

Pediatric Care Advice (PCA) - Anatomical Index 2023

Abdomen or Digestive Symptoms

Abdominal Pain - Attention-Getting Type

Abdominal Pain - Stress Related

Abdominal Pain - Symptom

Anal Fissure

Anal Itching

Constipation - Bowel Cleanout for Stool Impaction

Constipation (Age 1-5)

Constipation (Age 6-21)

Constipation (Baby)

Diarrhea (Age 1-5)

Diarrhea (Age 6-21)

Diarrhea (Baby on Breastmilk)

Diarrhea (Baby on Formula)

Diarrhea on Antibiotics

Encopresis - Stool Holding Type

Encopresis - Toilet Training Resistance Type

Encopresis - Waiting Too Long Type

Food Allergy

Food Poisoning

Gas - Excessive

Gassy Baby - Normal

Hernia - Inguinal

Hiccups or Burps - Normal

Menstrual Cramps

Nausea - Stress Related

Nausea - Symptom

Pinworm Seen

Stool with Blood - Symptom

Stools - Unusual Color

Swallowed Small Object

Vomiting (Age 1-5)

Vomiting (Age 6-21)

	Vomiting (Baby on Breastmilk)
	Vomiting (Baby on Formula)
Arm or Leg Symptoms	
	Ankle Injury
	Arm Injury
	Arm Pain - Muscle Strain
	Arm Pain - Symptom
	Cast Care - Arm
	Cast Care - Leg
	Finger Injury
	Fingernail Injury
	Foot Injury
	Growing Pains
	Hip Injury
	Joint Hypermobility Syndrome (Normal Loose Joints)
	Knee Injury
	Leg Injury
	Leg Pain - Attention-Getting Type
	Leg Pain - Muscle Cramps
	Leg Pain - Muscle Strain
	Leg Pain - Symptom
	Splint Care - Arm
	Splint Care - Leg
	Toe Injury
	Toenail - Ingrown
	Transient Synovitis of the Hip
Behavior Problems	
	ADHD Student Pledge
	Anxiety Attack
	Attention Deficit Hyperactivity Disorder (ADHD)
	Behavior Training - Consequences
	Behavior Training - Rules and Discipline Basics
	Biting
	Developmental Stimulation - Infants and Toddlers
	Hitting and Aggressive Behavior
	Homework Problems - What To Do

Incentives for Motivating Children

Masturbation in Preschoolers - Normal

Media Violence - Protecting Your Child

Nail Biting Habit

Nose Picking Habit

Scab Picking Habit

School Avoidance

Schoolwork Success - How To Encourage

Self-Harm

Sibling Rivalry Toward a Newborn

Siblings Arguing

Spoiled Children - Prevention

Stool Smearing

Stubborn Toddler

Teens - Normal Rebellion

Temper Tantrums

Thumb Sucking Habit

Time-Out Technique

Whining and Pestering

Bites / Stings

Animal Bite

Bed Bug Bite

Bee or Yellow Jacket Sting

Fire Ant Sting

Human Bite

Insect Bite

Jellyfish Sting

Lyme Disease

Mosquito Bite

Scorpion Sting

Spider Bite

Tick Bite

Chest or Breathing Symptoms

Asthma Attack

Breast Pain Before Periods

Breath-Holding Spell

Bronchiolitis (RSV)

Chest Pain - Sore Muscles

Chest Pain - Symptom

Cough - Allergic

Cough - Symptom (Age 0-5)

Cough - Symptom (Age 6-21)

Cough - Viral (Age 0-5)

Cough - Viral (Age 6-21)

Coughs and Colds: Medicines or Home Remedies?

COVID-19 - Diagnosed or Suspected

COVID-19 Exposure - No Symptoms

COVID-19 or Influenza - How to Tell

COVID-19 Prevention

COVID-19 Vaccines - Answers to Common Questions

Croup

Gynecomastia - Normal

Heart Rate Fast - Normal Causes

Heart Rate Fast - Stress Related

Heartburn

Hoarse Voice - Symptom

Hyperventilation Attack

Influenza Exposure - No Symptoms

Influenza Seasonal (Age 0-5)

Influenza Seasonal (Age 6-21)

Laryngitis - Allergic

Laryngitis - Viral

Pneumonia - Bacterial

Pneumonia - Viral

Precordial Catch Syndrome

Wheezing - Symptom

Whooping Cough Exposure - No Symptoms

Wildfire Smoke Exposure

Ear Symptoms

Ear - Congestion

Ear - Swimmer's

Ear - Touching Habit (Normal)

