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Childhood obesity and its associated disease: Obesity reduction program

Alzbeta Tohatyova¹ and Ingrid Schusterova^{1,2}¹P J Šafárik University in Kosice, Slovakia²Eastern Heart Institute, Slovakia

Childhood obesity is an important public health problem and is of particular interest because of possible long-term associations with adult body weight status and morbidity. Obesity is associated with a shortened life expectancy mainly because of increased risk for cardiovascular disease and obesity related cardiomyopathy. However, a third of obese individuals never develop CV disease; and this group is called the metabolically “healthy” obese. Recent evidence suggests that not all obese persons are negatively affected by their body weight and that weight loss does not necessarily always improve health. Obese youth will live a longer portion of their life as obese and with chronic health conditions. Moreover, although weight loss in obese youth is associated with improved metabolic outcomes, weight management goals for this age group are more ambiguous than in adults. We confirmed high prevalence of overweight and obesity (23.66%), and also high prevalence of insulin resistance (13.9%) in Healthy high-school students in Eastern Slovakia. No significant differences were found between genders in prevalence of overweight and obesity. Our highly specialized Clinic is for preventive cardiology and lipid metabolism disorders (Children faculty hospital, Kosice) focus on individual and group outpatient therapy for obesity and also on cardiovascular risk stratification in children and adolescent. Highly organized team of specialists working on interdisciplinary outpatient program- “Obesity reduction program, School of Obesity”, which is held under the patronage of the President of Slovak Section for Atherosclerosis of the Slovak Society of Clinical Biochemistry, Assoc Prof. Ingrid Schusterova, MD, PhD. The goal of this program is to win the fight against obesity- prevention of cardiovascular disease associated with obesity, and treatment of childhood obesity by new way. ”. This program focuses on the same sex/ age groups of children and adolescent. Family based strategies to control weight changes include: controlling the child’s environment, monitoring behavior, setting goals, rewarding successful behavior changes. We confirmed that group outpatient therapy for children and their parents had significantly better results in body weight loss ($p<0.05$) compare to individual therapy during the childhood.

tohaty@centrum.sk

Pediatric nurse – Role in child health

Himabindu Singh

Osmania Medical College, India

A nurse serving children has an important role in child health. She is the backbone in neonatal nursing, a good communicator and link with parents and treating doctors. She can give information guidance and be a counselor too. Briefly she has important role in labor room, neonatal period, infancy and adolescents. She has preventive and promotive role in health care delivery. She also has important role in identifying a sick child, triaging and immediate delivery of life saving interventions. She also has a role in delivering palliative care and communicating progress to family. Her role during declaration of death and being there with the family is also immense. We need to highlight the role of Pediatric nurse in our respective countries and work to give professional recognition in the interest of child health. In India I have motivated our pediatric nurses to come together and join the Asia Pacific Forum. As a Pediatrician with some leadership role, intend to work for the cause of Pediatric nursing as it complements what we Pediatricians do for the well being of children.

dr.himabindusingh@gmail.com