

Bio Data

SYSTEM ID	5801
NAME	Marium
GUARDIAN NAME	Ali Abbas
GENDER	Female
SCHOOL	The Set School
CITY	Karachi
AREA	Federal B Area
DATE OF BIRTH	2007-11-30
AGE	17
EMERGENCY CONTACT	03328272862
GR #	1552
ANY KNOWN MEDICAL CONDITION	Non
ADDRESS	Fb Area
BLOOD GROUP	Unknown

Vitals/BMI

HEIGHT	145
WEIGHT	62
BMI	29.49
TEMPERATURE	98
SYSTOLIC BP	110
DIASTOLIC BP	60

PULSE	80
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General Appearance

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

Inspect Hygiene

NAILS	Dirty
LICE/NITS	Yes

Head and Neck examination

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

Eye

VISUAL ACUITY USING SNELLENS CHART	B/L 6/5
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	Yes

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

Vaccination

EPI IMMUNIZATION CARD

No

Miscellaneous

ANY KNOWN ALLERGY

Yes

ANY URINARY PROBLEM

N/A

ANY MENSTRUAL PROBLEM

No

Psychological Assessment

Frequently Having A Repetitive Thoughts Cycles,Mild Level Of Self-Esteem Issues,Energy Levels Are Varying,Balanced Coping Mechanism,Sleep Quality Is Healthy,Sometimes Feel Stressful,Fluctuating Mood Cycle,Pleasant Relationship With Family

Nutritional Assessment

The Child Is Overweight, Increasing The Risk Of Obesity-Related Health Issues. Monitoring Of Calorie Consumption And Physical Activity Is Needed Early Intervention With Dietary And Activity Changes Is Needed. Stunting Related To Insufficient Nutrient Variety And Caloric Intake As Evidenced By Height-For-Age Z-Score Between -3 And -2.

Dietary Advice

- Focus On Portion Control And Regular Meal Timings.- Prioritize High-Fiber Foods Like Whole Grains, Fruits, And Vegetables.- Avoid Fried And Sugary Foods; Use Baking Or Steaming Methods.- Introduce Fun Physical Activities To Reduce Sedentary Habits. Incorporate Protein-Rich Foods (E.g., Meat, Beans) And Micronutrients (E.g., Iron, Calcium) To Encourage Healthy Growth.

Doctor Comment

We Advised Them To Take Balanced Diet And 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. Keep Your Nails Trim And Cleaned. Use Anti Lice Shampoo And Lice Comb To Remove Nits. To Prevent Dental Cavities Ensure Proper Brushing And Flossing, Avoid Sugary Foods And Drink, Consult A Dentist For Comprehensive Oral Examination. Apply Precautionary Measure For Dust Allergies, Wearing Mask.