



APPA BULLETIN

ASIA PACIFIC PEDIATRIC ASSOCIATION

formerly known as Association of Pediatric Societies of the SouthEast Asian Region (APSSEAR)

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18TH APCP

Early Invitation to Manila in 2024



**18th
Asia Pacific
Congress
of Pediatrics**

**Redesigning the Horizon of Pediatric
Healthcare in the Asia Pacific**

November 14-17, 2024 | Manila, Philippines



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We welcome articles. Please Submit to: editorof.appabulletin@gmail.com



PRESIDENT'S MESSAGE



impact in many areas of our region as well.

The major disasters that have impacted many countries include: Pakistan, China, India, Bangladesh and Indonesia. There are probably more that I am not aware. It is prayed that such catastrophic situation does not occur and are avoided with support from the governments and the world; COP 27 might orchestrate something to help situations in terms of remedy and prevention.

One of the main thrusts of APPA as a body shall be to involve member societies in different regional activities of APPA. APPA Standing Committee has been inviting member societies to nominate members who could well participate in Technical Advisory Groups (TAGs), which are limited to five with plans to have crisp, reachable goals by the end of tenure of this SC. It is heartening to see a warm response to the call by many members.

Our e-journal has also been keeping up with times and redoing the editorial board as well as specialty editors' pool;

once again all member societies were given call to nominate and a good response is visible.

It is envisaged that regional societies will keep its members on board throughout the tenure with utmost participation to keep the flavor of togetherness for the ultimate objective of better child health in the countries and in the region.

The regional cooperation needs to survive between preceding and next congresses through planning and setting up an APPA symposium in their national and or International events. I am confident that such symposia will keep regional partners to be in contact and to establish connections through the tenure. Pakistan Pediatric Association (PPA) managed an APPA symposium in their biennial congress held in October 2022, with speakers from Australia, Hong Kong, Malaysia and Philippines. COVID has gifted us with online participation where distances and finances are obstacles.

All the member country societies are invited to visit the website, request members to do the same and send in advice and suggestions for the better, enthusiastic participation for the ultimate goals of APPA.

Professor Dr. Iqbal Ahmad Memon
President of Asia Pacific Pediatric Association



IPA EXECUTIVE OFFICERS 2023-2025

Congratulations!

Dear IPA member societies,

The 2022 Election for IPA Executive Officers was held between December 6th and 16th, 2022.

Candidates were:

IPA Executive Director

- **Dr. Aman Pulungan**

IPA Treasurer

- **Dr. Jonathan Klein**

IPA Coordinator of Development

- **Dr. Adamos Hadjipanayis**

Each candidate received more than 50% of the eligible votes. The voting process and the results have the approval of the appointed Election Committee. Each candidate named below successfully completed their election as an officer in the named capacity for the 2023-2025 term.

Dr. William Keenan

Chair of IPA Election Committee 2022-2023



Prof. Aman B. Pulungan, MD, PhD, FAAP, FRCPI (Hon.)

IPA Executive Director Elect
Term 2023-2025



Jonathan D. Klein, MD, MPH

IPA Treasurer Elect
Term 2023-2025



Prof. Adamos Hadjipanayis, MD, PhD

IPA Coordinator of
Development Elect
Term 2023-2025



26th Biennial International Conference in Karachi, Pakistan, October 28-30, 2022



**APPA Session Chairs:
Vaccinations**



**APPA Strategic Planning
Session**



**APPA Strategic Planning
Session**

An APPA Symposium was held in conjunction with the 26th Biennial International Conference in Karachi, Pakistan held from October 28-30, 2022

On October 29, 2022, an APPA Symposium during the 26th Biennial International Conference was held in Karachi, Pakistan.

The APPA Speakers: Lulu Bravo, Zulkifli Ismail, Lilian Wong and Nitin Kapur.

Topic: Vaccinology.

