choked her. She was in the hospital and got all the help yet she could not be saved. A foreign body liquid called milk killed her.

Lesson: Never put food in the mouths of lying down children.

Highest foreign body in air pipe: food especially liquid food/medicine that always chokes and can kill children. It is better to make them sit on the lap and touch the cup to their lips. If they want to drink the water/gruel/liquid they will bend their head and drink. Feed them in an upright position. Smear their lips with food or make a baby food corner in the house. Put fruit pieces, snacks and water there. Children will help themselves. They will mouth food and water and grow

Supine feeding can kill the baby. Avoid it completely. Tell all.

Oil Massage: Gives nourishment

About 5 ml of oil needed at one time. It is absorbed and provides nourishment to the child.

This oil disappears in less than 2 hrs.

You can massage after 2 hrs. This oil disappears in less than 2 hrs.

Sion hospital & LTMG medical college Mumbai studies have shown that this oil is absorbed and benefits growth, causes rise of serum lipids, brain growth, growth of head circumference

Study by Dr. R.H. Gobbur:

(Professor of Pediatrics Shri B.M. Patil Medical College Bijapur 586103 India)

Study showed that using 5 ml coconut oil every time and massaging it 4 times daily doubled the weight gain rate.

Note: Many marketed baby massage oils are made from mineral oil. It has no nutritional value. Do not use them for malnourished babies.
Faulty Weaning Leads to Smaller Brains and Malnutrition in First Year of Life in India

This table shows that

1. The big Indian children from good families and big American child has same head circumference at birth, i.e. 39 cms.

2. At 1 year brain growth and head circumference of Indian children is 2.5 cms less than that of American children. Reason? Faulty weaning with liquid foods in best of homes.

Lesson:

1. Teach proper weaning with semi solid / solid home food.

2. In India true malnutrition occurs in the first year of life in the best of people.

3. Teaching proper weaning is the most important step in eliminating malnutrition.
The Bent Spoon test

For the Right and Wrong Weaning Food

Thin, watery weaning foods have more water and less food. They starve infants. This leads to malnutrition.

Use the “bent spoon test”. Take the weaning food in a spoon. Tilt the spoon a little say by 15 to 30 degrees. Thin weaning food will spill. Thick weaning food will not.

Thus a wean food is a good weaning food if it does not spill from a bent spoon.

A weaning food is bad weaning food if it spills from a bent spoon.
P.E.M. = Puffy Eyes  
Edema Feet Flat uMbilicus

The most visible easy signs to pick up and demonstrate Protein Energy Malnutrition

P.E.M. Marker of high risk of Death

If we do not diagnose malnutrition how will we treat it?

P: Puffy Eyes:

It is best seen in a crying baby or a crying child. Our eyes are inside the bony socket. In malnourished babies the eyes become puffy due to oedema around the eyes and protrude out of the bony socket.

E: Edema feet:

Press with your thumb on the sheen of tibia above the ankle and then lift your thumb. If the baby has edema, you see a depression. This is edema feet. Many babies would have it.

M: Flat uMbilicus:

Usually umbilicus is round. A malnourished child has flattened umbilicus.

Hypothesis:

A malnourished child has fluid in the abdomen. It stretches umbilicus from both sides and flattens it. The degree of flattening is proportional to the degree of malnutrition. If a child gets hepatomegaly and spleenomegaly, the upper lip of umbilicus gets flattened.

Look for Puffy eyes, flat umbilicus and edema feet in each child. You will get it in most malnourished children. Snack filled pocket, kid snack corner in the house, and avoiding liquid foods like tea and milk is its treatment.
Rectal Dextrose Treats Neonatal Hypoglycaemia

Good First Aid till you get I.V. line

A case study

Hypoglycaemia is a major cause of neonatal morbidity and mortality. Rectal dextrose prevents and treats it.

**Aim:** Can Rectal Dextrose treat and prevent hypoglycaemia the major cause of neonatal morbidity and mortality? This study finds out

**Methods:** We gave 3 ml 10% dextrose per rectum, by a no. 5 catheter to a newborn and measured blood sugar by heel prick hemogluco test (HGT) method.

As a control study, later on we gave 3 ml normal saline per rectum to the same baby and studied blood sugar.

