

PCCH Mentoring club – lectures for the first three years starting on September 2019

1. The Most Common Childhood Illnesses - Infants (12h)

- 1.1. Introduction to Ailments of the Infants
- 1.2. Postnatal Complications in Newborns
 - 1.2.1. Newborn Jaundice
 - 1.2.2. Retention of urine
 - 1.2.3. Conjunctivitis, Lachrymal Duct Obstruction
 - 1.2.4. Breastfeeding Difficulties
 - 1.2.5. Diaper Rash
- 1.3. Gastrointestinal Problems in Newborns
 - 1.3.1. Three months Colics
 - 1.3.2. Acute Diarrhea
 - 1.3.3. Constipation in Newborns
- 1.4. Aphthae in Newborns
- 1.5. Nasal Obstruction in Newborns
- 1.6. Sleeplessness in Newborns
- 1.7. Acute Fever in Newborns

2. The Most Common Childhood illnesses - Children (12h)

- 2.1. Introduction to the Ailments of Children
- 2.2. Developmental Disorders in Children
 - 2.2.1. Delayed Development
- 2.3. Dentition and Its Most Common Complications
- 2.4. The Most Common Psychological and Psychogenic Disorders in Children
 - 2.4.1. Anger tantrums
 - 2.4.2. Nightmares and Night terrors
 - 2.4.3. Nail biting
 - 2.4.4. Tics
 - 2.4.5. Jealousy in Children
 - 2.4.6. Dissatisfaction in children
- 2.5. Enuresis
- 2.6. Diarrhoea and Constipation in Children
- 2.7. The Most Common Acute Diseases in Children
 - 2.7.1. Acute Otitis media
 - 2.7.2. Acute Tonsillitis
 - 2.7.3. Acute Cough
 - 2.7.4. Acute Bronchitis
 - 2.7.5. Pneumonia

3. The Most Common Adolescence Illnesses (21h)

- 3.1. The Most Common Emotional Disorders in Adolescence
 - 3.1.1. After effects of Disappointment, Grief or Rejection
 - 3.1.2. Stage Fright
 - 3.1.3. Low Self-Esteem
 - 3.1.4. Excessive Jealousy
 - 3.1.5. Panic Disorders
- 3.2. The Most Common complaints during Puberty
 - 3.2.1. ADD and Hyperactivity
 - 3.2.2. Acne
 - 3.2.3. Menstrual disorders
 - 3.2.4. Dysmenorrhea
 - 3.2.5. Acute cystitis
- 3.3. Acute Cystitis and Infections of the Urogenital System
- 3.4. Acne
- 3.5. Migraine

4. The Most Common Ailments of Pregnancy and Labour (12h)

- 4.1. The Most Common Complaints during Pregnancy and during Labor
 - 4.1.1. Nausea/Vomiting in Pregnancy
 - 4.1.2. Constipation in Pregnancy
 - 4.1.3. Leucorrhoea in Pregnancy
 - 4.1.4. Lumbago in Pregnancy
- 4.2. The Most Common Psychological disorders during Pregnancy
 - 4.2.1. Anxiety and depressions during pregnancy
- 4.3. Problems during Labour
 - 4.3.1. Protracted Labour and its complications

5. The Most Common Ailments after Labour (9h)

- 5.1. The Most Common Ailments After Labour**
 - 5.1.1. Complications after a Surgery
 - 5.1.2. Post-Labour Recovery
- 5.2. Urine Retention after Labour**
- 5.3. Incontinency after Labour**
- 5.4. Cracking and Pain of Nipples After Labour**
- 5.5. Acute Mastitis**
- 5.6. Problems with Lactation (Insufficient/ Excessive)**
- 5.7. Haemorrhoids after Labour**
- 5.8. Prolapse of Uterus**
- 5.9. Postpartum Psychosis**

6. The Most Common Problems of the Menopause (6h)

- 6.1. The Most Common Psychological Problems in the Menopause**
 - 6.1.1. Anxiety in the Menopause
 - 6.1.2. Depression
- 6.2. The Most Common Physical Ailments of the Menopause**
 - 6.2.1. Heat Flushes
 - 6.2.2. Head Pain
 - 6.2.3. Hypertension
 - 6.2.4. Vaginal Dryness in Menopause
 - 6.2.5. Palpitations