Following are the topics:

1. Vaccine controversies - Prof. Lulu Bravo, (Philippines)
2. Vaccine hesitancy and refusal - Prof. Zulkifli Ismail, (Malaysia)
3. Adolescent vaccines - Prof. Lillian Wong, (Hong Kong)
4. Maternal and newborn vaccination - Prof. Nitin Kapur (Australia)

Chairs: Prof. Iqbal Memon & Prof. Muhammad Ashraf Sultan.

APPA Second Activity

On October 30, 2022, an APPA Strategic Planning Session and brain storming was organised between APPA Executive Committee (EC), Standing Committee (SC) members and Pakistan Pediatric Association (PPA) senior members.

The session via Zoom link was held from 3.00pm to 4.30pm PST GMT+ 5.

The objective of the meeting was to develop a strategic business plan for APPA to further strengthen APPA's organisation and maximise its impact.

A Business Plan for APPA would be developed based on proposed objectives outlined by APPA President, Prof. Iqbal Memon and with feedback and suggestions from the meeting.

In line with the current objective of APPA which focuses on child health, Prof. Iqbal reiterated the importance of paediatricians as child advocates, to promote children's rights and protect them from all forms of abuse, neglect and exploitation, in line with the UN Convention on the Rights of the Child.

The APPA Secretariat wishes everyone A Very Blessed, Happy, Safe and Productive 2023

**HAPPY
NEW YEAR
2023**



The 1st Face-to-Face/Hybrid MPA Annual Congress in Sabah, Malaysia

Sabah International Convention Centre (SICC), Kota Kinabalu, October 12-15, 2022



MPA Exco at the Congress. APPA Secretary General, Prof. Zulkifli Ismail is third from left, APPA Treasurer & MPA President, Dr. Selva Kumar Sivapunniam (fourth from left) and APPA Deputy Secretary General, Dr. Hung Liang Choo (third from right)

The 43rd Annual Congress of the Malaysian Paediatric Association (MPA) was jointly organised with the 15th Congress of APPSPGHAN (Asia Pan-Pacific Society of Pediatric Gastroenterology, Hepatology and Nutrition) and was held at the Sabah International Convention Centre (SICC), Kota Kinabalu in East Malaysia state of Sabah from October 12-15, 2022.

The theme was "Beyond Kids' Gut & Liver-Towards Holistic Care".

This was the first physical MPA Congress post-pandemic and it was attended by more than 600 delegates from 28 countries, of which 427 were from Malaysia.

A total of 75 speakers from all around the world (including Croatia) were invited, with only 23 of them speaking online.

The organisers had to ensure there was adequate face-to-face attendance and all local delegates had to be physically attending the Congress, while international delegates were given the option of online attendance.

As usual, the pre-congress workshops on publishing papers and specific gastroenterology procedures preceded the main Congress.

Lifetime Achievements

After the first plenary lectures on Day 1, the welcome remarks were followed by the presentation of MPA Lifetime Achievement Award to Dr. Chin Yoon Hiap, who made the trip across the South China sea at age 82, appearing in an appropriate face shield! APPSPGHAN also presented two Lifetime Achievement Awards to their legendary gastroenterologists.

Instead of the usual traditional opening ceremony, the committee decided to end the first day with an informal welcome reception, where delegates and speakers can mingle freely while being entertained with a cultural show and served exquisite local culinary delights, mainly small portions of light finger foods.

Enough for Everybody

The academic tracks that were organised were sufficient for the general paediatrician (on subject like colic, constipation,

continued on page 5 ...



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Sumazau is a traditional folk dance popular in Sabah and throughout Malaysia

diarrhoea, reflux and etc) and also fulfilled the ardent paediatric gastroenterologists in the crowd.

The industry-sponsored lunch symposia were however unevenly attended, with a majority homing in on the one that was related to COVID-19.

This was also the first MPA Congress that anybody can remember that did not have a Gala dinner. It was to allow delegates to explore the many scrumptious food that Sabah has to offer outside the SICC.

A hopefully unforgettable faculty dinner was hosted for the speakers and committee members on a cruise ship at sunset.

Industry Support

Industry support, especially in terms of booth uptake and participation was good considering the economy. It was a good time for all to meet up with old friends and to make new acquaintances with younger fraternity.

