
Their diagnostic flow charts begin with whether the lump is soft or hard. Anatomical position of the lump within the neck is also presented as diagnostically helpful but good luck differentiating anterior and posterior triangles in a baby! Here is a selection of learning points:

1) although concerning to parents, infants’ neck lumps are rarely problematic
2) reactive lymphadenitis is extremely common in under 2s and can usually be diagnosed clinically. Suspected bacterial lymphadenitis warrants blood tests and USS.
3) characteristics of malignant lymphadenopathy: multiple, firm, non-tender / non-mobile nodes and systemic signs
4) refer fibroblastosis coli (benign stromoeledhostoma ‘tumour’) for USS and physiotherapy
5) midline neck lump that moves with tongue = thyroglossal cyst (common). Midline neck lump that moves with skin = dermoid or epidermoid cyst (rare). Refer ENT.

Testicular torsion or epididymo-orchitis?

14-year-old boy with severe testicular pain on waking this morning. He has had several episodes of similar pain that resolved spontaneously in the past, but this time the pain is persisting.

**Testicular torsion is a surgical emergency**

- Testicular torsion accounts for about 1/3 of paediatric scrotal disease
- Most common age group affected is 12-25 years
- Typically presents with severe, unilateral, scrotal pain of sudden onset but there may have been previous self-limiting episodes
- Associated symptoms: nausea, vomiting (26-60%), fever (up to 40%, due to infarction), abdominal pain (5-25%)
- **examine external genitalia in male patients presenting with abdo pain**
- The affected testis often appears swollen and will be extremely tender
- Special tests: absent cremasteric reflex (40-100%) and a negative Prehn’s sign (not so reliable).

**“Time is Testicle” – refer all cases of scrotal pain urgently to a surgeon**

Children being started on methylphenidate for their ADHD require an ECG to rule out prolonged QT syndrome. They shouldn’t have to wait for a paediatric cardiology appointment before starting their medication. The Royal College of Psychiatrists has two e-learning modules on ECGs which are primarily adult based (which I hope explains my poor performance in the pre-module tests!) but does cover measurement of QTc. Each module takes an hour to go through but you can jump around a bit if you are looking for specific information (QTc measurement is in module 2). You have to register at https://elearning.rcpsych.ac.uk/. These modules are then free to do and are excellent all round ECG CPD for GP and ED refresher training as well as CAMHS psychiatrists.

A shorter option is available at https://portal.e-lfh.org.uk/Component/Details/528926, Interpretation of ECGs for Child Psychiatrists, and the half hour module has a helpful link to https://www.minded.org.uk/Component/Details/523575 entitled Psychoactive Medications - Managing the Risk. This covers medications used in ADHD and eating disorders. If you register with e-lfh, you can tot up CPD points on these modules too.

I saw a 12-year-old lad in clinic earlier this month, referred for breathing issues which had resolved by the time he got to our recently opened up general paediatric clinics but what he really wanted to ask me about was a lump in his scrotum which worried him because his friend’s dad had just been diagnosed with testicular cancer. It got me thinking about suitable, age appropriate and safe health information on the net. Here is the list the Paediatric Pearls editorial board and one of our CAMHS specialist nurses have come up with:

https://www.healthforteens.co.uk/about/ for young people aged 11-19 to learn about their health. This website is a previous winner of the Association for Healthcare Communications and Marketing (AHCM) ‘Best Website’ award.

www.healthforkids.co.uk is the version for slightly younger children.

https://youngminds.org.uk/ covers everything from anxiety to sleep, to medications you might be prescribed as a young person with a mental health diagnosis. It is young person facing and they have a family and young person helpline which are both useful.

https://www.tiktok.com/@who/lang=en On TikTok the WHO has its own young person’s health information about public health and covid 19.

www.vphsog.org.uk and www.ayph.org.uk both house suggested resources for health professionals to point people to.

Lambeth and Southwark school nurses run Health Chat where young people can text health questions and get a response directly to their phone - a school nurse referral in your region could be very helpful.

Many thanks to Ruth Woolhouse, East London CAMHS Crisis Service Team Manager, for sharing a list of resources her team have recently put together and checked. Click here!