



## Paediatrics Technology Media and Sedentary Behaviour

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### Description

Pediatric technology refers to the use of technology to improve healthcare for children. This can include a wide range of technologies, such as medical devices, electronic health records, telemedicine, and mobile health applications.

### Examples of pediatric technologies include

**Medical devices:** Devices like insulin pumps, nebulizers, and feeding tubes are often used in pediatric care to help manage chronic conditions.

**Electronic health records:** Electronic Health Records (EHR) allow doctors and other healthcare professionals to easily access and share patient information. This can help ensure that children receive consistent and appropriate care.

**Telemedicine:** Telemedicine allows healthcare providers to communicate with patients and their families remotely. This can be particularly helpful for families who live far from healthcare facilities or who have difficulty traveling.

**Mobile health applications:** Mobile health applications, or "apps," can be used to help manage conditions like asthma, diabetes, and

obesity. These apps can provide tools for tracking symptoms, monitoring medication use, and providing educational resources. Overall, pediatric technology has the potential to improve healthcare outcomes for children by increasing access to care, improving communication between healthcare providers and patients, and providing new tools for managing chronic conditions.

Paediatrics, technology, media, and sedentary behaviour are all interconnected topics that have received significant attention in recent years. The increasing use of technology and media, such as smartphones, tablets, computers, and television, has led to an increase in sedentary behaviour, which is characterized by prolonged sitting or lying down and low levels of physical activity.

Sedentary behaviour is a major health concern, especially for children and adolescents, as it has been linked to a number of negative health outcomes, including obesity, cardiovascular disease, type 2 diabetes, and poor mental health. The American Academy of Paediatrics recommends that children and adolescents should engage in at least one hour of moderate to vigorous physical activity per day, and limit sedentary activities to less than two hours per day.

However, with the increasing use of technology and media, children and adolescents are spending more time in sedentary activities, such as playing video games, using social media, and watching television. This has led to concerns about the impact of technology and media on children's physical and mental health. To address these concerns, researchers and healthcare professionals are exploring ways to promote healthy behaviour among children and adolescents, such as encouraging regular physical activity, limiting screen time, and promoting active gaming and other active technologies. Additionally, parents and caregivers play a crucial role in promoting healthy behaviour among children and adolescents, by setting limits on screen time, encouraging physical activity, and modeling healthy behaviours themselves. Overall, the relationship between paediatrics, technology, media, and sedentary behaviour is complex and multifaceted, and requires a comprehensive approach that takes into account the individual needs and behaviours of children and adolescents, as well as the broader social and cultural factors that influence their health and well-being.

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