The Congress ended with a closing ceremony that brought out the culture that Sabah has to offer.

The first face-to-face experience hopefully will herald the start of our lives post-pandemic.

The memories of Kota Kinabalu will remain as our first MPA face-to-face encounter until our 44th Congress in KLCC, Kuala Lumpur next year.

Until then, stay safe everyone.

-Dr. Zahilah Filzah Zulkifli

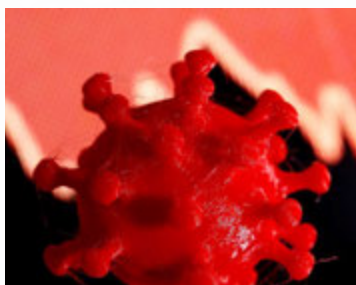
Excerpt from Berita MPA, November 2022



POST COVID

9 Troublesome Post COVID Complications in Kids Explained by Doctors

A recent study has suggested that COVID infection may increase stroke risk in children. Doctors explain other troublesome post COVID complications parents must watch out for.



A recent study has suggested that COVID infection may increase stroke risk in children

A small study conducted in the US and published in the Journal Paediatric Neurology, reviewed medical charts and diagnosis codes to identify 16 hospital patients who had an ischemic stroke between March 2020 and June 2021 soon after the surge of COVID paediatric cases.

"It may be that hyper-immune response that comes later that's causing kids to clot," said MaryGlen J. Vielleux, a pediatric neurology resident at University of Utah Health, USA and lead author of the study. "Overall, kids have a relatively

low risk for stroke, but there is a rare but real risk after COVID," Vielleux said.

According to Dr. Kishore Kumar, Founder Chairman & Neonatologist, Cloudnine Group of Hospitals, Bangalore, says that while most children recovered from COVID infection without any major problems, a minority of them got symptoms and signs described as MIS-C (short for Multisystem Inflammatory Syndrome in Children) and newborn babies got affected due to pregnant moms getting infected with MIS-N (Multi Inflammatory system - Newborn) disease.

Dr. Kumar says MIS-C and MIS-N are multi-inflammatory-systemic diseases be it in children or in the newborn and the symptoms are triggered by COVID-19 infection causing an inflammatory cascade leading to the manifestations of the disease - in children as a result of "direct infection" and in newborn as a result of indirect infection - with moms having had COVID-19 during infection and the antibodies/inflammatory markers from the mothers crossing through placenta triggering inflammation in newborn babies. "Either way the manifestations are multi-system not

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accounted by any other diseases or known infections," says the expert.

"COVID-19 virus has variable characteristics, including its capacity for transmission and rate of infection as well as its short and long-term impacts. While some people hardly ever have any incapacitating symptoms, others continue to struggle with illnesses even after they have recovered. Even children who were affected by the COVID-19 virus have reported a range of experiences. Although the majority of them were not affected as severely as adults, COVID-19 can cause a number of additional diseases in children, even if they had little or no symptoms beforehand. Some conditions are not serious and might go away by themselves. While some are more serious and may require medical attention," says Dr. Amit Gupta, Senior Consultant Paediatrician & Neonatologist, Motherhood Hospital, Noida.

Here are ways COVID has affected children's health:

1. Gut bleeding, leg pains, tummy pains

"The commonest we have seen is the manifestations of the blood - children suddenly developing either excessive clotting or poor clotting due to raised inflammatory markers causing manifestations due to clots - like leg pains, tummy pains persisting despite all tests to the cause of these pains being negative and finally we realise it is mini clots in the blood vessels supplying the various organs - including increased incidence of pancreatitis or bleeding manifestations from poor clotting including gut bleeding," says Dr. Kishore Kumar.

2. MIS-C

Multisystem inflammatory syndrome, a rare complication in children caused by COVID-19 can cause inflammation of some organs and tissues, including the brain, heart, lungs, blood vessels, kidneys, digestive system, skin, and eyes.

