

Bio Data

SYSTEM ID	5819
NAME	Muhammad Zamin
GUARDIAN NAME	Gul Sher
GENDER	Male
SCHOOL	Kiran Foundation School
CITY	Karachi
AREA	Lyari
DATE OF BIRTH	2021-05-26
AGE	4
EMERGENCY CONTACT	03229277283
GR #	9690
ANY KNOWN MEDICAL CONDITION	No
ADDRESS	Singo Lane Liyari
BLOOD GROUP	Unknown

Vitals/BMI

HEIGHT	105
WEIGHT	17
BMI	15.42
TEMPERATURE	36
SYSTOLIC BP	100

DIASTOLIC BP	60
PULSE	104

General Appearance

NORMAL POSTURE GAIT	Yes
MENTAL STATUS	Alert
JAUNDICE	No
ANEMIA	No
CLUBBING	No
CYANOSIS	No
SKIN	Normal
BREATH	Normal

Inspect Hygiene

NAILS	Clean
LICE/NITS	No

Head and Neck examination

HAIR/SCALP	Wavy
HAIR PROBLEM	Normal
SCALP	Normal
HAIR/DISTRIBUTION	Even

Eye

VISUAL ACUITY USING SNELLENS CHART	6/6 B/L
NORMAL OCULAR ALIGNMENT	Yes
NORMAL EYE INSPECTION	Yes
NORMAL COLOR VISION	Yes
NYSTAGMUS	No

Ears

EAR EXAMINATION	None
CONCLUSION OF HEARING TEST WITH RINNE AND WEBER	Normal

Nose

EXTERNAL NASAL EXAMINATION	Normal
NASAL PATENCY TEST	Normal

Dental Examination

GUMS	Normal
DENTAL CARIES	No

Throat

TONSILS	Normal
ANY NECK SWELLING	No
LYMPH NODE	Normal

Chest Examination

LUNG AUSCULTATION	Vesicular_Breathing
CARDIAC AUSCULTATION	Normal S1/S2

Abdomen Examination

ABDOMEN	Normal
ABDOMINAL PAIN	No

Musculoskeletal Examination

ANY LIMITATION IN CHILD RANGE OF MOTION	No
ADAMS FORWARD BEND TEST	Negative

ANY FOOT OR TOE ABNORMALITIES	Normal
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Vaccination

EPI IMMUNIZATION CARD	Yes
BCG 1 DOSE	Vaccinated
OPV 4 DOSE	Vaccinated
PENTAVALENT VACCINE DTP	Vaccinated
ROTA	Vaccinated
MEASLES	Vaccinated

Miscellaneous

ANY KNOWN ALLERGY	No
ANY URINARY PROBLEM	N/A

Psychological Assessment

,Child's Overall Behavior Is Normal,The Child Has No Aggressive Symptoms,The Child Has A Good Conduct Overall,The Child Attention Span Is Appropriate,He Is An Attentive Child,No Crying Spells,No Spelling Errors,No Writing Errors,No Issues Are Highlighted From Telling Left To Right,Bus Numbers Are Addressed Appropriately

Nutritional Assessment

The Child Is Approaching Overweight. Promote Healthy Eating Habits And Active Play To Prevent Further Weight Gain. Normal Growth Supported By Adequate Nutrient Intake, As Evidenced By Height-For-Age Z-Score Between -2 And +2.

Dietary Advice

Replace Sugary Beverages With Water Or Milk.- Limit Processed And High-Fat Snacks; Choose Fresh Fruits And Whole Foods.- Reduce Portion Sizes Without Skipping Meals.- Encourage Regular Physical Activity, Such As Outdoor Play Or Sports. Maintain A Balanced Diet With A Variety Of Fruits, Vegetables, Whole Grains, Lean Proteins, And Dairy To Sustain Healthy Growth.

Doctor Comment

The Student Is In Good Health. We Advised Them To Maintain Proper Hygiene By Brushing Teeth Twice A Day, Engage In An Active Lifestyle, Participate In Healthy Activities Such As Sports, And Minimize Screen Time.

