

Experiences of an Argentine Pediatric Kinesiologist during the Pandemic

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Received: May 12, 2021; **Published:** May 31, 2021

First of all I will try to be objective and not rely only on my personal experience as a pediatric kinesiologist.

The global health situation we have been experiencing since the beginning of last year is absolutely unexpected, terrible, incomparable with previous pandemics, due to the means of transport, which made it distributed all over the world with a huge speed never seen before, with the consequences we are seeing.

It went throughout our existence, biological, psychological, social, affective and cultural, making inequalities deeper.

I must admit, that at the beginning of this pandemic, I had hoped that the world would see at this moment as an opportunity to rely rethink our existence and give more value to life, to health, to education, in short, to be a more human and empathetic, today reality, unfortunately, shows me something else, but I still do not lose hope and maybe we can do something so that in the world, our home, we can all live better and enjoy life.

The consequences of the pandemic in children cover a huge spectrum that cross the different areas of their daily lives with their domino effects on the rest, with one of their conflicting areas, all others are affected.

Families in general have been affected by the pandemic, this in itself has had and has negative repercussions on children's lives, isolation, lack of contact with peers, family holdings because of the difficulties of all kinds that occurred and produced and even more so on the in standouts that suffered or suffered Covid 19.

My experience as a pediatric kinesiologist, of babies and children, in the City of Buenos Aires, Argentina, where we had a preventive isolation of seven months and where still several of my patients have not resumed face-to-face treatment, is that families and professionals, we had to settle to a new reality and build bridges to accompany our patients and their parents or those who fulfill that role.

We learned to work by video calls, skype or zoom, from my role as a kinesiologist transmitting to those who accompany the children, activities that had to be learned, our task became more difficult, because it is always a great responsibility and challenge, to care for babies and children, so it implies for their future life, now we had to instruct those who were with them to perform tasks that I did not know with double responsibility, about the child and who collaborated with him and with us, being our hands.

I had to take strategies to be able to convey clearly what I needed the companion and my patient to do, according to their needs.

With great joy I saw how we could work as a team, how families were involved in treatment and we got to know each other more deeply.

As a pediatric kinesiologist, Specialist in Early Stimulation and Psychomotricity, as well as attending children and young people with neurological pathologies, I am used to teamwork with other health professionals and families, I think that was a handicap in favor of my patients, the network already existed, I just had to adapt it to these new moments.

Only two of my patients and their families suffered From Covid 19, with very good evolution and no severe symptoms, one of them had to be hospitalized but to facilitate their care, he was not in intensive care and evolved very quickly and well.

In general with my patients, we were able to perform the sessions and accompany the families quite successfully, a single patient presents involution in his motor and posture, this young man suffers Cerebral Palsy and you can observe slight muscle retractions in the hamstring muscles of the lower right limb and difficulties in supporting a good trunk posture, in this case the family commitment to treatment was disparate.

That is, those families that were able to adapt made it possible to continue treatment, with the result of maintaining what has been achieved by the patient before and in some cases very significant progress such as those with a three-year-old with TGD, who managed to control sphincters, improved his motor skills and currently began to accept foods that he refused to eat, I have to highlight the great work done by the parents and the possibility of listening to my suggestions, is a very pleasant teamwork although not simple.

In short, when those in the care of people who require it, family, health professionals, teachers, caregivers, etc. and affectionately compromise, the result is positive, always within the possibilities of each, with or without pandemic, much more in these circumstances.

Volume 10 Issue 6 June 2021

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