"Coronavirus, like other viral illnesses like some types of flu, has the potential to directly infect and harm the heart's muscle tissue. Additionally, the body's immune system response may indirectly harm and inflame the heart. If your child exhibits symptoms like a fever after contracting COVID-19 that have no apparent reason, along with one or more of the symptoms like abdominal pain, skin rash, vomiting, diarrhoea, bloodshot eyes, you should consult your paediatrician," says Dr. Amit Gupta.

3. Heart issues

"Another common thing we have seen is the heart being affected in various ways. Many children showed dilatation of the blood vessels supplying blood to the heart - some resolving after few weeks, some persisting for few months - requiring careful monitoring and treatment as required. Some children even developed myocarditis - i.e., inflammation of the heart. Most of these resolved over a period of months," says Dr. Kumar.

4. Respiratory issues

"Due to the fact that COVID-19 typically affects the lungs, persistent respiratory symptoms are common. Chest pain, a

cough, and increased difficulty breathing during exertion are a few of them. Some of these signs can last for three months or more. Lung function testing may be required for children 6 years of age and older with persistent symptoms. To rule out complications like blood clots, children with exercise-induced breathing issues that don't go away may require heart tests," says Dr. Gupta.

5. Brain issues like headaches, convulsions, hallucinations

"Many children developed manifestations of the brain - headaches, convulsions, and few had hallucinations - again most of them resolving over few weeks," says Dr. Kumar.

6. Behavioural issues and mental health

"A child's mental health and behaviour may be impacted by having COVID-19. Events related to COVID-19 like isolation, treatment, medication, absence of play time with friends and school activities may exacerbate symptoms in kids who already have mental or behavioural disorders. Some children also might get irritable and moody. Your child's paediatrician can examine your child for indications of depression, anxiety, and other mental health issues, and can also suggest when your child might require additional help," says Dr. Gupta.

7. Persistent fever

"Another common manifestation we saw was persisting fever in children with cough - not responding to antibiotics and cough medicines - many of them requiring steroids to control cough - lot of children behaved almost like children with asthma," says Dr. Kumar.

8. Loss of appetite, energy

"Lot of children didn't have any specific symptoms but had loss of appetite, loss of energy and tiredness lasting for few weeks to couple of months," says Dr. Kumar.

"Adults who have had COVID-19 frequently complain about confusion, difficulty memorizing and concentrating. Teenagers and children may have the same symptoms. Your youngster can appear more forgetful or have problems focusing. They can require more repetition and breaks while learning because they read more slowly. As stress can make these symptoms worse, make sure your child gets adequate sleep and assists them in controlling it. Your child may benefit from a team-based therapy, take regular intervals between study sessions and rehabilitation plan if post-COVID mental exhaustion doesn't get better or interferes with daily activities," says Dr. Gupta.

9. Physical exhaustion

"Children have been observed to get tired easily and an overall drop in energy levels after getting infected by COVID-19 virus. Over time, things normally get better. A gradual increase in physical exercise can be suggested by your child's paediatrician. If symptoms don't go better after trying this, they could suggest seeing a physical therapist or other expert," says Dr Gupta.

- www.hindustantimes.com, November 25, 2022



10th Singapore Paediatric and Perinatal Annual Congress (SiPPAC) 2022

The Singapore Paediatric and Perinatal Annual Congress (SiPPAC) is a much looked-forward event on a yearly basis locally. The organizing of SiPPAC had always been a combined efforts of the College of Paediatrics and Child Health (CPCHS), Academy of Medicine Singapore, Singapore Paediatric Society (SPS) and the Perinatal Society of Singapore (PSS).

Each society takes the lead to organize SiPPAC on a rotational basis every year. The 10th SiPPAC was led by the Perinatal Society of Singapore. The other two societies were co-organizers.



Opening plenary chaired by Dr. Suresh Chandran

The 10th SiPPAC took place at the Grand Copthorne Waterfront Hotel, Singapore from 18th to 20th November 2022. The theme this year was Enhancing Multidisciplinary Care of Mothers and Children through Collaborative Models and Innovation. The three day programme was interesting and enlightening on the importance of putting our hands together as a healthcare team from various discipline to ensure care is holistic. This indeed is an effort towards breaking the silo mentality making care as seamless as possible from pregnancy, birth and childhood.

