

# UNDER FIVE ASSESSMENT

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Under five is the child belongs to the age below 5 or equal to 5 year.

The assessment of growth and development of under-five known as under five assessment.

The under-five assessment not only includes assessment the physical growth but it also encompasses the overall development of child in under-five years which consists of physical, mental, social development etc.

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# Aspects of under-five assessment

The assessment of overall growth and development of an under-five can be categorized in following aspects

- A. anthropometric measurement
- B. general physical examination
- C. milestones of development
- D. growth chart
- E. reflexes

# Anthropometric measurement

## I. Height:

The height should be taken in standing position with inch tape or other measuring tape, without footwear.

The expected height can be calculated with formula as follow:

- $$= \text{Age in years} * 7 + 66$$

At the 12 month of age the height become double of height at birth

## II. Weight: the weight should take with minimum of clothing.

The expected weight can be calculated with formula as follow:

Up to one year : 
$$\frac{\text{age in month} + 9}{2}$$

At 6th month the weight become double and at 12 month of age triple of weight at birth. The malnutrition can be calculated as follow:

- $$\text{Malnutrition} = \frac{\text{Actual weight}}{\text{Expected weight}} * 100$$

### III. Head circumference:

- it should be measured between forehead and occipital prominence. At birth the head circumference is 33-35 cm.

### IV. Chest circumference: at birth the chest circumference is 30-32cm. which is less than the head but at 1 year of age it becomes more than the head.

### v. Mid arm circumference: the mid arm circumference measured at the middle of upper arm. Between acromian process and scapula round the tape in left upper arm. It shows the nutritional status of child. Below 12.5 cm is categorize under the malnourished.



# General Physical Examination

It can be done by observation, palpation, percussion or auscultation.

Name:

Age:

## Birth history

- Birth weight
- delivery: full term / preterm / post term
- Place of birth : home / institutional
- Type of delivery : Normal / abnormal
- Presentation: vertex or abnormal like breech

## General appearance

- Body build: well / moderate / under / nourished
- Activity: active / dull

## Posture:

- Body curve: normal / abnormal
- Movements: normal / abnormal range of motion

# Skin condition

- Colour: fair / any alteration
- Texture: Normal turgor/ oedema
- Lesions: abnormal lesion /scar
- Temperature: Normal /high/low

## Vital signs

- Temperature
- Pulse:
- Respiration

## Head and face

- Scalp:
- Hair distribution/ color of hair/presence of dandruff or lice
- Face: symmetrical and active or presence of edema

## Eyes

- Eye brows: Present/symmetrical
- Eye lashes: presence of infection
- Eye lids: normal reflex
- Eye ball: Normal protrusion



- Conjunctiva: pink /yellow/white
- Sclera : white/yellow
- Pupils: reaction to light
- Eye muscles: movement of eye
- Vision: Normal, turns towards bright colored objects

## **Ears**

- External ears: discharge/ abnormality
- Hearing acuity : Normal

## **Nose**

- External nares : discharge
- Nostrils: deviation of nasal septum

## **Mouth and Pharynx**

- Lips: moist lips/dry
- Odor of mouth: bad odor
- Teeth: milk teeth
- Tongue: coated tongue/normal
- Throat and pharynx: tonsillitis/ abnormal mass

## **Neck**

- Lymph nodes: enlargement
- Thyroid glands: enlargement/ symmetry
- Range of motion: Normal range of motion

## **Chest**

- **Thorax: Symmetrical in shape**
- **Respiration:**
- **S1 and S2 sound**

## **Abdomen:**

- **lesion/ No scar**
- **organomegaly**
- **bowel sounds heard**

## **Back**

- **Spine and curvature: lordosis/kyphosis**
- **Tenderness: tenderness**

**Upper extremities: range of motion.**

**Lower extremities: range of motion**

**Genitalia: abnormality**

## Mile stones of development

s.n.	Age	Motor development	Language development	Adaptive development	Socio-personal development
1	6-8 week				Look at mother and smile
2	3 months	Hold head erect			
3	4-5 months		listening	Begin to reach out for the objects	Recognize mother
4	6-8 months	Sit without support	Experimenting with noise	Transfers objects hand to hand	Enjoy hide and seek
5	9-10 months	Crawling	Increasing range of sound	Releases object	Suspicious of strange
6	10-11 months	Stand with support	First word		
7	12-14 months	Walk wide base		Builds	
8	18-21 months	Walk narrow base	joining words, begin to run	Beginning to explore	
9	24 months	Runs	Shortjoining words, begin to run sentences		Dry by day



# Growth Chart

The road to health chart is a visible display of child's physical growth and development.

The growth chart shows degree of malnutrition :

- 1st degree: grade first(97-85 percentile)
- 2nd degree: grade second(85-50 percentile)
- 3rd degree: grade third(50-15 percentile)

THE END