



## TYPES OF VOMITING SUCH AS PROJECTILE VOMITING, BILIOUS VOMITING, NON-BILIOUS VOMITING, FREQUENT VOMITING AND CAUSES, SYMPTOMS AS WELL AS DIAGNOSIS OF VOMITING IN CHILDREN.

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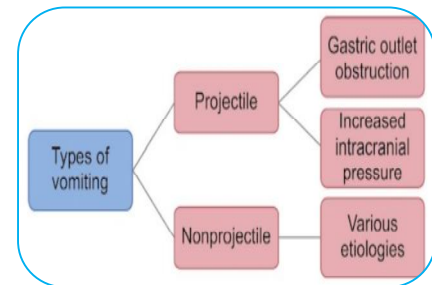
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### ABSTRACT:

Vomition is otherwise known as emesis. It is a common symptom in children. Projectile vomiting is a forceful and tend to shoot out in a straight line away from the child. Bilious vomiting consists of bile. Non-bilious vomiting is caused by food poisoning, gastro enteritis and overeating. Vomiting with with blood (Hematemesis) is caused by bleeding ulcers, gastritis or esophageal varices. Causes of vomiting in children are gastro enteritis, food poisoning, motion sickness, GERD, infections, appendicitis, allergies and migraines. Symptoms of vomiting in children include nausea, fever, diarrhea. Excessive drooling, headache, lethargy and dehydration. Diagnosis of vomiting in children is based on medical history, physical examination, dietary assessment, abdominal imaging, laboratory tests, gastro intestinal disorders and neurological evaluation. Treatment is dependent on fluids, rest and BRAT diet.



**KEYWORDS :** Emesis, hematemesis, gastro enteritis, over eating, food poisoning, GERD, food intolerances, X-ray, rehydration solutions, electrolyte drinks, fever, abdominal pain and BRAT diet.

### INTRODUCTION

Vomiting, also termed as emesis, is a common symptom in children and is often a result of various underlying factors. Even though it can be distressing for both children and parents, vomiting is usually not a cause for serious concern. Whatever it may be, understanding the potential causes, appropriate treatments, and when to seek medical attention is critical for managing this common childhood ailment. In this article, we will provide the information regarding the causes of vomiting in children, possible treatments, and when it is essential to consult a doctor.

### TYPES OF VOMITION IN CHILDREN:-

Here are some common types of vomition in children:

#### Projectile Vomiting:

This type of vomiting is forceful and tends to shoot out in a straight line away from the child. It is often observed in conditions such as pyloric stenosis, a condition where the muscle between the stomach and small intestine thickens, leading to a blockage.

**Bilious Vomiting:**

When the vomit has a greenish-yellow color, it indicates the presence of bile. Bilious vomiting may suggest an obstruction in the intestines, namely intestinal atresia or mal rotation.

**Non-Bilious Vomiting:**

Vomit that does not contain bile and has a different color may be related to various causes, along with infections, food poisoning, gastroenteritis, or overeating.

**Frequent Vomiting:**

If a child vomits frequently, it may be due to gastro esophageal reflux disease (GERD), food allergies, or other gastrointestinal issues.

**Vomiting with Blood (Hematemesis):**

The presence of blood in the vomit can be alarming and may indicate various conditions, namely bleeding ulcers, gastritis, or esophageal varices.

**Vomiting with Fever:**

Vomiting accompanied by a high fever might indicate a viral or bacterial infection.

**Vomiting with Headache:**

In some cases, vomiting can be a symptom of a severe headache/migraine.

**Vomiting with Diarrhea:**

Simultaneous vomiting and diarrhea are common in viral gastroenteritis, commonly referred to as the stomach flu.

**Cyclic Vomiting Syndrome:**

This is a disorder manifested by recurrent episodes of severe vomiting, often with no apparent cause.

**CAUSES OF VOMITING IN CHILDREN:-**

Some of the most common causes of vomiting in children include:

**Gastroenteritis:** This is one of the most frequent causes of vomiting in children. Gastroenteritis is an inflammation of the stomach and intestines, often occurred by viral or bacterial infections. It leads to the occurrence of symptoms namely vomiting, diarrhea, abdominal pain, and sometimes fever.

**Food Poisoning:** Consuming contaminated or spoiled food can result in food poisoning, which often results in vomiting along with other gastrointestinal symptoms.

**Motion Sickness:** Children are particularly susceptible to motion sickness, which happens when their inner ear detects motion, but their eyes and body are not sensing it (e.g., during car rides, boat trips, or amusement park rides).

**Reflex or Gastroesophageal Reflux Disease (GERD):** In some cases, stomach acid can flow back into the esophagus, causing irritation and leading to vomiting.

**Infections:** Apart from gastroenteritis, other infections such as respiratory infections, urinary tract infections, or ear infections can result in vomiting as a secondary symptom.

**Appendicitis:** Inflammation of the appendix (appendicitis) can sometimes cause vomiting, along with other symptoms such as abdominal pain, fever, and loss of appetite.

**Allergies:** Food allergies or other types of allergies can cause vomiting in children.

**Migraines:** In older children, migraines lead to the occurrence of vomiting. These headaches are often accomplished by sensitivity to light and sound.

**Medication Side Effects:** Some medications can cause nausea and vomiting as side effects.

**Overeating or Poor Eating Habits:** Consuming large amounts of food or eating certain foods that do not agree with the child's stomach can cause vomiting.