The programme was complimented by Prof. Kusuda Satoshi, President of the Federation of Asia-Ocenia Perinatal Societies (FAOPS) who spoke on care and outcomes of neonates born at the threshold of viability.

Prof. Rangasamy Ramanathan from the USA also shared his research and clinical application of non-invasive ventilation in the preterm infants. Prominent speakers and researchers locally were invited to share their works where these added to the local flavor of contextualizing the evidence applicable to our local population.

This was particularly so with the symposium on local cohort studies. It showcased the difference population-based studies that is on-going identifying gestational diabetes mellitus as a key issue in Singapore. The interventions to address this increasing problem in public health were touched on and perhaps we shall wait excitingly to note its impact in the next couple of years.



Poster displays of scientific works

The College of Paediatrics and Child Health lecture was delivered by Prof. Allen Yeoh who took us through advances in the management of acute lymphoblastic leukaemia, particularly with the use of Car-T cell therapy whom Singapore had established itself as a centre within the region. This was followed by the congress dinner where everyone let their hair down enjoying the entertainment, friendships and camaraderie as a healthcare team for the night.

Many enjoyed the 10th SiPPAC as it was one of the few congresses healthcare workers in the Paediatric and Perinatal fraternity could attend in-person after living with COVID-19 for the last 3 years. The congress provided opportunities for all to reconnect, re-establish friendships and more importantly, to share initiatives at ensuring the care we provide would be holistic and wholesome to our women and children.

The organizing committee would also like to thank the support received from the industry and the secretariat who contributed in many ways for the success of the congress. Again, we look forward to everyone's support and participation at the 11th SiPPAC to be held on 28th to 30th July 2023.

Dr. Alvin S M Chang
President
Singapore Paediatric Society



SiPPAC 2022 Congress dinner



New Centre in Malaysia Set to be Paediatric Rehabilitation Hub in Southeast Asia

Healthy Strides Malaysia, in partnership with Sarawak Oil Palms Berhad (SOP), Therapists Abroad Inc, and The Healthy Strides Foundation, today (October 28, 2022) opened a new paediatric rehabilitation centre in Miri, situated in the East Malaysian state of Sarawak and offers world-class services.

In a press release, SOP said the centre is supported by internationally recognised researchers and expert paediatric physiotherapists, as well as occupational therapists from the Healthy Strides Foundation located in Perth, Australia.

"For the first time in Malaysia, children with neurological conditions and injuries will have access to the highest quality of services to improve health and well-being outcomes. SOP is committed to supporting initiatives that build healthier,

Development of intervention

Dr. Pool's research scope includes the development of interventions that improve quality of life and meaningful participation and inclusion for children with disabilities.

The core values of Healthy Strides Foundation, along with the expertise of the therapists will support the establishment of the highest quality of services in Miri to ensure that children with physical disabilities because of neurological conditions and injuries do not miss out on the life-changing care.

The team from Perth have travelled to Miri to support the set-up of the centre and its unique and vital pieces of equipment as well as to train the dedicated team of therapists.



(From third left) Eddie, Kiu, and Dr. Pool perform the ribbon cutting

happier communities with physical and mental well-being a key focus," said the press release.

It added that as principal partner of Healthy Strides Malaysia, SOP is proud to support the establishment of a world-class rehabilitation centre in Miri to help children experience the life-changing benefits of rehabilitation.

Healthy Strides Foundation is a not-for-profit charitable organisation that specialises in the provision of world-class evidence-based research-backed intensive therapy programmes for Western Australian children and young adults with neurological conditions and injuries.

Established in 2018 by Chief Executive Officer Dr. Dayna Pool, the centre, based in Perth has 15 therapists who combine research with clinical practice to present advanced rehabilitative programmes backed by the latest evidence.

