



RAMA
UNIVERSITY

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FACULTY OF NURSING

MENTAL RETARDATION

Tushar Noel
Nursing Tutor
R.C.N

- **DEFINITION**- Mental retardation is a disorder, characterized by significantly sub average general intellectual functioning associated with significant impairment in adaptive behavior (including thinking, learning, social and occupational adjustments) which manifests during the developmental period (before 18 years of age).

- **MEASUREMENT OF IQ**-

$$\text{Intelligence Quotient (IQ)} = \frac{\text{mental age}}{\text{chronological age}} \times 100$$

- **CLASSIFICATION-**

- 1) **Mild Mental Retardation-**

This is the commonest kind of mental retardation, accounting for 85-90 % of cases. Children with IQ 51-70 fall in this category.

- 2) **MODERATE MENTAL RETARDATION-**

About 10% of mentally retarded have moderate mental retardation. Their IQ is between 36-50.

- 3) **SEVERE MENTAL RETARDATION-**

About 4 % of mentally retarded children fall in this category. Their IQ is between 21-35.

- 4) **PROLONGED MENTAL RETARDATION-**

This group accounts for 1-2% of all mentally retarded. Their IQ is below 20. these children often need complete nursing care or “life support”.

CAUSES-

(A) Antenatal Causes-

- Deficiency of folic acid in mother
- Exposure of pregnant female to radiations
- Consumption of drugs (lead, thalidomide)
- Placental dysfunction

(B) Intranatal Causes-

- Birth asphyxia
- Prolonged or difficult labor
- Prematurity
- Instrumental deliveries
- Birth injury

(C) Postnatal Causes-

- Accident and child abuse

- Infections like- meningitis, encephalitis
- Intoxication (lead)

(D) Genetic Causes-

- Chromosomal anomalies like- Down's syndrome, trisomy X

(E) Metabolic disorder-

- Maple syrup disease, Hunter's syndrome

(F) Disease of Brain-

- Epilepsy

(G) Cranial Malformation-

- Microcephaly
- Hydrocephaly

(H) Psychiatric Disorder-

- Autism
- Childhood onset schizophrenia

DIAGNOSTIC EVALUATION-

- **Physical examination and history**
- **Routine developmental assessment**
- **Intellectual and adaptive functioning test**
- **IQ test**

MANAGEMENT-

(1)Health promotion:-

- **Good antenatal care**
- **Educating people**
- **Family and genetic**

(2) Specific protection:-

- **Good prenatal care**
- **Genetic counseling**
- **Avoid child birth in late maternal age**
- **Avoiding consanguineous marriage**
- **Medical protection- malnutrition, smoking, alcoholism**

(a) Disability Limitation-

- **Treatment of physical and psychological problems**
- **Education in special school**
- **Vocational training**

(b) Rehabilitation-

Rehabilitation in vocational, physical and social areas.

(2) Secondary Prevention-

- **Early detection and treatment**

(3) Tertiary Prevention-

- **Tertiary prevention aims to limit disability and promotion rehabilitation.**

THANK YOU