

## 15. We need guidelines to do better.

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### Background:

In Sri Lanka there are no proper guidelines for Intravenous fluid (IVF) therapy in children except for few conditions like dengue fever and Diabetes ketoacidosis. Usage of IVF in Paediatric practice is very common. As there are no proper guidelines it was felt that there is increased incidence of misuse of IVF therapy like unnecessary usage, incorrect selection of the type of fluid.

### Objective:

To observe the current practice of IVF in a paediatric unit in relation to indications, type, rate and practice of monitoring process to identify complications.

### Method:

Bed Head Tickets (BHT) of all children who received IVF were analyzed retrospectively using a performa, during a period of 3 months.

### Results:

During 3 months 163(16%) children out of 986 patients received IVF. Among them 83(50.9%) were males. 95(58%) were under 5 years age group. Commonest indication was poor oral intake and the next was significant vomiting while 48(29.4%) had not mentioned the indication for IVF. Proper clinical assessment record indicating the degree of dehydration was found only in 10(6.1%) BHTs analyzed. Thirteen (08%) received 10ml/kg normal saline fluid boluses. Commonest fluid used as maintenance was N/2+5% dextrose. A 103(63%) received IVF for more than 24 hours. Input output charts were maintained only in 68%. Electrolytes and blood sugars were monitored in 90(55%). Interestingly, only complication recorded was fluid extravasation in 04% BHTs.

### Conclusion:

In this unit IV fluid administration was not done according to any standard practice.

### Recommendation:

Usage of IV fluids should be guided by proper guidelines in paediatric patients

## 16. Association of serum ferritin and severity of Coronary Artery Disease (CAD)

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### Introduction:

Serum ferritin is the most reliable parameter in the assessment of body iron stores and iron status. Some investigators have reported a significant positive association between serum ferritin and known risk factors such as dyslipidemia, diabetes, hypertension, obesity for the development of ischemic heart disease and myocardial infarction.

### Objective:

To assess the association between serum ferritin and severity of Coronary Artery Disease (CAD) by Gensini score in patients (n =100) with CAD who are to undergo Coronary Artery Bypass Graft at Cardio-Thoracic unit of Sri Jayewardenepura General Hospital (Ethical approval No. 635/12).

### Methodology:

Serum ferritin was determined by enzyme immunoassay sandwich method (mini Vidas immune analyzer). CAD severity was evaluated by Gensini score using the coronary angiogram which is assigning a severity score according to the degree of luminal narrowing and

geographical importance of each coronary stenosis. Patients were divided into three groups depending on 1<sup>st</sup> (ferritin < 65g/L), 2<sup>nd</sup> (65-160 g/L) and 3<sup>rd</sup> (> 160 g/L) quartile. Results were analyzed using SPSS16 version.

**Results and Discussion:**

Among the patients 24% and 22% had ferritin < 65g/L and > 160g/L respectively. Others were in the range of 65 - 160g/L. There was a significant positive correlation between serum ferritin and Gensini score ( $r=0.3$ ,  $p<0.05$ ). A significant difference of Gensini score were seen between patients who had ferritin > 160 g/L with other two groups. According to the correlation the severity of CAD is higher when serum ferritin is high irrespective of the gender.

**17. The effect of the weight of school bags on the trapezius muscle of schoolchildren in Colombo, Sri Lanka**

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**Purpose:**

The aims were to study the effects of the school bag weight on neck and shoulder pain and Pressure Pain Threshold (PPT) values of the Trapezius muscle among adolescent female scholars.

**Methodology:**

This descriptive cross sectional study employed a random sample of 60 female students aged 11-16 years, using school bags greater than 10% of their body weight (BW), from a girls' school in Colombo. Data were collected using a self-administered questionnaire. The outcome measurement tools were mechanical pressure algometre, analogue bathroom scale and Pain Visual Analogue Scale. Statistical analysis was through SPSS17.0 version.

**Results:**

The response rate was 98.3% ( $n=59$ ). The mean age, body weight, bag weight and PPT values for right and left trapezius were 11.9 years ( $\pm 1.06$ ), 37.7kg ( $\pm 8.2$ ), 5.8kg ( $\pm 1.6$ ) (15.37% of BW), 2.904kg/cm<sup>2</sup> ( $\pm 0.8046$ ) and 2.922kg/cm<sup>2</sup> ( $\pm 2.600$ ). Majority (47.5%;  $n=28$ ) of the students complained of shoulder pain, while 13.6% ( $n=8$ ) and 5.1% ( $n=3$ ) complained of back and neck pain. Others (10.2%;  $n=6$ ) had pain in more than one area and 37.3% ( $n=22$ ) experienced pain daily. The relationship between the weight of the school bag and shoulder pain showed statistical significance ( $p<0.05$ ), although the correlation between bag weight and PPT for the trapezius muscle was not statistically significant ( $r=-0.050$ ;  $p=0.718$ ).

**Conclusion:**

The study found an association between shoulder pain and the weight of the school bag although there was no significant correlation between bag weight and PPT of the trapezius muscle.