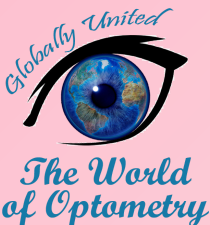


TWOP Discussion

SHAKEN BABY SYNDROME



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INTRODUCTION

- **Shaken baby syndrome** – also known as abusive head trauma, shaken impact syndrome, inflicted head injury or whiplash shake syndrome – is a serious brain injury resulting from forcefully shaking an infant or toddler.
- Shaken baby syndrome destroys a child's brain cells and prevents his or her brain from getting enough oxygen. Shaken baby syndrome is a form of child abuse that can result in permanent brain damage or death.
- Often this occurs as a result of a caregiver becoming frustrated due to the child crying.

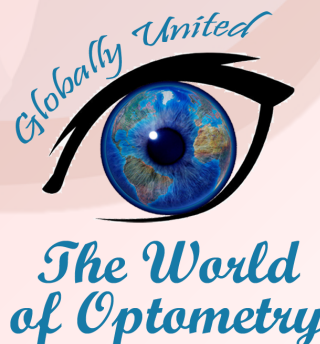
Diagnosis can be difficult as symptoms may be nonspecific. A CT scan of the head is typically recommended if a concern is present. While retinal bleeding is common, it can also occur in many other conditions.



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CAUSES

- Babies have weak **neck muscles** and often struggle to support their **heavy heads**. If a baby is forcefully shaken, his or her **fragile brain** moves back and forth inside the skull. This causes bruising, swelling and bleeding.
- Shaken baby syndrome isn't usually caused by bouncing a child on your knee, minor falls or even rough play

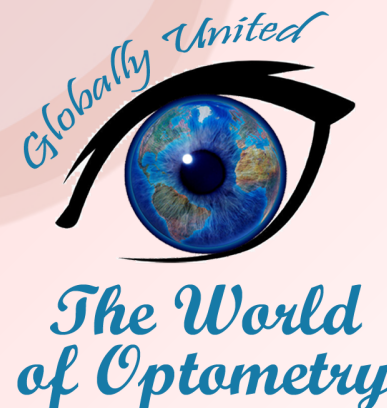


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RISK FACTORS

The following things may make parents or caregivers more likely to forcefully shake a baby and cause shaken baby syndrome:

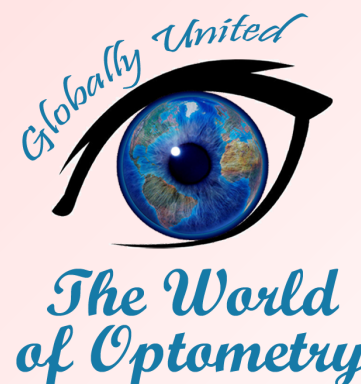
- Unrealistic expectations of babies
- Young or single parenthood
- Stress
- Domestic violence
- Alcohol or substance abuse
- Unstable family situations
- Depression
- A history of mistreatment as a child
- Also, men are more likely to cause shaken baby syndrome than are women.



SYMPTOMS

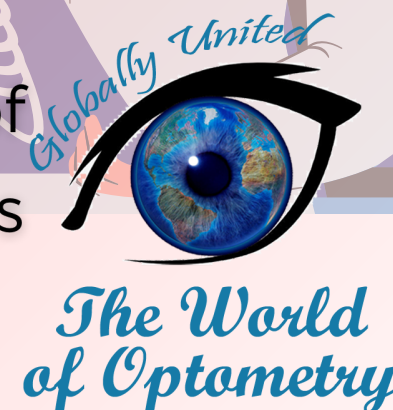
Shaken baby syndrome symptoms and signs include:

- Extreme fussiness or irritability
- Difficulty staying awake
- Different-sized pupils
- Not being able to focus
- Favouring one arm or leg over another
- A larger than usual head or forehead
- Breathing problems
- Poor eating
- Vomiting
- Pale or bluish skin
- Seizures
- Paralysis
- Coma



DIAGNOSIS

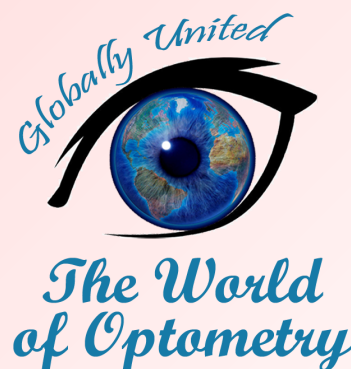
- Depending on the child's level of injury, the tests may be done in a doctor's offices or a pediatric **intensive care unit**.
- To check the brain, doctors may use a **CT** scan to look for injuries that need immediate attention. **MRI** scans also show doctors detailed areas of the brain.
- **X-rays** of other body parts, like the arms, legs, spine, and skull, show fractures and whether they were created by force or accident.
- To check for eye injuries and bleeding, doctors may do an **eye exam**.
- Some disorders can mimic the symptoms of shaken baby syndrome. To rule those out, doctors may order **blood tests**.



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TREATMENT & PREVENTION

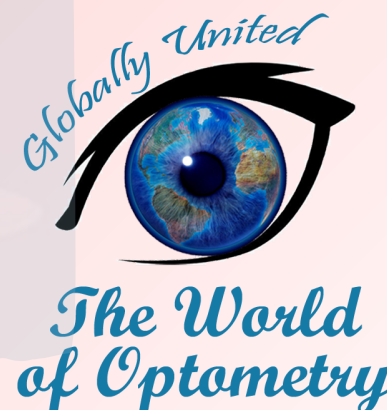
- Seek **immediate help** if you suspect your child has been injured by violent shaking. Contact your **child's doctor** or take your child to the nearest **emergency** room. Getting medical care right away may save your child's life or prevent serious health problems.
- **Treatment** for shaken baby syndrome depends on the injury. Surgery may be needed in an emergency. Some children will need care for the rest of their lives.
- Shaken baby syndrome is 100% preventable.



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COMPLICATION

- Many children affected by shaken baby syndrome **die**.
- Survivors of shaken baby syndrome may require lifelong medical care for conditions such as:
 - Partial or total **blindness**
 - Developmental **delays**, learning problems or behaviour issues.
 - Intellectual **disability**
 - Seizure **disorders**
 - Cerebral **palsy**



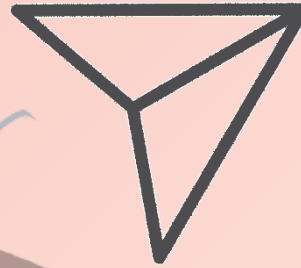
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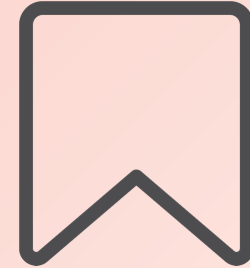
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