



Research Article

MENTAL RETARDATION

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ABSTRACT

The field of child psychiatry is new to the twentieth century and child psychiatric nursing evolved gradually as the therapeutic value of nurse's relationship with children began to be realized children's facing various psychiatric problems. Mental retardation one of the most worst psychiatric disorder in children.

Key words:

Mental retardation, Genetic factors, Nursing management.

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INTRODUCTION

Definition

Mental retardation refers to significantly sub-average general intellectual functioning resulting in or associated with concurrent impairments in adaptive behaviour and manifested during the developmental period. [American Association on Mental Deficiency 1983].

Classification

F70-F79	:	Mental Retardation
F70	:	Mild Mental Retardation
F71	:	Moderate Mental Retardation
F72	:	Severe Mental Retardation
F73	:	Profound Mental Retardation

Etiology

Genetic Factors

Chromosomal Abnormalities

- Down's Syndrome
- Fragile X Syndrome
- Trisomy X Syndrome
- Turner's Syndrome
- Cat-Cry Syndrome

Metabolic Disorders

- Phenylketonuria
- Wilson's disease

- Galactosemia

Cranial Malformations

- Hydrocephaly
- Microcephaly

Gross Diseases Of Brain

- Tuberos sclerosis
- Epilepsy

Prenatal Factors

Infections

- Rubella
- Syphilis
- Toxoplasmosis

Endocrine Disorders

- Hypothyroidism
- Diabetic mellitus
- Hypo parathyroidism

Physical Damage

Intoxication

- Lead
- Certain drugs

Placental Dysfunction

- Toxaemia of Pregnancy
- Placenta previa
- Cord prolapse

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Perinatal Factors

- Birth Asphyxia
- Prolonged birth
- Prematurity

Post Natal Factors

- infections
- Accidents
- Lead poisoning

Environmental And Socio-Cultural Factors

- Cultural deprivation
- Low socio economic status
- Child abuse

Clinical Features

- Failure to achieve developmental milestones.
- Reduced ability to learn on meet academic demands
- Expressive on receptive language problems
- Psychomotor skill deficits
- Difficulty performing self care activities
- Neurological impairments
- Low self esteem, depression, labile mood

Diagnosis

- History collection
- Neurological examination
- Physical examination
- Investigations
- Urine and blood examination
- Amniocentesis
- Hearing and speech evaluation
- EEG
- CT and MRI of brain
- Thyroid function test
- Psychological test

Treatment Modalities

- Behaviours Management
- Environmental supervision
- Programs that maximize speech, language, cognitive, social, self care and occupational skills.
- Family therapy
- Early intervention programs for children youngest than age 3 with mental retardation

Nursing Management

Nursing Assessment

- Assessment of early infant behavior
- Documentation of daily living skills
- A careful family assessment for information on
- Psychological assessment

Interventions

- The long term goals for these children are highly individualized and are dependent on the level of mental retardation. Some of these goals can be,
- Child dresses himself
- Child maintains continence of stool and urine
- Demonstrates acceptable social behavior
- Well baby health care

- The nurse can participate in programs that teach infant stimulation, activities of daily living and independent self care skills.
- Learning social skills and adaptive behavior assists the child in building a positive self image.
- Teaching contraceptive methods are important to emphasize with the child and family.
- Maintain a non-threatening approach
- Proper explanation and relevant information should be given to the parents and best out of the child.

Prevention

Primary Prevention

- Genetic counselling
- Immunization for maternal rubella
- Blood tests for marriage licenses
- Adequate maternal nutrition
- Family planning

Secondary Prevention

- Early detection and treatment of preventable disorders.
- Early recognition of presence of mental retardation
- Psychiatric treatment for emotional difficulties.

Tertiary Prevention

- Rehabilitation in vocational, physical and social areas

CONCLUSION

Child psychiatry is an area in which nursing can make a valuable contribution. Nurses who choose this field have an excellent opportunity to serve on the promotion of emotional wellness for children and adolescents.

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