



Child Psychiatry Unit, Children's Hospital, Ain Shams University; a Dream Came True

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Abbreviations

ASU CH CPU: Ain Shams University Children's Hospital Child Psychiatry Unit; PMD: Pediatric Mental Disorders; ASD: Autism Spectrum Disorder; ADHD: Attention Deficit Hyperactivity Disorder; PMH: Pediatric Mental Health

Editorial

Pediatric Mental Disorders (PMD) is more prevalent than leukemia, AIDS and diabetes mellitus collectively. They cost much more than asthma, trauma, and infectious diseases. Unfortunately, in spite of the foregoing facts many of the children suffering from such disorders pass undiagnosed and accordingly unmanaged or had late diagnosis and poor interventions either because of unawareness of general pediatricians about red flags of these disorders that justify referral to the appropriate specialized mental health services or the inadequacy and or high cost of such services especially in developing countries. Twenty years ago, Professor Farida El Baz Mohamed and the author of this editorial have established the Child Psychiatry Clinic, Children's Hospital, Ain Shams University Faculty of Medicine. By that time, we realized how crucial the availability of such facility at our hospital to offer its services to children with Pediatric Mental Disorders (PMD). Our target was early diagnosis and intervention to minimize the impact of such disorders on the sufferer's future academically, socially, and occupationally. Over these years, we have served 1850 cases; 71% were males and 29% were females. Their ages ranged between 18 months and 17 years with a mean value of 9.53 (SD of 2.36) years. The overall consanguinity rate recorded among them was 26%. Urban, semi-urban, and rural residency were reported in 75%, 18%, and 7% of them respectively. On the other hand, their socio-economic standard ranged from low to over-moderate (low in 50%, sub-moderate in 33%, moderate in 11%, and over-moderate in 6%). Among our cases, nocturnal enuresis was the most prevalent diagnosis (27.03%), followed by intellectual disability (15.14%), autism spectrum disorder (15.03%), attention deficit hyperactivity disorder (13.03%), learning disabilities (8%), oppositional defiant disorder (7.03%), and conduct disorder (6%) while miscellaneous disorders were diagnosed in 8.76% of them. On the 10th of October 2018, we celebrated the 20th anniversary of our clinic that has become a unit a few months ago by holding the First Global Scientific Forum of Ain Shams University Children's Hospital Child Psychiatry Unit, Cairo, Egypt. The forum discussed the impact of chronic and critical physical illnesses on pediatric mental health, the link between the gut and clinical nutrition and PMH, and some eating, neurodevelopmental, and sleep disorders. We are looking forward to serving more and more children with different PMD and their caregivers and hoping for a future with better PMH in our country.

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