

Portfolio

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Part 1 video presentation

Celiac Disease in early years

This is something that is very close to my heart, as I have experienced going through with my own daughter when she was first diagnosed at the age of 8 years old, after going through over a year of back and forth with doctors and hospital appointments, they then referred her to have blood tests done and a biopsy, which these are the methods to confirm a diagnosis, which the results did then confirm and diagnosed that she has celiac disease.

Celiac disease is a frequent autoimmune condition that can strike at any stage of life. According to Coeliac UK (n.d.) there are many different symptoms that are frequently mistaken for one another, particularly in children. It's difficult to determine whether it's a symptom of celiac disease, a common virus, or a normal part of growing up.

Understanding celiac disease is a common autoimmune disorder. The immune system of someone with the illness targets itself when they consume gluten. It can harm the intestines and affect the appropriate absorption of nutrients if treatment is not received. Health issues like iron deficiency, anaemia may result from this over time.

According to Coeliac UK (n.d.) early diagnosis of celiac disease lowers the chance of risk in the future and can prevent the child from unnecessary suffering. The child must stick to a gluten free diet for the rest of their lives after receiving a diagnosis.

Children with celiac disease often experience the following symptoms according to Adams (2023) Digestive distress, diarrhoea, constipation, bloating, abdominal discomfort, and vomiting are common in children.

Failure to thrive, celiac illness may delay the growth and development of children. They might not grow or put on weight in proportion to their age, a condition called failure to thrive.

A child's mood and conduct may be impacted by celiac disease. You may notice mood changes, irritability, and even anxiety or sadness.

Skin problems children with celiac disease may develop dermatitis herpetiformis, an itchy skin rash. Gastrointestinal issues may be preceded or accompanied by skin concerns.

Nutritional deficiencies, anaemia, poor energy levels, and other health problems can arise from the absorption of important nutrients, vitamin levels become low, and bone health issues caused by celiac disease.

Although celiac disease can appear at any age Adams (2023) suggest that usually it first appears in children between the ages of six months and two years, and then again in childhood between the ages of eight and twelve. Since these age groups go through important phases of growth and development, early detection and treatment is needed.

Social and emotional aspects as suggested by Adams (2023) children who have celiac disease may face social and emotional difficulties. Their emotional health may be impacted by managing dietary limitations, coping with a chronic illness, and feeling different from their peers. It's important to address these issues and offer strategies for coping for helping children in understanding social environments.

Emotional impact because of dietary restrictions and health issues, children with celiac disease may feel depressed, frustrated, or alone. It's important that they have a safe, accepting space for them to express their feelings. Assure them that these reactions are normal and encourage them to discuss their feelings and worries.

Social situations for children with celiac disease, going to parties, school events, and eating out with friends can be challenging. Give them everything they need to confidently navigate social settings. Instruct them on how to make safe food choices, how to explain their dietary requirements to others, and how to educate people about their condition.

System of support encourage a solid support network by enlisting the help of friends, family, and teachers. Inform others close to the child about celiac disease so they understand and offer support when required.

Peer education encourages children to talk to their close friends about their experiences. Peers are more inclined to support and accommodate dietary needs when they are aware of the ailment and its effects important.

Support if emotional difficulties continue, think about consulting a mental health specialist who focuses on chronic illnesses in children. They can support children resilience and coping strategies.

However, Adams (2023) claims the diagnosis is not the end of the journey. It affects children's and their families' daily lives. This journey includes adjusting to a gluten free diet, keeping an eye on nutritional requirements, and managing the health effects of celiac disease. Parents and other caregivers can give the finest care and direction if they have the necessary knowledge, resources, and support.

According to a recent study that is believed to be the first to investigate mental health in children from North America, Beyond Celiac (2020) claims that about one-third of children with celiac disease have mental health difficulties, mainly anxiety disorder and attention-deficit/hyperactivity disorder known as (ADHD).

Celiac disease and gluten free diets according to Raising Children Network (2017) It's important to always follow a gluten free diet. This is because gluten, even in minimal amounts, can harm the child's small intestine. Eliminating gluten containing items from the child's diet

Since wheat, rye, and barley include gluten, you can begin by avoiding foods that contain these grains. These foods could consist of:

Cakes and bread

biscuits and dumplings

cereals for breakfast

Pasta, certain noodles, pizza bases, and prepared stir-fry sauces, such as soy sauce, or batter food.

Avoiding oats is also a smart choice, although oats don't naturally contain gluten, processing them in the same facilities as cereals that do might contaminate them with gluten.

Keeping an eye on the children when they eat out the child can still enjoy the social activity of eating out, however, the child will have to use extreme caution to prevent from inadvertently consuming gluten containing foods.

Gluten free foods are marked on the menus of many restaurants. Telling the staff that the child can only eat gluten free meals is very important.

According to Raising Children Network (2017) It's important to keep gluten free and gluten containing foods apart in your household to prevent the child with celiac disease from accidentally consuming gluten.

All gluten free foods should be prepared and stored separately from gluten containing foods.

When cooking or preparing gluten free items, use different cutting boards and equipment.

Appliances and utensils that may have crumbs or gluten containing foods on them should be cleaned.

For gluten free breads, think about using a different toaster.

Keep condiments and spreads in different containers or always use clean utensils.

However, according to Raising Children Network (2017) examining the labels of every food, soups and sauces are among the many foods that may contain hidden gluten. Gluten may also be concealed in non-food items such as playdough, medications, and vitamins. This implies that reading food labels is very important for the child.

Gluten containing must be listed on the ingredient list of most packaged foods. On food packaging, you can also search for the crossed grain logo. This indicates that those who have celiac disease can eat the dish.

According to Adams (2023) diagnosing celiac disease in children can be challenging because it frequently presents differently than in adults. From more minor symptoms like development delays and behavioural abnormalities to more serious ones like diarrhoea and stomach pain, symptoms can vary widely. The wellbeing of a child can be greatly impacted by identifying these symptoms and getting medical help as soon as possible.

According to Kidsville Pediatrics (2024) there is increasing attention in the link between gluten and children's anxiety and behavioural health, which highlights the importance it is to comprehend how nutrition might affect mental health. By addressing dietary triggers, children with celiac disease or gluten sensitivity might experience significant improvements in their general health, behaviour, and mood.

According to Musgrave (2017) The achievement and maintenance of mental stability and physical fitness can be summarised as health and well-being. However, Physical, social, intellectual, and emotional components all contribute to health. According to Harvard University (2022) for young children, all growth and development are predicated on their health.

According to Underdown (2007) each child has the right to good health, both during their early years and as their foundation for their future. Children's health and well-being.

Zacher and Rudolph (2021) feel that their emotional wellness is equally as vital as their physical health since it fosters the resilience needed to face life's challenges being are significant and of themselves.

Video link

https://uowtsd-my.sharepoint.com/:u:/r/personal/2414375_student_uwtsd_ac_uk/Documents/video%20presentation/video.htm?csf=1&web=1&e=IHXQTH

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