Pediatric Syndromes and Their Conundrums

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Abstract
Pediatric syndromes capture a wide range of disorders that a clinician must be able to recognize and manage the care. Understanding some important details in each type will provide guidance in delivering safe and effective nursing care.

Purpose Statement
This poster will show a condensed overview of the most common and rare pediatric syndromes and their complexities. It will provide a list of important systems involved in each syndrome that a nurse must be able to manage when taking care of a client that has a syndrome. This list of syndromes with their systems involved will assist the nurse in planning and managing the care of a client with a syndrome.

Objectives
1. The learner will be able to identify at least two common, and one rare syndrome from the list that they have seen in their clinical setting.
2. The learner will be able to discuss the complexities of an identified syndrome that they have seen in their clinical setting.
3. The learner will be able to verbalize the importance of knowing the systems involved in a client with a syndrome.

Definitions
**Syndrome**: a group of signs and symptoms that occur together and characterize a particular abnormality.
**Conundrum**: a confusing or difficult problem

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1. Chromosomal Abnormality Syndromes* (most common, genetically transferred)
   1.1 Down- musculoskeletal, cardiac, respiratory, home/onc, pain mgmt.
   1.2 Turner- musculoskeletal, cardiac, renal, endocrine
   1.3 Cat Eye- neuro (eyes), gastro, cardiac (some)
   1.4 Klinefelter- musculoskeletal, endocrine, psychosocial

2. Very Small Stature, Not Skeletal Dysplasia Syndrome*
   2.1 Brachmann-De Lange- craniofacial, neurologic, premature

3. Moderate Short Stature, Facial and Genital Syndromes*
   3.1 Kabuki-craniofacial, neurologic, cardiac
   3.2 Noonan- musculoskeletal, cardiac, psychosocial

4. Senile Like Appearance Syndrome*
   4.1 Progeria-craniofacial, CNS, cardiac

5. Early Overgrowth with Associated Defects Syndrome*
   5.1 Fragile X-musculoskeletal, cardiac, psychosocial
   5.2 Beckwith-Widmann- endocrine, musculoskeletal

6. Unusual Brain and/or Neuromuscular Findings with Associated Defects Syndrome*
   6.1 COFS- Cerebro-Oculo-Facio-Skeletal: neuro, musculoskeletal, respiratory
   6.2 Ataxia-Telangiectasia Syndrome – neuro, respiratory, cardiac and renal
   6.3 Angelman- skull anomalies (musculoskeletal), neuro, psychosocial
   6.4 Prader-Willi- endocrine, respiratory and musculoskeletal

7. Facial Defects as Major Feature Syndromes*
   7.1 Moebius- facial paralysis, respiratory, GI and psychosocial
   7.2 Robin Sequence- craniofacial, respiratory, GI and psychosocial
   7.3 Cleft lip & Palate- craniofacial, respiratory, GI and psychosocial
   7.4 CHARGE – multi-system involvement
   7.5 Treacher Collins- craniofacial with multi-system involvement

8. Limb Defects as Major Feature Syndromes*
   8.1 CHILD- integumentary, lethal and rare
   8.2 Fanconi Pancytopenia- heme/onc, ortho.

9. Osteochondrodysplasias Syndromes*
   9.1 Achondroplasia- musculoskeletal, resp. & GI
   9.2 Hadjii-Cheney- muscul., neuro, renal &

10. Craniosynostosis Syndromes*
    10.1 Pfeiffer – craniofacial, neuro, resp., cardiac
    10.2 Apert- craniofacial, neuro, resp., cardiac
    10.3 Crouzon-craniofacial, neuro, resp., cardiac

11. Storage Disorders Syndromes*
    11.1 Hurler- ortho, resp and cardiac
    11.2 Morquio- ortho, resp. cardiac & metabolic

12. Connective Tissue Disorders Syndromes*
    12.1 Marfan- musculoskeletal & cardiac
    12.2 Osteogenesis Imperfecta I- ortho & resp.
    12.3 Osteogenesis Imperfecta II- ortho & lethal

13. Hamartoses Syndromes*
    13.1 Neurofibromatosis- skin & multi-system
    13.2 Klippel-Trenaunay- ortho & neuro
    13.3 Proteus- musculoskeletal & respiratory

14. Other Syndromes & Diseases*
    14.1 Xeroderma Pigmentosa- skin & psychosocial
    14.2 Fetal Alcohol- multi-system
    14.3 Di-George Sequence- multi-system
    14.4 Klinefelter- ortho- ortho & respiratory
    14.5 VATER/VACTERL Association – multi-system
    14.6 Goldenhar- facial, ortho and cardiac
    14.7 Dandy-Walker- multi-system
    14.8 Menkes- musculoskeletal & GI
    14.9 Potter- ortho, cardiac & renal
    14.10 Cri-du-chat- facial, neuro & psychosocial

Summary
Creating a list of common and some rare pediatric syndromes and their complexities was a process that involved clinical practice experience and academic knowledge about syndromes.

Clinical Relevance
It is important to know that airway management is of primary concern when dealing with a client that has a syndrome. After establishing the airway, the next key points to remember are the systems involved and affected by the syndrome. The condensed list with key points will assist a nurse in delivering safe and effective nursing care.

References