**Results:**

Table 1. Serial blood sugar after giving dextrose.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Time</th>
<th>Blood sugar level (mg/dl.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Before giving dextrose</td>
<td>53</td>
</tr>
<tr>
<td>2.</td>
<td>5 minutes after giving dextrose</td>
<td>60</td>
</tr>
<tr>
<td>3.</td>
<td>10 minutes after giving dextrose</td>
<td>64</td>
</tr>
<tr>
<td>4.</td>
<td>17 minutes after giving dextrose</td>
<td>67</td>
</tr>
<tr>
<td>5.</td>
<td>25 minutes after giving dextrose</td>
<td>79</td>
</tr>
<tr>
<td>6.</td>
<td>70 minutes after giving dextrose</td>
<td>70</td>
</tr>
</tbody>
</table>

Table 2. Serial blood sugar after giving saline

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Time</th>
<th>Blood sugar level (mg/dl.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Before giving saline</td>
<td>94</td>
</tr>
<tr>
<td>2.</td>
<td>10 minutes after giving saline</td>
<td>89</td>
</tr>
<tr>
<td>3.</td>
<td>30 minutes after giving saline</td>
<td>90</td>
</tr>
</tbody>
</table>
Rectal dextrose increases blood sugar dextrose, but rectal saline does not.

Conclusion:
1. Giving about 2ml/kg of Rectal Dextrose increased blood sugar. It prevents and treats hypoglycaemia.
2. It is a good first aid till you get i.v.
3. Useful when there is no doctor, where giving i.v. dextrose is necessary but not possible especially in periphery. Any health worker can give it with little training. It can be give to a baby before transferring the baby. The glucose level remains high for at least an hour or more.
4. I.V. access can cause sepsis. This is avoided.
5. Rectal dextrose is easier, and less injurious, less time consuming, economical and safer than giving I.V. dextrose.
6. Anyone in a maternity home can give rectal dextrose. This reduces transfers to Neonatal Units.

Hypoglycaemia is a major newborn killer. Many of those who survive get fits, spectacles, eye problem, mental sub normality etc.

Rectal Dextrose can treat and prevent NEONATAL HYPOGLYCAEMIA. Let us all study this more and share the information with all.

Method of administering Rectal Dextrose:
- 10% dextrose can be used
- For a 2 kg child, take 4 ml of 10% dextrose in a syringe
- Connect the syringe to a feeding tube
- Place the feeding tube half inch inside the anus and push slowly
- Gives nutrition for 1 hour in which time the child may be shifted to the hospital.
Diarrhea + Diaper = Deadly Disaster

Diapers block urine output monitoring. Avoid diapers in sick babies especially diarrhea babies and improve child survival.

6 months old R.S. bottle fed, diaper clad baby got diarrhea. Parents could not know if child was passing urine. The baby got severely dehydrated. Luckily this baby recovered with intensive care.

Lesson:
1. No diapers for diarrhea babies. Using diaper in a baby having diarrhea can kill the baby. Diaper becomes “die-per”
2. Let us all ask Diaper makers to put the following consumer warning.
   **Warning:** Do not use diaper in sick babies especially one suffering from loose motions. Observing that baby passes adequate urine is important for survival of the baby.
3. Put this notice in clinics and hospitals.
4. Forward this to all, especially journalists, politicians, government officers, opinion makers, decision makers, diaper makers, mothers doctors and health persons.

Diarrhoea + Excess Salt in “home made” salt, sugar solution = Deadly Disaster

A baby’s mother gave her home made salt sugar solution. She prepared this by taking about 100 ml (half a cup) water and adding about 3 gms (half teaspoon) of common salt (sodium chloride) and 6 gms (1 teaspoon) of sugar. She gave such 20 to 30 glasses of water. The child developed severe dehydration and severe hypernatremia and hypokalemia. Thereafter, recovery was uneventful.

A simple Cereal based ORS:

According to WHO, Rice/Cereal based ORS offers better control of diarrhoea. However, none are presently available in the Indian market.

A pack of Gluco biscuits (75 g) crushed (to provide starch) and added to 1 litre of water with half teaspoon of salt would give the same benefit.
Drainage of Diarrhoea Fluids by Indwelling Rectal Catheter in Diarrhoea

Improves Survival Reduces Doctors’ Stress...
A Case Study

Diarrhoea is a major killer. Dehydration and errors in giving fluids increase diarrhoea deaths. This method eliminates errors and stress in fluid therapy.

Aim: Can accurate measurement of fluid losses in a case of severe diarrhoea by indwelling rectal catheter improve survival, and make treatment easy?

This study finds out.