Ear Canal - Itchy

Ear Fluid (Middle Ear Effusion)

Ear Foreign Body - Removal

Ear Infection - Bacterial

Ear Infection - Ruptured Eardrum

Ear Infection - Viral

Ear Infections - Prevention

Ear Injury

Ear Pierced (Healed) - Minor Infection

Ear Pierced (New) - Minor Infection

Ear Tube Surgery

Earache - From Air Travel

Earache - Symptom

Earwax Buildup

Eating Problems

Appetite Slump - Young Child

Baby Bottle Tooth Decay - Prevention

Healthy Weight Patient Pledge

Overweight Older Child - Prevention and Treatment

Overweight Toddler - Preventing Over-Feeding and Over-Eating

Picky Eater

Solid Foods (Baby Foods)

Thin Body Type (Normal Slenderness)

Weaning From the Bottle - 12 Months or Older

Weaning From the Bottle - Before 12 Months

Weaning From the Breast - 12 Months or Older

Weaning From the Breast - Before 12 Months

Eye Symptoms

Chalazion (Lump on Eyelid)

Corneal Abrasion

Dark Circles Under the Eyes - Normal

Eye - Harmless Chemical and Eye Irrigation

Eye Allergy

Eye Foreign Body

Eye Infection - Bacterial

Eye Infection - Viral

Eye Injury

Eye Irritation

Eye Pink - Symptom

Sty

Fever Symptoms

Acetaminophen (Tylenol) Dosage Table

Fever - Facts Versus Myths

Fever - How to Take the Temperature

Fever (Age 0-5)

Fever (Age 6-21)

Heat Reactions

Ibuprofen (Advil, Motrin) Dosage Table

Viral Infection

Genital or Urinary Symptoms

Bedwetting Alarms

Foreskin Care Questions

Foreskin Infection

IUD Placement - How to Check

Labial Fusion

Menstrual Bleeding - Normal

Penis - Contact Dermatitis

STI Prevention

Urethritis from Soap - in Young Boys

Urethritis from Soap - in Young Girls

Urinary Tract Infection (UTI) (Female)

Urinary Tract Infection (UTI) (Male)

Urination Pain - Symptom (Female)

Urination Pain - Symptom (Male)

Urine - Unusual Color

Urine - Unusual Odor

Urine with Blood - Symptom

Vulvitis from Soap

Wetting - Waiting Too Long Type

Head or Brain Symptoms

Concussion

Dizziness - From Dehydration

Dizziness - From Sudden or Prolonged Standing

Dizziness - Stress Related

Dizziness - Symptom

Fainting - Prevention

Hair Loss - From Severe Stress

Hair Loss - From Tight Hair Style

Hair Pulling Habit

Head Injury

Headache - Attention-Getting Type

Headache - Migraine

Headache - Muscle Tension

Headache - Stress Related

Headache - Symptom

Lice - Head

Motion Sickness

Mountain Sickness

Spells - Unexplained

Miscellaneous - Other

Antibiotics - When Do They Help?

Emergency Symptoms Not to Miss

Infections - Prevention

Jaundice - Symptom

Low Body Temperature - Normal

Medical Procedures - Comforting Your Child

Medical Visits - Making Them Easier

Motor Vehicle Accidents - Minor Injuries

Sickle Cell Trait

Sweating - Stress Related

Tiredness with Illness - Normal

Vaccine Concerns - You're Undecided

Vaccine Reactions - Normal

Vaccine Reactions - Specific Details

Vaccines - Dangerous Infections They Prevent

Mouth / Teeth / Throat Symptoms

Canker Sores

Cold Sores (Fever Blisters)

Drinking Fluids During Illness

Herpangina

Herpes Gingivostomatitis

Medication - Giving Liquid Medicine to Cooperative Child

Medication - Giving Pills to Cooperative Child

Medication - Refusal to Take

Mono (Infectious Mononucleosis)

