1. Roseola infantum (see January 2015 newsletter)
2. Pityriasis rosea (see February 2015 newsletter)
3. Chickenpox (see March 2015 newsletter)
4. Erythema infectiosum (see April 2015)

5. Hand foot and mouth
   - Coxsackie A virus
   - Majority of affected children are <5 years
   - Blisters on hands and feet, and in the mouth
   - Very infectious (may be outbreaks at schools or in families)
   - Incubation 3-5 days
   - Sore throat, fever and anorexia +/- lymphadenopathy and diarrhoea
   - Pink macules appear on both sides of the hands and sides of fingers which are followed by grey blisters, which dry and resolve over 5-7 days
   - May be small vesicles/ulcers in the mouth which can be painful and reduce oral intake
   - May also have an erythematous exanthem on the buttocks.
   - Blisters are infective until dry up. Stool remains infective for 1 month.

PHE recommended period of quarantine from school/nursery: none

Pictures: [http://demnetnz.org/viral/hfm-imgs.html](http://demnetnz.org/viral/hfm-imgs.html)

Published in March 2014, the [quick reference guide](http://www.sign.ac.uk/guides/fulltext/138/) provides a summary of the main recommendations in SIGN 138: Dental information to prevent caries in children.

- Brush teeth with fluoride toothpaste (1000 – 1500ppmF, or 2800ppmF in high risk 10-16 yr olds) at least twice daily. Supervise younger children.
- Spit out excess toothpaste but don’t rinse with water
- Fluoride varnish should be applied at least twice year
- Brush teeth as soon as they erupt, “ smear” of toothpaste for under 3s, “ pea-sized” amount for >3 yrs.

The preponderance of “dental caries” as the primary diagnosis along with increasing socioeconomic deprivation. Amongst the least deprived 10% of the population 31.9% of finished admission episodes (FAEs) for dental procedures were due to ‘caries’, whereas among the most deprived 10% of the population 61.2% of FAEs for dental procedures were due to ‘caries’. [www.hcic.gov.uk](http://www.hcic.gov.uk)

### Dangerous Dogs Act 1991

Two of the banned breeds:
- Known for its working ability. Loyalty and courage. the **Fila** is a large, heavy-boned dog with pendulous hips. Fila excels as guard dogs, cattle herding dogs, police dogs and hunting dogs, and are very loyal and eager to please their owners. They have a short coat. These dogs are highly territorial and possess an aversion to strangers. They are totally fearless in the face of danger.
- Staffordshire Bull Terriers are often mistaken for Pit Bulls, but they are smaller in height.

Built for performance, the pit bull is a muscular, short-coated breed. The head is big and jaws are strong and wide, the ears may be cropped. The body is very strong and powerful. Staffordshire Bull Terriers are excellent UK police dogs as guard dogs, cattle herding dogs in most deprived areas compared to least deprived regions.

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The Health and Social Care Information Centre reported in April 2014 that there had been 6,740 admissions for dog bites in the previous year.

- Most represented group was 0-9 year olds.
- Highest admissions are in the summer months
- Most common injury was to wrist or hand but children suffer most injuries to the head of all age groups
- Plastic surgery is most common admitting team
- London had 634 admissions, 7.6 per 100,000
- Merseyside has highest number of incidents
- Children at 3 times the risk of dog bites or strikes in most deprived areas compared to least deprived regions.

### ENT slot with Mr Sunil Sharma

Obstructive sleep apnoea is a disorder of breathing during sleep characterised by prolonged partial upper airway obstruction and/or intermittent complete obstruction that disrupts normal ventilation during sleep and normal sleep patterns. The [British SLEEP Apnoea Association](http://www.sleepapnoeasociety.org.uk) states that breathing must cease for a period of at least 10 seconds, at least 10 times an hour, for it to become clinically significant.

#### Specifics in the history:
- severity of apnoeaic symptoms
- daytime somnolence
- hyperactivity during the daytime
- history suggestive of OSAS in children
- failure to thrive
- poor school performance
- secondary enuresis
- heart and lung conditions

#### Details to note:
- Age at diagnosis
- Weight <15kg
- History suggestive of severe OSA
- Highest admissions are in the summer months
- Most common injury was to wrist or hand but children suffer most injuries to the head of all age groups
- Plastic surgery is most common admitting team
- London had 634 admissions, 7.6 per 100,000
- Merseyside has highest number of incidents
- Children at 3 times the risk of dog bites or strikes in most deprived areas compared to least deprived regions.

#### First-line treatment for OSAS
- adenotonsillectomy
- CPAP
- mandibular advancement