The centre is set to be a hub for paediatric rehabilitation in Southeast Asia.

"Healthy Strides Malaysia is set to transform lives. It will provide the much needed, high quality rehabilitation services for children that have experienced significant challenges as a result of a neurological condition.

"Our goal is to see an inclusive society, where children with disabilities can confidently access their environments whilst also being actively apart of their community," said Dr. Pool in the press release.

Among those present at the centre's opening ceremony today were SOP chief operating officer Eric Kiu Kwong Seng and Healthy Strides Foundation director Eddie Pool.

-theborneopost.com, October 28, 2022



Probiotics in Pediatrics: Quo Vadis?

The explosion of research and knowledge on the role of the microbiome, specifically the gut microbiome, has brought forth a dazzling array of new ideas, concepts, innovations and more queries in the field of therapeutic and preventive medicine.

The concept of the microbiome seems to explain the pathophysiology, prevention and management of every conceivable diseases that afflict the human body. It has been linked to a number of organs systems - the microbiota with their respective genes have been described not only in the gastrointestinal tract (GIT), but also in the skin, pulmonary system, urogenital tract, the hematological system, the immune system and the like.

One of the initial and greatest contributions of the concept of the microbiome to medicine is probiotics. Probiotics, as simply described, are live microorganisms that provide specific health benefits to the human host once ingested in the correct dosage and format. The initial researches on probiotics were obviously on the diarrheas, specifically acute non-bloody diarrhea since they are mostly in oral forms.

A number of species and strains with their respective recommended dosages have been studied; as of this writing, *Lactobacillus rhamnosus* GG, *Saccharomyces boulardii* and *Lactobacillus reuteri* DSM 17938 are the most studied ones. They have been proven to shorten the duration of diarrhea by at least day. Of course, there are various experts in the fields who have voiced out their dissenting opinions regarding this but the overall verdict is that certain species and strains of probiotics, especially in children, may be helpful as an adjunct to oral rehydration therapy.

Studies on Probiotics

However beyond diarrhea, a lot of other diseases or abnormal conditions were studied or currently being studied in terms of whether probiotics may be also helpful. As far as the gastrointestinal tract is concerned, probiotics have been studied in such conditions as infant colic, regurgitation, functional abdominal pain, constipation, irritable bowel syndrome and even in some variants of inflammatory bowel diseases.

Although the findings are not as hard as compared to that of acute non-bloody diarrhea, the trends of the data are towards benefit as far as these conditions are concerned. Again, there are dissenting opinions and even researches that are available to contradict the present conclusions; that's the reason why more researches are being done to finally prove the role of probiotics in such situations.

The important aspect of preventing side effects associated with antibiotic prescription has also been looked into as far as probiotic use is concerned. Again, the data are favorable with



Photo: nutritioninsight.com

regard the preventive effects of certain strains of probiotics in the occurrence of diarrhea and other digestive side effects after antibiotic intake.

Beyond the GIT, researches on probiotics in pediatrics have extended to the realm of other organs, most notably in the prevention and treatment of urinary tract infection, milk allergy and even explaining the mood and behavior of autistic children and how probiotics can control such occurrences.

Role of Probiotics

Indeed, the role of probiotics has tremendously increased in numbers, indications and researches in the last decade or so. This may not be only explained by the commercial popularity of the product since they can be available over-the-counter, but also due to the keen interest of scientists and consumers alike with regard its use not only in the treatment of diseases but also possibly, in the maintenance of good health and the strengthening of immunity.

We can expect more researches on probiotics in the future as we learn more about the impact of the microbiome on health and diseases as far as humans, especially children are concerned.

The overall health of the child is of utmost importance that's the reason why we continuously search for strategies that may be efficacious, safe and affordable for all consumers and patients. The recent COVID-19 pandemic has brought forth a number of non-pharmaceutical interventions that can, hopefully, provide an answer to how we can protect our children more against such catastrophic events.