**Ingestion of Toxic Substances:** Accidental ingestion of household cleaners, plants, or other toxic substances can result in vomiting.

**Emotional Distress or Anxiety:** Stressful situations or emotional distress can result in vomiting in some children.

### **SYMPTOMS OF VOMITING IN CHILDREN:-**

**Nausea:** Children may complain of feeling sick or queasy before vomiting.

**Stomach pain:** Some children may feel abdominal discomfort or cramping before or during vomiting.

**Excessive drooling:** Younger children may drool more than usual, particularly if they are unable to swallow properly due to nausea.

**Fever:** Vomiting can sometimes be associated with a fever, which might indicate an infection or illness.

**Diarrhea:** In some cases, vomiting can be accompanied by diarrhea, which could indicate a gastrointestinal infection.

**Headache:** Older children may complain of a headache along with vomiting, which might be a sign of a viral illness.

**Lethargy:** Children may become tired, weak, or less active before or after vomiting.

**Dehydration:** Frequent vomiting results in dehydration, which may cause dry mouth, reduced urine output, and sunken eyes in severe cases.

**Change in behavior or mental state:** In some cases, vomiting can be linked to changes in a child's behavior or mental alertness.

### **DIAGNOSIS OF VOMITING IN CHILDREN:-**

Diagnosing the cause of vomiting in children involves a comprehensive approach that considers various factors, namely the child's medical history, physical examination, and sometimes additional tests. Vomiting in children can be caused by a wide range of conditions, from mild infections to more serious medical issues. Here are some common steps and considerations in the diagnosis of vomiting in children:

**Medical History:** The doctor will begin by taking a detailed medical history, including information about the child's symptoms, the frequency and duration of vomiting, any associated symptoms such as fever or diarrhea, recent illnesses, dietary habits, and any relevant family history.

**Physical Examination:** A thorough physical examination will be conducted to look for any signs of dehydration, abdominal tenderness, or other possible causes of vomiting.

**Dietary Assessment:** The doctor may inquire about the child's diet, including any recent changes or introduction of new foods, as certain food intolerances or allergies can lead to vomiting.

**Infections and Illnesses:** Common causes of vomiting in children are viral gastroenteritis (stomach flu) and other infections. The child's symptoms and any recent exposure to sick individuals may help identify infectious causes.

**Medication and Toxins:** Certain medications or exposure to toxins can result in vomiting. The healthcare provider may inquire about any recent use of medications or exposure to potential toxins.

**Abdominal Imaging:** In some cases, an abdominal ultrasound or X-ray may be performed to look for any abnormalities particularly in the digestive tract.

**Laboratory Tests:** Blood tests may be conducted to assess for signs of infection, electrolyte imbalances, or other underlying medical conditions.

**Food Allergy or Intolerance:** If there is suspicion of a food allergy or intolerance, the child may be referred to an allergist for further evaluation and testing.

**Gastrointestinal Disorders:** If the vomiting is chronic or severe, the child may be referred to a pediatric gastroenterologist for further evaluation of potential gastrointestinal disorders.

**Neurological Evaluation:** In some cases, vomiting may be a symptom of a neurological issue. If there are concerning neurological symptoms, the child may be referred to a pediatric neurologist for evaluation.

**Psychological Factors:** Emotional stress or anxiety can also result in vomiting in some cases. If there are signs of psychological distress, a pediatric psychologist or psychiatrist may play a role in the evaluation.

### TREATMENT AND HOME CARE;-

In most cases, vomiting in children can be managed at home with simple measures:

**Fluids:** Encourage your child to drink clear fluids like water, oral rehydration solutions, or electrolyte drinks to stop dehydration.

**Rest:** Allow your child to rest in a quiet and comfortable environment.

**BRAT Diet:** Offer bland foods like bananas, rice, apple sauce, and toast, as these are gentle on the stomach.

**Gradual Diet Reintroduction:** Once vomiting has stopped, reintroduce a normal diet slowly, starting with small, easily digestible portions.

**Maintain Hygiene:** Wash hands thoroughly to prevent the spread of infections, especially in cases of viral gastroenteritis or food poisoning.

#### When to Seek Medical Attention:

While most cases of vomiting in children resolve on their own with home care, there are certain instances if medical attention is necessary:

**Dehydration:** If your child shows signs of dehydration, such as reduced urine output, dry mouth, lethargy, or sunken eyes, seek immediate medical attention.

**High Fever:** A persistent high fever (above 102°F or 39°C) accompanying vomiting may need medical evaluation.

**Severe Abdominal Pain:** If your child experiences severe abdominal pain, specifically in the lower right side, it could be a sign of appendicitis and requires immediate medical attention.

**Blood in Vomit:** If you notice blood in your child's vomit or the vomit appears like coffee grounds, seek medical help in a prompt manner.

**Head Injury:** Vomiting after a head injury should be assessed by a doctor.

**Prolonged Vomiting:** If vomiting persists for more than 24 hours or is recurrent, medical evaluation is essential.

### CONCLUSION

Vomiting in children is a common occurrence, usually happened by minor ailments that resolve with adequate rest and home care. Whatever it may be, it is essential to be vigilant and recognize signs of potential dehydration or more serious underlying conditions. By understanding the causes, appropriate treatments, and when to seek medical attention, parents can effectively manage vomiting episodes and ensure their child's well-being. As always, consulting a doctor when in doubt is the best course of action to ensure the child receives appropriate care and treatment.

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