Viral exanthems by Dr Andrew Lock  (link to whole PDF here)

1. Roseola infantum (see January 2015 newsletter)

2. Pityriasis rosea
   - viral, possibly HHV 6/7
   - Starts with a "herald patch"- plaque that appears days before rest of rash. Oval pink, several cm in diameter, collarette of scale inside the outer edge. Usually located on trunk
   - Oval pink dry plaques then appear on trunk +/- proximal limbs (not usually on the face or sacral areas)
   - Lasts 6-12 weeks
   - The plaques usually follow skin tension lines on the trunk, to give a "christmas tree" pattern.
   - Child will be well. The rash may be itchy
   - PHE recommended period of quarantine from school/nursery: not listed but see HHV6 - none

Pictures: http://www.dermnetnz.org/viral/pityriasis-rosea-imgs.html

The Allergy Academy has just published its Spring programme (see below). They really are very useful courses – if you don’t keep up to date with this field, your patients will outstrip you! Visit http://www.allergyacademy.org for more information and to book your place. Prices are usually very reasonable.

Update in Paediatric Allergy – Tuesday 10th March
Following the success of the 3-day Practical Paediatric Allergy course last year, this day will provide an update on the management of a variety of paediatric allergic diseases, with an insight into recent research and its clinical implications.

Practical Allergy in Primary Care – Tuesday 21st April
This interactive study day will take a practical look at the management of a wide range of allergic diseases, including guidance for current best practice and common clinical scenarios encountered in primary care. Only £20-£50 if you book by 10th March for this one! Lots about CMPA this year. We are still getting referrals from practitioners muffling up lactose intolerance and cows milk protein allergy. They are not the same thing and mild-moderate CMPA is easily manageable in primary care (see http://cowsmilkallergyguidelines.co.uk/ as well).

Practical Allergy for Nurses – Friday 5th June
This study day will provide a solid foundation for nurses who are new to allergy as well as an update for those already working in the field. The day will be interactive, with case studies to illustrate theory, and more practical workshops.

8 Year old

You might want to consider printing off these Resus cards and laminating them for your ED department. Put together by Drs Amutha Anpananthar and Natalina Sutton, they give you the drug doses needed (as per APSL guide-lines) according to the age of the child in front of you.

No more difficult times-tables in stressful situations.

Download the cards as one PDF document here.