Method: A catheter was put in the rectum of a child with severe watery diarrhea with severe dehydration. It was connected to a urine collection bag. The fluid lost was accurately monitored and replaced.

Results: Ongoing losses were exactly known and replaced. This avoided underhydration. In diarrhea children die of dehydration or over hydration. This was eliminated.

Caring for a serious diarrhea patient is extremely stressful. With rectal catheter, the treatment became stress free as the losses were exactly known and replaced. Frequent soiling and wetting of the body, cleaning of the child, changing of clothes was avoided. The child could sleep well. This benefited the baby and the caretakers. Perianal excoriation, its burning pain and baby's crying etc. were avoided.

The diarrhea fluid was collected in a bag and safely disposed. This reduced spread of infection, very foul smell of diarrhea laundry load and improved cleanliness and hygiene.

Safety: It is safer than nasogastric tube and i.v. line.

Conclusion: This innovation helped patient, doctors, nurses, care taking relatives and society. It is cheap, simple and good for any setting. It improves care and reduces morbidity, mortality and stress. Try, tell all.
Neonatal breast squeezing causes
Future Retracted Nipples & Feeding Difficulties
Preventable problem; Seen only in Humans
A comparative zoology study

About 7% mothers suffer from retracted nipples, breast engorgement, feeding difficulty and feeding failure.
Eliminate this.

**Neonatal breast squeezing = abscess + future retracted nipple + feeding problem.**

Neonatal origin of adult disease.

**Aim:** To study if animals have retracted nipples, like humans.

**Methods:** We studied pigs, cows, buffalos, dogs and cats etc for presence of retracted nipples. We discussed with veterinary doctors.

**Results:** Animals do not have retracted nipples. Only humans have.

**Hypothesis:** Many people squeeze milk from newborn’s breast. If tiny nipple and breast tissue are injured, these injuries heal with fibrosis. This destroys the nipple and milk duct. The damage is proportional to the injury. When these girls become mothers, they get milk. If milk ducts are fibrosed, they get breast engorgement, breast abscess etc.

Their babies get less milk and starve. They can get jaundice, hypoglycemia, dehydration, fits, vision problems and even death. In sick babies, look for retracted nipples in mother.

**Warning to mothers:** When you squeeze neonate’s nipples, you kill your grandchildren.

**Conclusion:** Retracted nipples are manmade and preventable cause of neonatal and maternal morbidity and mortality. Tell all on war footing not to touch newborn’s breasts. Eliminate retracted nipples and related neonatal and maternal morbidity and mortality.
B12 deficiency... Pandemic in Vegetarians; Beware!

My B12 is low what about yours? Treat with curd (yoghurt)

Take curds daily. It alone gives B12 to vegetarians. Tell all.

B12 Deficiency is pandemic in vegetarians. Treat it with curds. The world is ruled by intelligent people. B12 is needed for proper functioning of brain. B12 deficiency pandemic makes an intellectually weak human race. Let us change this.

Central Obesity, heart attacks at a younger age, memory loss, brain problems, cramps in legs, sensory problems like burning soles, babies born with brain defects all have one thing in common; B12 deficiency.

Vitamin B12 also called cobalamin, is a water soluble vitamin. It has a key role in the normal functioning of the brain and nervous system and for the formation of blood. It is one of the eight B vitamins. It is normally involved in the metabolism of every cell of the body especially affecting DNA synthesis and regulation. It is also involved in fatty acid synthesis and energy production. As the largest and most structurally complicated vitamin it can be produced industrially only through bacterial fermentation synthesis.

Q: Why I checked my B12 level?

A: For these facts.

1. Many people of Indian origin in Australia receive injection B12 every 6 months. To check if all Indians vitamin B12 deficient as many Indians are vegetarians?

2. Indians have more fat tissue, central obesity and heart attacks at a younger age as young as 35 years. B12 deficiency is thought to be one of the reasons.

3. Pune research studies show that B12 deficiency must be one of the reasons of why babies are born with defective brains and spinal cord.

4. Medical science teaches that B12 is obtained only from animal source. Vegetarians do not get it. Those who eat eggs and milk can get it.

5. I am lacto vegetarian. I consume about 250 ml milk daily

6. Eating non vegetarian food occasionally or once a week is as good as being vegetarian, I did my B12 level. It came little below normal. I took injection B12 1000 micrograms I. M. I benefitted. I used to get leg cramps. They became less significantly

Inference: Most vegetarian Indians must be B12 deficient. So must be many people on the earth.
Lesson: This is a pandemic of B12 deficiency especially in vegetarians. Milk has B12. When it is converted in curds B12 level rises. Lactobacilli present in curds are responsible for synthesising Vitamin B12. More sour the curd, greater the number of Lactobacilli and hence more the amount of Vitamin B12 present.

