



HAVE A NICE DAY

Occupational therapy for children with ADHD

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Nowadays Attention Deficit Hyperactive Disorder (ADHD) is a common condition in mental disorder of children and observed in their daily living activities level. Attention means the ability to focus on a specific stimulus without any distraction.

A child can be considered with ADHD when his/her attention span is not longer in regards of needs and shows hyper activeness in all activities. Typically every year, a child gains attention span 3 to 5 minutes. So if a child aged 5 years should keep his/her attention on an activity for 15 to 25 minutes. If s/he does not show like that may have some problems in attention span.

The exact cause of ADHD is until unknown. But some researchers suspect several factors to happen ADHD that include heredity, chemical imbalance (neurotransmitters) that helps nerve cells in brain

communication with each other, and brain changes (especially the part of brain controls attention may be less active in affected children).

It is estimated to affect 3-7% of children and more common in boys than girls. Parents are more obvious when a child starts going school and paying less attention in all activities.

Child shows short attention span, restlessness behaviour, poor impulse control and destructiveness in all activities. Child also may shows poor peer relations, aggression or lying or stealing behaviour, unusual language, poor self control, frequently taking high risk activity, and also poor cognitive function.

Affected child's intelligence level would be less and will have learning disability. Sometimes s/he shows depression, poor emotional control, frustration and changed mood. Every child is unique; so may have some atypical symptoms as well.

Whether more or less symp-

toms the child shows parents should to consult with a specialist. ADHD can not be prevented or fully cured also. But it is manageable and curability depends on the severity of the problem. Multidisciplinary treatment approach is necessary including medication, behaviour management, special education training, parents' education, school based education with Individualised Education Programme (IEP) and environmental modification.

Occupational therapy can play a significant role to manage the child with ADHD. Occupational therapist apply a holistic treatment approach including physical, cognitive, psychosocial, attention span and level of alertness, safety judgment, communication, daily living skill and school performance assessment. Occupational therapists apply various stimulations to maximise attention, cognitive therapy, behav-



is necessary to increase the referral systems between doctors / specialist to occupational therapist to get the service properly.

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What all standard hospitals do

The hospitals, particularly compared with its earliest days, will play a very different role in the future as part of an integrated collection of providers and sites of care. The hospital of the future is here today, not in the North America or in South East Asia.



Dr Rubaiul Murshed

Quality companies have a core belief in their product that pushes them to the top. Great sports teams are singularly focused on winning. Top universities have an unwavering dedication to learning and teaching and not much else. But what do great hospitals do?

What are the core ingredients that combine to make a hospital one that is remarkable, outstanding or exceptional? The modern hospital is an impossibly complex matrix of skills and services; but there are traits that all great hospitals possess—tendons that hold together the movement of the larger organisation in an industry rightfully obsessed with measurement and outcomes, let's pauses to look at the sometimes overlooked characteristics that lead to excellence.

All great hospitals make decisions based on what's right. It sounds easy enough. When a hospital's senior leaders have a difficult choice to make, they can rely on a basic decision-making formula. Study the facts, consider the ramifications, and do what is right. Simple except that doing what is right is anything but simple.

From scarce resources to daunting community needs to an outdated leadership culture, hospital executives face a multitude of obstacles and conflicting agendas as they try to set a virtuous strate-



LIVER TRANSPLANTATION

Hope for the patients with end stage liver disease

STAR HEALTH REPORT

Apollo Hospitals Dhaka started stepping towards liver transplantation for the patients suffering from end stage liver diseases, informs the hospital authority through a press conference recently held in a local hotel in the city.

From Indraprastha Apollo Hospitals Delhi, Prof Dr Anupam Sibal, Senior Consultant of Paediatric Gastroenterology and Prof Dr Subash Gupta Senior Consultant Liver Transplantation spoke on the occasion. Successful liver transplantation requires big team efforts. In quest for that, Apollo Dhaka started the knowledge sharing programme with Apollo Delhi.

Mike Potter, CEO and Dr Shagufa Anwar, General Manager, Business Development of Apollo Dhaka informed the press that on the occasion of the hospital's 7th year of operation in coming April, they were going on massive expansion of the hospital in Dhaka including a 300-bed multidisciplinary hospital in Chittagong to cater to the increasing need of patients of Bangladesh.

How to get fresh breath

STAR HEALTH DESK

Many people are embarrassed with the unpleasant odor from their mouth. Sometimes they do not notice even, but people surrounding them get annoyed. Following are some tips to get fresh breath.

Brush and floss your teeth properly

At least 2 minutes of brushing is necessary to properly clean all tooth surfaces. In addition 30% of the surfaces of our teeth is not cleanable with a brush. This makes flossing/interdental brush absolutely critical!

Use bad breath relief products

By using halitosis toothpaste, non-alcoholic Sulfur reducing mouth rinses, sugar free chewing gum and breath mints.

Clean your tongue

Bacteria thrive in the fissures and mucous layer of the tongue, sometimes creating a visible whitish layer. Tongue cleaners can remove this layer and much of the bacteria which resides on your tongue. A tongue scraper can be very helpful as well. When using a tongue scraper, it is best to clean as far back on the tongue as possible, starting

from the back and moving toward the front. This scraping motion is done several times in row.

Drink plenty of water

Keeping hydrated allows proper salivary flow to help rinse and flush out unwanted bacteria.



Use mouthwashes

Effective oral rinses must eliminate the problematic bacteria while maintaining the balance of normal bacteria in the oral environment. A majority of mouth rinses contain alcohol, which actually dries out the mouth and can end up contrib-

uting to halitosis.

Chew sugarless gum

Chewing stimulates our glands to produce extra volume of saliva and aids in cleaning out noxious bacteria.

Check for signs of gingivitis and other dental problems

Periodontal disease is a bacterial infection of the gums and ligaments which support the teeth. This leads to bone loss and deep pockets between the teeth and gums which are not easily cleanable. Extremely high amounts of bacteria can live in these pockets and need aggressive cleaning therapies to reduce bad breath. Signs of periodontitis include red or swollen gums, loose teeth, bleeding gums, pus, pain on chewing.

Get regular dental check-ups

Twice yearly dental check-ups are a good idea for all adults. This is because people often do not become aware of dental problems until considerable damage has occurred. A dentist can recognise potentially damaging problems early. In addition, the dentist can diagnose other problems which cause bad breath including abscesses, periodontal disease, cavities, and impacted teeth.



gic path for their organisations. In many cases, the tallest hurdle is one of fundamental understanding: What does "doing what's right" really mean? Often it has a lot more to do with what's right for the community and quite a lot less with what was right for the hospital.

Money, of course, is a familiar obstacle for hospitals struggling to serve their patients and the community as a whole. Sometimes there are things you would love to do, but you cannot afford to be wrong. So how do some hospitals manage to do what is right while still maintaining a healthy bottom line?

Quality data reporting and a hospital's internal culture as essential components of doing what is best for patients and the community in the face of potential risks to the organisation. Besides these, once Albert Einstein said, "Problems can't be solved using the same thinking that created them." These words ring true in healthcare, where varied patient populations, emerging diseases and limited resources constantly defy tried-and-true practices.

Source: www.healthleadersmedia.com

Knowing for better living

In Bangladesh...

50% of pregnant women are anemic
&
26% women don't know that they have iron deficiency.

Eat plenty of iron & vitamin-rich foods like banana, green and leafy vegetables etc.

Take care of pregnant women and ensure their iron & vitamin-rich diet everyday

Consult your Doctor



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