



Cdc Health Initiative and Learning Division
VOLUME 01 ISSUE 02 AUGUST 2018

# Inaugural issue of CHiLD released!



The inaugural issue of CHiLD was released by Smt. K.k.Shylaja Teacher,Hon.Minister for Health, Social Justice and Woman and Child Development on 14th September 2018 in thepresence of, ShriBijuPrabhakar IAS, Smt. SheebaGeorge IAS and DrBabu George

Training Programme for Master Trainers on Early Screening of ASD & Strategies for Early Intervention, 28<sup>th</sup>-30<sup>th</sup> June



The three day long training program for master trainers on early screening of ASD and strategies for early intervention was conducted at the Tulip, auditorium of Child Development Centre in association with KSSM. The program commenced on 28<sup>th</sup> June 2018 and concluded on 30<sup>th</sup> of June. The programme was inaugurated by Director of Medical Education Dr RemlaBeevi A. As many as eleven participants from different Medical Colleges have attended the training program. Experts in the field of ASD treatment, care and therapy- Dr. M.K.C.Nair, Dr. Paul Russell, Dr. Babu George, Dr. R. Jayaprakash, Dr. P.A. Mohamed Kunju, Dr. Suja Kunnath, Dr. Deepa Bhaskaran, Ms. Prasanna G.L. and Mr. Joseph Thomas Raj Bedford handled the various sessions in the training.



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#### Faculty Improvement Programs (FIP).

Faculty improvement programs are conducted on every Wednesdays from 1.30 pm to 3.30 pm at the Tulip Auditorium of CDC. The program intends to expand the knowledge, skill and attitude acquisition process in theoretical and practical domains of child development of the faculty, staff and students of CDC. Eminent professors from various fields lead the FIPs every week.



Dr Arun B Nair, Assistant Professor, Department of Psychiatry taking an FIP session on mood disorders and childhood depression conducted on 4<sup>th</sup> July 2018.

# Reader's Corner List of journals available at CDC

### **Print Journals**

- :: Asia Pacific Journal of Public Health
- :: Autism
- :: Behaviour Modification
- :: Clinical child psychology & psychiatry
- :: Clinical Pediatrics
- :: Communication Disorders Quarterly
- :: Focus of Autism and other Developmental Disabilities
- :: Indian Journal of Pediatrics
- :: Journal of Adolescent Health
- :: Journal of Child Health Care
- :: Journal of Child Neurology
- :: Journal of Early Intervention
- :: Journal of Emotional Behavioural disorders
- :: Journal of Special Education
- :: Pediatric Neurology
- :: Pediatric Clinics of North America
- :: The Journal of Early Adolescence
- :: The Journal of Pediatrics
- :: Topics in Early Childhood Special Education
- :: The New England Journal of Medicine



### E-Journals

Child Language Teaching and Therapy American Journal of Medical Quality American Journal of Lifestyle Medicine British Journal of Nutrition Journal of Adolescent Research Indian Pediatrics Journal of learning disabilities

### ASIA-PACIFIC JOURNAL OF PUBLIC HEALTH



Training programs

## Hypertension among Adolescent School Children Aged 15-18 Years in an Urban Government School, Kerala

ABSTRACT Abstract: Hypertension among adolescent children is alarming and often tracks to hypertension in adulthood. The present study was conducted to estimate the prevalence and associated factors of hypertension among adolescent school children aged 15-18 years in an urban government school. Kerala. The blood pressure and anthropometric measurements of 267 students who agreed to participate in the study were examined. The prevalence of hypertension according to the research criteria of the AAP guidelines was found to be 7.98 percent. Elevated blood pressure defined as >90th percentile to <95th percentile was present in 8(3.04%) students. Stage 1 hypertension (defined as  $\geq 95$  th percentile to <95th percentile + 12 mmHg) and stage 2 hypertension (defined as >95th percentile + 12 mm Hg) were present in 21(7.98%) of the total students. A statistically significant association was found between BMI and hypertension. The progression of adolescent or childhood hypertension to adulthood is a proven fact. Early detection of hypertension will lead to early intervention and thus there is a need for early identification of hypertension among adolescent children in Kerala.