Lesson: Vegetarians should consume milk. Curds (yoghurt)

If you have to give a placebo injection, give Methylcobalamin (CH3B12). Large dose of B12 can be given in treatment of cyanide poisoning. Beware of a pandemic of B12 deficiency in vegetarians. Let us ask our government to fortify daily foods with B12. Indians have a good cultural practice of eating curds with food. Curds have lactobacilli. They do competitive inhibition of pathogens if any and protect us from illnesses. In fact the people of the world are divided into 2 groups. Curd eaters and non curd eaters. Curd cures B12 deficiency.

Lesson: Each house should have a B12 factory called CURDS. We should all consume curds daily. Consuming curds is better than consuming milk. Tell all.

Common Salt (Sodium Chloride) Eradicates Cord Sepsis

Need: If cord sepsis is your problem, this is for you. Where cord sepsis is a problem, applying common salt to the cord will eliminate cord sepsis. You can do your own study.

We have done this work about 2 decades ago. Our work was repeated at civil hospital and medical college Ahmedabad India with similar results. It was done under guidance of Dr. Shashi Wani Prof & head of dept of Paediatrics. A thesis was written for M.D. on this work. It can be seen at pediatrics dept at civil hospital and medical college Ahmedabad India. They validated our work with similar results.

Normally umbilical cord of a newborn is cut with aseptic precautions. It dries and falls off. Some people apply spirit, some apply antiseptic powder, while others apply nothing. Neonatal sepsis and neonatal tetanus are a major problem and cause of many neonatal deaths in many places. First there is cord sepsis. Then there is tetanus or neonatal sepsis. If there is no cord sepsis, there will be no tetanus. No neonatal septicaemia deaths either.

In India it is reported that many calves of buffalos die with cord sepsis. They too will be benefited.
On application of common salt to the umbilical cord, the cord dehydrates and dries earlier. Common salt acts as a preservative and prevents cord sepsis.

**Safety & effectiveness:** We tested this in more than 500 newborns. Common salt was liberally sprinkled on the umbilical cord of newborns few times a day. None of them got cord sepsis. There were no local problems. The cords actually dried earlier. We did serial serum sodium and chloride levels in about a dozen babies over a week. They were not elevated. This showed that common salt application was safe for newborns.

**Background information:**

In Africa they apply honey to cut umbilical cord. Honey probably dehydrates it and prevents growth of bacteria just as we use sugar as a preservative to preserve fruits.

Hypertonic salt solution is used for abortions. Dead sea is called dead sea as it has high salt concentration and nothing survives in that. All use common salt to preserve fish and meat and pickles. Medicos use saturated salt solution to preserve viscera. This fact led to the hypothesis that common salt will also preserve umbilical cord.

In fact microbiology describes bacteria as halophobic and halophilic.

Halophobic die with excess salt and halophobic survive with salt.

**Common salt for Caries-free Teeth:**

Carious teeth is India’s & world’s biggest health problem

Indian oral health survey shows that today more than 80 % adults above 40 years have caries. Up to 50% kids at 5 years have caries. Nothing has changed this.

Try using common salt, a zero cost method.

Microbiology says Streptococcus mutans bacteria causes caries, It makes lactic acid from sugar. This acid causes caries. Avoid sugar, jaggery & sweets made from them and toffees & chocolates. Take them on festivals & celebrations only.

Common salt kills Streptococcus mutans, the bacteria that cause caries. So clean teeth with common salt after food, on getting up and at bedtime.

Bacteria in mouth cause foul smell. That will also go.

Avoid or Delay giving taste of sugar to babies well beyond first birthday. They will not get carious teeth.
Use autoclaved newspaper liberally

Soaks blood and liquids, good for cleaning. Use it in place of cotton or cloth for drying hands, as towels, eye cover, insulation etc. Can wrap baby in many layers of newspaper for transport. Costs nothing.

Good for all maternity homes and hospitals. Tell all

Method of autoclaving:

Pressure cooker available at home can be used for autoclaving. Place the newspapers in a dry container. After blowing the whistle, let the cooker cool down and your sterilised papers are ready for use. Our experience shows that pressure cooker at home sterilises as good as autoclave used in hospitals.