Mouth Injury

Mouth Ulcers (Mouth Sores) - Symptom

Oral Allergy Syndrome

Perioral Food Rash

Sore Throat - Symptom

Strep Throat Exposure - No Symptoms

Swallowed Harmless Substance

Teething

Throat Infection - Viral

Throat Infection - Strep

Tongue - Geographic

Tongue - Unusual Color

Tonsil Infection - Strep

Tonsil Infection - Viral

Tooth Decay Prevention

Tooth Injury

Toothache

Neck or Back Symptoms

Back Pain - Muscle Strain

Back Pain - Symptom

Lymph Node - Normal

Lymph Node Infection - Bacterial

Lymph Node Infection - Viral

Mumps Exposure - No Symptoms

Neck Pain - Muscle Strain

Tailbone Injury

Newborn or Infant Problems

Bottle-Feeding (Formula) Questions

Breastfeeding - Baby Questions

Breastfeeding - Milk and Feeding Questions

Breastfeeding - Mother's Breast Symptoms

Breastfeeding - Mother's Diet and Alcohol Use

Breastfeeding - Mother's Illness

Breastfeeding - Mother's Medicines and Smoking

Circumcision Problems

Colic (Crying Baby)

Cow's Milk Allergy - Infants

Cradle Cap

Diaper Rash

Jaundiced Newborn

Newborn - Flying and Mountain Travel

Newborn - Taking Care of Baby

Newborn - Taking Care of Mom

Newborn Appearance

Newborn Birthmarks

Newborn Equipment and Supplies

Newborn Illness - How To Recognize

Newborn Nasal Congestion - Normal

Newborn Rashes

Newborn Reflexes and Behaviors

Newborn Skin Care

Newborn Urine - Pink or Brick Dust Color

Pacifiers

Sacral Dimple - Normal

Soft Spot in Babies - Normal

Spitting Up (Normal Reflux)

Straining and Grunting Baby - Normal

Tear Duct - Blocked

Thrush

Umbilical Cord - Bleeding

Umbilical Cord - Cord Care

Umbilical Cord - Delayed Separation Past 3 Weeks

Umbilical Cord - Minor Infection of Cord or Navel

Umbilical Cord - Normal Navel Care After Cord Falls Off

Umbilical Granuloma

Umbilical Hernia

Nose Symptoms

Colds - Frequent but Normal
Colds (Age 0-5)
Colds (Age 6-21)
Nasal Rinse - If Child Can Blow Nose
Nasal Rinses Children and Teens
Nasal Suction
Nasal Suction - If Child Can't Blow Nose
Nose Allergy (Hay Fever)
Nose Foreign Body Removal
Nose Injury
Nosebleed
Sinus Infection - Bacterial
Sinus Infection - Viral
Sinus Pain or Congestion - Symptom

Skin - Localized Symptoms

Acne
Athlete's Foot
Blisters - Friction
Boil
Breast Buds
Bruises
Burns
Cellulitis
Contact Dermatitis - Allergic
Contact Dermatitis - Irritant
Cracked Skin (Feet)
Cracked Skin (Hands)
Cuts and Scrapes
Dandruff - Normal
Fingernail Infection - Bacterial
Fingernail Infection - Yeast
Frostbite
Glued Wound Care
Granuloma Annulare

Hand-Foot-And-Mouth Disease

Heat Rash

Impetigo - Infected Sores

Jock Itch

Keratosis Pilaris

Molluscum Contagiosum

Pityriasis Alba

Poison Ivy - Oak - Sumac

Puncture Wound

Rash Localized - Cause Unknown

Ringworm of the Body

Ringworm of the Scalp

Shingles (Zoster)

Splinters (Slivers)

Sutured Wound Care

Tinea Versicolor

Wart - Plantar

Warts

Wound Infection

Skin - Widespread Symptoms

Amoxicillin Rash

Anemia: Iron Deficiency Type

Chickenpox

Chickenpox Exposure - No Symptoms

Dry Skin

Eczema (Atopic Dermatitis)

Fifth Disease

Hives

Hot Tub Dermatitis

Measles Exposure - No Symptoms

Measles Vaccine Rash

Pityriasis Rosea

Rash Widespread - Cause Unknown

Roseola

Scabies

Scarlet Fever

Serum Sickness

Sunburn

Swimmer's Itch

Viral Rash

Sleep Problems

Sleep - Bedtime Resistance

Sleep - Confusional Arousals

Sleep - Day Night Reversal in Newborns

Sleep - Early Morning Riser

Sleep - Nightmares

Sleep Problem from Feeding Until Asleep

Sleep Problem from Holding Until Asleep

Sleep Problems - Prevention

Sleep Talking

Sleep Terrors

Sleeping with Parents (Bed-Sharing) - How To End It

Sleeping with Parents (Bed-Sharing) - Pros and Cons

Sleepwalking

Toilet Training Problems

Bedwetting

Frequency-Urgency Syndrome

Toilet Readiness Training

Toilet Training - Normal

Toilet Training Resistance - Constipation from Stool Holding

Toilet Training Resistance - Encopresis without Constipation