Babu George, Liss Maria Scaria, M ZulfikarAhamed, Leena ML

## **Bayley Training Program**

A one day training program on Bayley – III, was conducted at Tulip auditorium of CDC on Sunday, 15th July, 2018. Ms LalithaSubrahmanian, faculty in Clinical Psychology, Department of Pediatrics, SreeRamachandra Medical College and Hospital, Chennai, took the training session. Bayley is a scale for assessing the developmental functioning of infants and young children between one month and 42 months of age. It is an individually



## Training program on SPSS

A one day training program on SPSS was conducted at Tulip auditorium of CDC on 14th July 2018. Mr MithunKumara master trainer and an experienced statistician from IBM having knowledge regarding various statistical packages. He handled the session on SPSS Version 25. Thirty three participants attended the training program and they included the staff and students from CDC, Medical College, SAT Hospital and SCTIMST. The package was well introduced to the participants using a trial version of SPSS 25. The participants were given hands on training in working with data using SPSS 25.



administered instrument. Bayley is an internationally recognized assessment and one of the most widely used developmental scales globally and in India. Students and staff from CDC and SAT hospital attended the training program. The program included an introduction to Bayley III, description about the technical aspects of the test, administration, practical demonstrations, scoring and interpretive considerations. The program was insightful and helped to deepen the understanding of different aspects of a child's development.

Scientific Discourse

# Methylenetetrahydrofolatereuctase (MTHFR) gene polymorphism

Dr Poorna Chand V, IAP fellow in Developmental and Behavioural Paediatrics, CDC

MTHFR gene is located on chromosome 1p36.3(1). MTHFR is important for folate metabolism where it converts 5,10-methylenetetrahydrofolate to 5-methyltetrahydrofolate which acts as a methyl donor for the conversion of homocysteine to methionine. The reaction is catalyzed by methionine synthase where vitamin B12 is used as a cofactor. Genetic polymorphism in the key enzyme MTHFR can result in deficiency of 5-methyltetrahydrofolate. Common polymorphisms include C677T and A1298C allele(2). C677T polymorphism is a point mutation at 677 position on MTHFR gene with the substitution of cysteine to thymine nucleotide at that position which results in substitution of alanine to valine in the MTHFR enzyme(3). As a result MTHFR enzyme activity is reduced and causes elevation in plasma homocysteine levels. Homozygous mutated individuals have higher homocysteinelevel when compared to heterozygous mutated subjects(4).

Diseases associated with MTHFR C677T polymorphism(5) 1. Vascular diseases: Ischemic stroke, Hemorrhagic stroke, Coronary artery disease, Essential hypertension, Hyperlipidemia, Carotid dissection, Retinal vein occlusion, Venous thromboembolism

2. Pregnancy and Infertility: Recurrent pregnancy loss, Pre-eclampsia, Neural tube defects, Down syndrome, Infertility

3. Neurological and Psychiatric: Parkinson's, Alzheimer's, Migraine, Cerebral venous thrombosis, Combined psychiatric disorders, Schizophrenia

4. Diabetic neuropathy

5. Cacinoma: Breast, Cervical, Ovarian, Oesophageal, Oral, Hepatocellular, Pancreatic, ALL, Prostate, Bladder, Lung, Stomach, Colorectal

6. Psoriasis vulgaris

Another common polymorphism involves A1298C allele, characterized by point mutation at 1298 position on MTHFR gene with the substitution of alanine to cytosine resulting in substitution of glutamate to alanine. Individuals who are heterozygous for both A1298C and C677T alleles tend to have higher homocysteine level similar to seen in C677T homozygotes(6). Triplex tetra-primer ARMS-PCR method can be used for simultaneous detection of C667T and A1298C polymorphisms(7).

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ARMS-PCR method for the simultaneous detection of MTHFR c.677C>T and c.1298A>C, and MTRR c.66A>G polymorphisms of the folate-homocysteine metabolic pathway. Mol Cell Probes. 2012 Feb;26(1):16–20.

## Congratulations



Congratulations to Dr Maya Bose Vinod and Dr Poornachand V for successful completion of one year full time IAP fellowship program in Developmental and Behavioural Paediatrics from CDC

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