Banana leaves for dressing injuries

The pain and anxiety experienced by the burn-wound patients during and after dressing changes can be reduced. We suggest use banana leaves for dressing the wound. It helps in making the pain tolerable or minimal.

Children often get hurt while playing. The common practice while dressing the wound includes applying antiseptic lotion on the wound and using gauze before dressing with a bandage. Often it is found that on the second day of the dressing the wound becomes a painful experience. When we try to open up the bandage skin often gets pulled along with the gauze. It delays the healing process.

According to research conducted by few doctors from Coimbatore, a piece of banana leaf can be used instead of gauze.

The successive dressing sessions can be painless as banana leaf does not stick to the skin and thus get pulled while removing it. It is also found that banana leaves help in healing the wound faster. Banana leaf dressing (BLD) is being used by some doctors attached with the KEM hospital in Mumbai for the same purpose.

The following procedure should be followed before using banana leaves. Banana leaves should be washed and small holes made for passage of air. These leaves should then be steamed in a pressure cooker. Steaming increases durability of these leaves.

Banana leaf dressing is an excellent, non adhesive, pain free, cheap and easily available material for dressing.
When room temperature exceeds 30°Celsius
Take skin and oral temperature to rule out
Heat Stroke

(Room temperature is above 30 degrees for 8 months a year in most places in India) 25 to 30 degrees Celsius is the comfortable range of room temperature for us. As environmental temperature rises above 30 degrees Celsius we feel the warmth.

As room temperature exceeds 33 degrees Celsius we start getting babies with heat stroke.

Usually core temperature i.e. oral or rectal temperature is more than skin temperature by 1 degree. As the body heats up with hot environmental temperature this gap becomes less than 1 degree. This is Grade 1 heat stroke. When skin and oral temperatures become equal it is Grade 2 heat stroke. When skin temperature exceeds oral temperature it is Grade 3 heat stroke. In summer when room temperature exceeds 33 degrees Celsius, the room temperature contributes to increasing the fever of a sick person, especially in those whose water intake is inadequate and who sweat less.

Keeping the patient's room cold by use of desert coolers, air conditioners eliminate environmental heating and hasten recovery of febrile patients. Give plenty of fluids orally and intravenously. Give water before the child becomes thirsty.

Eliminate thirst. That eliminates heat stroke in all.

A child can have an illness like viral fever and heat stroke together. You have to treat both. Only then will he become afebrile. Treating one will not do. A child with heat stroke is dehydrated. All his systems will function suboptimally. Only after he is well hydrated he will recover well. A well hydrated child passes adequate urine and is not thirsty.

Lesson:
Eliminate thirst and eliminate heat stroke.

<table>
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<tr>
<th>Heat Stroke</th>
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<tbody>
<tr>
<td>Dr. Joshi’s Grades</td>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>Normal or in any illness</strong></td>
</tr>
<tr>
<td>Skin temperature is less than oral temperature by 1 degree</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Grade 1 Heat Stroke</strong></td>
</tr>
<tr>
<td>Skin temperature less than oral temperature, the difference is less than 1 degree</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Grade 2 Heat Stroke</strong></td>
</tr>
<tr>
<td>Skin temperature equals oral temperature</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Grade 3 Heat Stroke</strong></td>
</tr>
<tr>
<td>Skin temperature more than oral temperature</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>One may take rectal temperature in place of oral temperature.</td>
</tr>
</tbody>
</table>
Breast feeding mother herself is the best thermometer for the baby
Tell this to all mothers.

If a baby gets fever, the baby's core temperature rises first. Baby's mouth becomes warm. A mother can pick this up while breast feeding.

When a baby gets fever due to high summer room temperature, the skin first becomes warm but the mouth is comparatively cold.

The mother can herself learn that the fever is due to summer or a heat stroke and not due to any other illness.

Keeping open, sponging, giving breast milk or water/fluids is treatment of a heat stroke. Medicines are needed for other illnesses.

U Pin Removes Seed From Nose

Ask the mother to close the mouth of the sitting baby by one hand. Then ask her to blow mouthful of air in the open nostril. The seed may come out. If this fails, put 4% Xyocaine in the nose. It anaesthetizes the nose. Then make the mother sit on the examination table.

Ask her to make the baby sit on her lap and hold both the legs of the baby between her legs and hold the chest of the baby by one arm going around it. Ask her to hold the head of the baby by all sides against her chest by her forearm and palm. Sit on a stool at a lower level than that of the child. Let someone throw light on the nose of the baby from below. It helps to have a torch on own forehead.

