

WHAT PEDIATRICIANS EXPECT FROM PSYCHIATRISTS



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Some facts pertaining mental health in India:

- ❑ 20% Indian children suffer from some form of mental disorders.
- ❑ 12% of these are between 4 years and 16 years.
- ❑ By 2025, mental illness will catch up with heart diseases and even overtake it as the biggest global health concern.
- ❑ Only 1 in 50 Indian children have access to treatment in developing countries.
- ❑ Average delay of onset of treatment is 8-10 years.

Paediatrician's problem

Insufficient:

- ❑ Time
- ❑ Training
- ❑ Knowledge of resources
- ❑ Access to specialists

Therefore, paediatricians refer to whom?

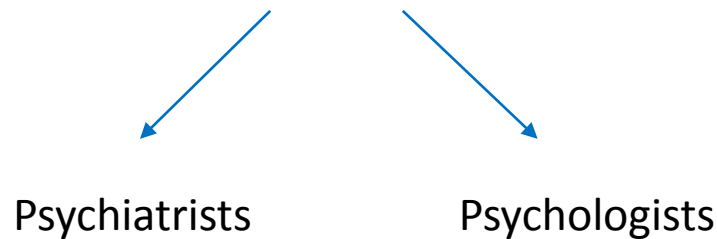
- ❑ Another problem is not having clear-cut guidelines and checklists.



Is there a need to pay heed?

The answer is a referral “YES”.

In this case, how do we choose between:



Checklists

What kind of a problem is it?



Organic ?

Psychiatric?

Let us study some cases:

- ❑ 10 year old female child came. Had emotional lability, excessive crying and abnormal hand movements and low school performance.
- ❑ 12 year old male child was brought to the OPD with rebellious behaviour and a low school performance.



Analyse and assess

Levels of complexity:

0 level- identifying

-in general OPD treatment given by practitioner

1st level- identified

-not hampering day to day function

2nd level- daily function hampered

-both psychiatrist and paediatrician work together

3rd level- very severe

-primarily psychiatrist and assisted by paediatrician

Drugs

- ❑ Drug- drug interaction:
- ❑ Usually psychiatric problems associated with co-morbid example:
convulsions
- ❑ Dosing and side-effects:
- ❑ Therapeutic doses-
- ❑ when to start,
- ❑ how much to give,
- ❑ when to stop
- ❑ what to monitor.



Nursing mothers and drugs:



Drugs C/I during lactation -

Lithium/Benzodiazepine/
anti-psychotics

Drugs C/I during pregnancy -

Benzodiazepines
Carbamazepine/Valproate/
Lithium

* Alert the paediatricians

Communication with-

- ❑ Parents
- ❑ Child
- ❑ Therapist or psychologist
- ❑ **Paediatrician**

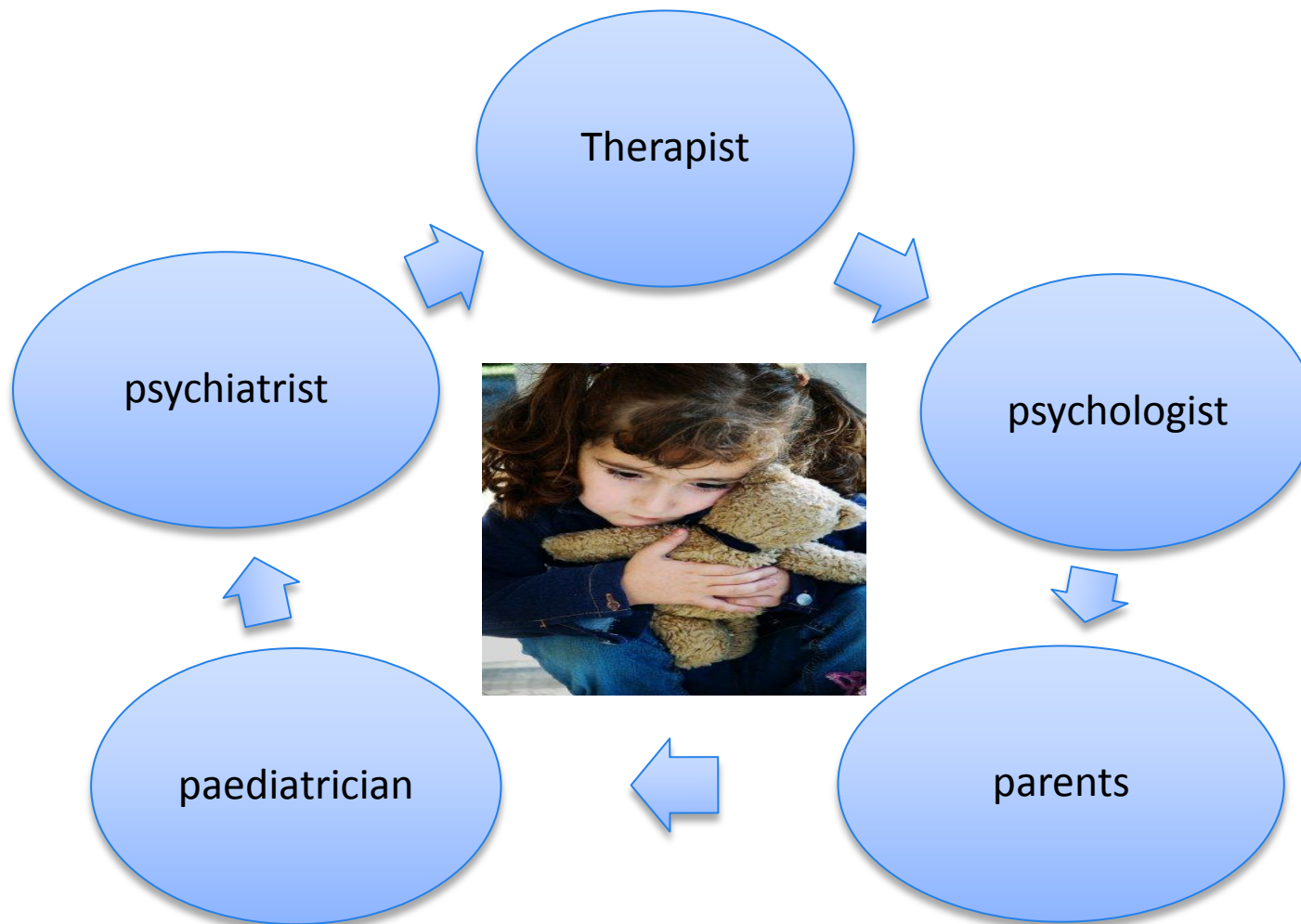


Monitor treatment/therapy outcome

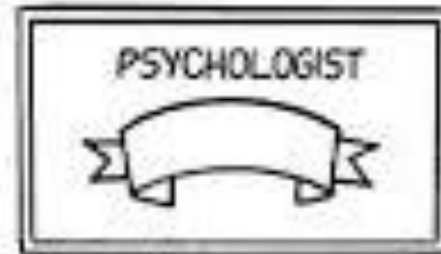
Adolescence-Role of child psychiatrists

- ❑ In depression,
- ❑ Stress
- ❑ Prevention of suicides
- ❑ Child helplines and adolescent helplines

Ideal situation



THANK YOU!



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"My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again."