Felizardo N. Gatcheco, MD, MSc, FPPS, FPSPGHAN
Dr. Gatcheco is a pediatric gastroenterologist



The 11th Annual Scientific Meeting of Indonesian Pediatric Society collaboration with ARS/EPA - UNEPSA

(The European Pediatric Association - The Union of the National European Pediatric Societies and Associations)



The role of pediatricians to support the quality healthcare of Indonesian children is very important, especially during the pandemic, so we need to work hand in hand to reduce child morbidity and mortality, both due to COVID-19 and other preventable and treatable causes.

Therefore, "Up-scaling Pediatric Care to Optimize Growth and Development of The Pandemic Kids", was chosen as the theme

for this year's PIT IKA XI (11th Annual Scientific Meeting of Indonesian Pediatric Society).

The Virtual meeting of the PIT IKA XI was held from November 20-22, 2022.

In line with that, the 11th Annual Scientific Meeting of the Indonesian Pediatric Society facilitates colleagues to gain knowledge with recent updates on various divisions of child health sciences. This will also help to solve daily challenges and health problems faced by them.

Pre-Symposia activities in the form of workshops also began in October 2022 with topics as interesting as the main event. Scientific activities of PIT IKA XI 2022 collaborated with The European Pediatric Association and the Union of the National European Pediatric Societies and Associations (ARS/EPA-UNEPSA) in the symposiums section.

-Indonesian Pediatric Society (IPS)





On Children's Day-Eve, Top Specialist says Congenital Heart Disease Kills 78K Infants in India Yearly



A staggering 78,000 infants born with congenital heart disease die in India annually due to inadequate healthcare facilities and lack of awareness, according to top cardiac surgeon Dr. Ramakanta Panda, the Group CEO of Asian Heart Institute (AHI), Mumbai, India.

In contrast, the number of children dying from heart failure or related problems has dropped by 50 per cent in the advanced countries, he said Sunday, November 13, 2022, as the country prepares to celebrate Children's Day on Monday (November 14), the 133rd birth anniversary of Independent India's first Prime Minister Jawaharlal Nehru.

"Nevertheless, paediatric heart failure remains a pressing issue as it is the prime cause for death in children under the age of 5 world over - Heart disease ranks among the most prominent diseases among children. Moreover, children with heart failure face a higher mortality rate in emergency situations compared with adults," a grim Dr. Panda told IANS.

Elaborating, the renowned surgeon - who performed a successful heart operation on the former Prime Minister Dr. Manmohan Singh in January 2009 - said that there are two types of congenital heart defects in children, simple and complex.

"Some of the simple types of congenital heart defects close (cure) naturally, while others may close with or without surgery. The complex ones may require multiple surgeries to be performed over a period of several years," Dr. Panda explained.

Yet, deaths in emergency departments and in-hospital admissions, which are significantly higher in kids compared with adults, remains the key factor for children.

This is due to the major differences in the available cures for heart diseases among children and adults, he said.

"While there are multiple FDA - approved medications to treat heart failure in adults, there is only one such option available to treat children," Dr. Panda pointed out.

First six weeks of pregnancy critical for the development of the baby's heart

Detailing on the issue, he said that the first 6 weeks of pregnancy are critical for the development of the baby's heart, it begins to take shape and starts beating in this period and the major blood vessels that run to and from it also begin to develop.

"Studies have found that heart defects may begin to develop at this point in a baby's development, but there has been no proof as to how or what causes most of these faults. But, genetics, certain medical conditions, some medications, environmental or lifestyle factors like smoking, are suspect of playing a role," said Dr. Panda.

Even children exhibit certain symptoms of cognitive heart diseases, like rapid breathing, blue tongue or fingernails, swelling in hands, legs, belly or around the eyes, breathlessness during feeding, quick exhaustion during activities or exercise, fatigue or fainting during physical activity, etc.

"Since the exact causes of heart diseases among children are unknown, it's best to follow certain precautions that can help reduce the overall risk in the child during pregnancy. No drinking or smoking, even second-hand smoke, regular vaccinations, manage any chronic health issues, check the blood-sugar levels, take multi-vitamins and consult a doctor before taking any medication," advised Dr. Panda.