Remove the seed with proper ENT instruments. If you do not have proper instruments, take a U pin. Unwind its one turn. Its length doubles. Then put the U of u pin gently in the nose, between the seed and the middle wall of the nose. Gently go behind the seed and pull it down. Do not push the seed in. At times it helps to give Pedichloryl to quieten the baby. (1 ml for every 3 kg of weight.)

You can similarly remove seed from an ear.
We used room air compressed by a nebulizer (1) to give cpap (2) to a breathless newborn baby. One tube brought air from nebulizer to a three way cannula (3). Second tube from 3 way cannula went to baby and gave compressed air to the baby. (This is technically called bubble cpap). Third tube from 3 way cannula went to a water bottle. Its open end was dipped 7 cms below water surface and air was bubbling out.

Inference: Nebulizer gave compressed air. The air pressure was 7 cms of water.

The pulse oximeter shows SaO2 reading of 96 and heart rate of 124. Means baby is comfortable.

Lesson: You can use nebulizer to give cpap.

Good for every breathless preterm baby when there is no other alternative.

This is a technology demonstration. You can try your nebulizer. If it does not create enough pressure you may need to use one with a more powerful motor.
Best Baby Diet and Baby Care. Universal
Message from Dr. Hemant and Dr. Archana Joshi to Parents

We will do as follows:

1. Call mother’s milk as mother’s milk and not breast milk.
2. Give Mother’s milk to a baby immediately after first cry at birth. Keep baby next to mother all the time. Allow feeding as per baby’s wish and need.
3. Give only mother’s milk for 6 months.
4. After 6 months at every feed mother’s milk is not enough. So every time give all soft home food before mother’s milk. Like rice, dal, upma, sheera, egg, fruits potato etc. Give everything.
5. Bent spoon test: Baby food should not spill from a bent spoon. If it does, it has more water and less food. Bad. It starves babies.
6. Add mother’s milk to food and medicines. Babies take it more happily.
7. At 6 months of age, celebrate half yearly birthday. Call all friends & relatives. Smear baby’s lips with home food publicly, and enjoy seeing how happily the baby eats it.
8. Give maximum variety. This gives all micronutrients. All is well.
9. After 6 months give 6 lunches and 5 to 6 snacks daily. Give all. ALL IS WELL.
10. Keep kid’s pocket filled with snacks all the time. (Not for fat kids.)
11. Keep KFC (Kid Food Corner) in the house. Give one corner of house to kids. Fill it with snacks, water and fruits all time. Kids will help themselves. They grow well. (Not for fat kids.)
12. Up to 18 years kids must not be hungry (not for fat kids) or thirsty even once.
13. No market foods like Vada paav etc.
14. Give all doses of all vaccines to all kids. Most kids miss most doses of most vaccines. Check and complete today on war footing. Vaccines avoid illness, deaths suffering and expenses.
15. God Sun blesses us with Sunrays. Afternoon sunlight falls on skin and makes Vitamin D in our body. It increases life, illness fighting power, & height. So allow kids to play in afternoon Sun, with minimum comfortable clothes. Take afternoon sunlight on skin. 1 hour daily. Less clothes means less warmth.
16. Warmth kills appetite & weight gain says Sewagram study. It is hot 9 months a year. Day and night wear minimum or no clothes in hot 9 months.
17. Kids must play 1 hour or more on grounds. Do & Teach Surya namaskaar, yogasan to kids every morning.

18. Less than 1 hour of t.v. video games, mobile, computer screen time for kids.

19. Eat at 7 p.m., in bed at 9 p.m.

20. Every night read out to kids, bedtime stories from Panchantra, Gitopadesh, Ramayan, Mahabharat, Bhagawat.

21. We Ensure kid's growth. On date of birth every 3-6 months measure height and weight. Chart it on growth chart. Ensure that they grow 2 kg or more each year.

22. Daily Learn and tell about health and illness. Tell all.

23. See child care in 12 languages at: www.drhaj.com

24. On 'You Tube' see 140+ child care videos in English, Hindi, Marathi, Gujarati, Punjabi and Bengali at: www.youtube.com/user/drhaj2007

25. Do this and kids will become taller, smarter, stronger, healthier, happier & rule the world.

26. We take an oath. We will care for our kids like this. We will give this oath to all & break this oath.

27. Tell this to all. By talk, phone, sms, email etc. Paste this on wall and show to all. This is best service to nation.

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