

Common Childhood Illnesses & Conditions

Curriculum Overview

Designed for:

- Middle school students
- High school students
- Community education

Length:

The activities in this curriculum will last approximately seven hours. With supplemental materials, this curriculum can be adapted to a longer block of time. You can also pick and choose lessons and activities to incorporate into your existing lesson plan.

Goal:

To help participants understand signs, symptoms, and care of infants suffering from common childhood conditions.

Synopsis:

This curriculum covers key topics regarding seven common illnesses and conditions of childhood. Participants will learn about the causes, signs and symptoms, and typical treatment and care for each condition. The curriculum incorporates hands-on experiences and engaging activities to facilitate learning.

Curriculum Components:

- Curriculum – Complete lessons, including detailed steps of activities, time and materials needed, student handouts, and instructor information to teach the lesson
- Student materials
- Assessment tools
- Presentation slides

Learning Objectives:

Lesson 1: Diarrhea and Diaper Rash

- Identify changes in stool patterns and what is considered diarrhea in infants
- Identify common causes of diarrhea in infants
- Use proper PPE and sanitation techniques when handling diarrhea stools
- Describe the natural skin barrier and how its disruption leads to diaper rash
- Identify the various types or causes of diaper rash and how their treatment might vary
- Demonstrate how to properly apply diaper rash cream

Lesson 2: Middle Ear Infection

- Identify the basic anatomy of the ear and describe a healthy eardrum
- Discuss the process of a middle ear infection and explain common causes
- Describe symptoms of a middle ear infection as well as physical characteristics on exam
- Explain the typical treatment for a middle ear infection

Lesson 3: Chickenpox

- Identify the cause of chickenpox and how it is spread
- Explain symptoms and demonstrate routine care of children with chickenpox
- Identify common complications of chickenpox
- Describe how the prevalence of chickenpox has changed since the introduction of the varicella vaccine
- Briefly discuss shingles as a prolonged complication of chickenpox

Lesson 4: Fever

- Explain how body temperature is determined and why fever occurs
- Explain basic functions of the immune system and how fever plays a role
- List common causes of fever
- Demonstrate how to collect a temporal temperature on a 4-month-old infant
- Discuss treatment options for fever

Lesson 5: Pink Eye

- Discuss various causes of pink eye and how it spreads
- Identify symptoms of pink eye
- Explain treatment options for pink eye
- Demonstrate how to administer pink eye treatment to an infant

Lesson 6: Hand, Foot, and Mouth Disease

- Identify the pathogen responsible for hand, foot, and mouth disease (HFMD) infection and the time of year it is most prevalent
- Discuss how HFMD spreads and how to prevent or minimize its spread, especially in a childcare setting
- Identify common symptoms of HFMD, particularly the classic rash
- Discuss potential complications of HFMD
- Review potential treatments for the disease

Lesson 7: Medication Measurement

- Explain how medication doses are calculated for infants
- Calculate the volume of medication needed for a particular dose
- Demonstrate how to measure and administer liquid medication to an infant