He said it is extremely important to learn about your child's congenital heart defects to understand the condition and what to expect in future.

"This way, you can be better prepared for anything that may come up in the long or short run to help your child at every step conquer his or her heart problems," urged Dr. Panda.

- www.daijiworld.com/news, November 13, 2022



IPA 2023



30TH IPA CONGRESS & 60TH PEDICON 2023
Quality Care for Every Child Everywhere
Gandhinagar, Gujarat, India | 19th-23rd Feb, 2023
30th International Pediatric Association Congress 2023 &
60th Annual Conference of The Indian Academy of Pediatrics



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REGISTER TODAY!!!

30th International Pediatric Association (IPA) Congress & 60th Annual Conference of the Indian Academy of Pediatrics (IAP)

19th Feb - 23rd Feb, 2023

**Venue: Mahatma Mandir Convention
& Exhibition Center, Gandhinagar, Gujarat**

**To register, log on to
www.ipa2023congress.org**

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- Networking opportunity
- Oral papers and ePosters

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to Register Today



c/o INDIAN ACADEMY OF PEDIATRICS (IAP)
Kamdhenu Business Bay, 5th Floor, Plot No. 51, Sector 1,
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For more details log on to:
www.ipa2023congress.org
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INTERNATIONAL PAEDIATRIC EVENTS

INDIA (IPA CONGRESS 2023)

30th International Pediatric Association (IPA) Congress 2023 &
60th Annual Conference of The Indian Academy of Pediatrics (IAP)

Theme: Quality Care for Every Child Everywhere

Date: February 19-23, 2023

Venue: Mahatma Mandir Convention and Exhibition Centre, Gandhinagar, Gujarat, India

Info: info@ipa2023congress.org Website: ipa2023congress.org

JAPAN

The 126th Annual Meeting of the Japan Pediatric Society

Date: April 14-16 2023

Venue: Grand Prince Hotel Shin Takanawa/Grand Prince Hotel Takanawa

Website: <https://site.convention.co.jp/126jps/> (Japanese only)

Email: 126jps@convention.co.jp Contact: +81-3-3508-1214

AUSTRALIA

The Royal Australasian College of Physicians (RACP) Congress

Date: May 4-6, 2023

Venue: Brisbane

Website: racp.edu.au

PHILIPPINES

The Philippine Pediatric Society (PPS) 60th Annual Convention

Date: May 14-17, 2023

Hybrid Session

Website: pps.org.ph

THAILAND

6th Asia Dengue Summit 2023

Theme: "Road Map To Zero Dengue Death"

Date: June 15-16, 2023

Venue: Montien Hotel Surawong Bangkok, Thailand

Website: www.asiadenguesummit.org/ www.adva.asia

Email: secretariat@adva.asia / advasecretariat@gmail.com

SINGAPORE

11th Singapore Paediatric & Perinatal Annual Congress (SiPPAC 2023)

Theme: Shaping Child Health for the Future

Date: July 28-30, 2023

Venue: TBC (Physical Event)

Email: secretariat@sps.org.sg

THE NETHERLANDS

6th International Primary Immunodeficiencies Congress (IPIC 2023)

Date: November 8-10, 2023

Venue: Rotterdam, The Netherlands

Website: ipic2023.com Email: ipic@ipopi.org

PAKISTAN

21st National Pediatric Conference

Date: November 24-26, 2023

Venue: Peshawar, Pakistan

Hosted by: Pakistan Pediatric Association (PPA)

Khyber Pakhtunkhwa

Website: ppa.org.pk

2024

PHILIPPINES

18th Asia Pacific Congress of Pediatrics (18th APCP)

Theme: "Redesigning the Horizon of Pediatric Healthcare in the Asia Pacific"

Date: November 14-17, 2024

Venue: Manila, Philippines

NOTE:

These paediatric events are for information purposes and does not constitute any endorsements from the APPA Secretariat.

- Updated and compiled by Fairos Nazri,
Executive Secretary, APPA Bulletin

