

# **Mental Retardation: Causes & Preventive Measures**

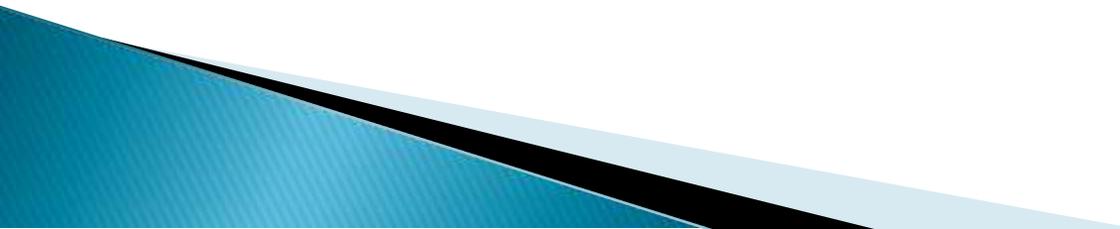
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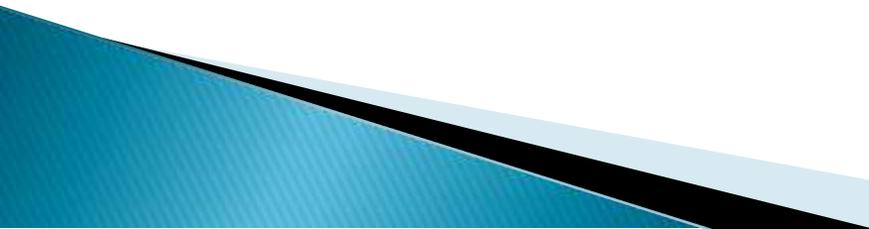
# Meaning of Mental Retardation

- ▶ A Mentally Retarded is one who is below average in intelligence, and who displays poor adaptive behaviour and all these are seen in the first 18 years of life.
- ▶ Mental retardation or mental deficiency is a condition of **sub normal mental development**, present at birth or early childhood and characterized mainly by **limited intelligence and social inadequacy** (Page, 1976).

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- ▶ Mental retardation refers to significantly **sub-average general intellectual functioning** resulting in or associated with concurrent **impairments in adaptive behaviour** and manifested in the developmental period (American Association of Mental Deficiency, 1983).
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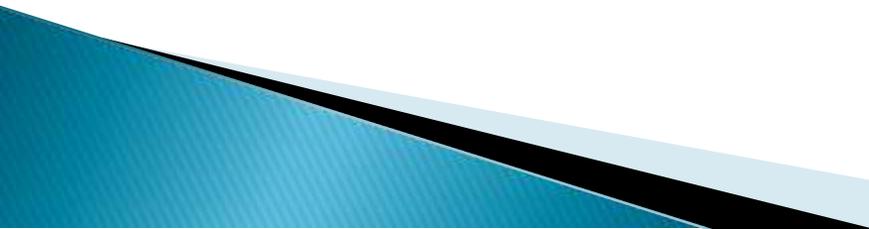
# Causes of Mental Retardation

- ▶ **Genetic:** Chromosomal anomaly (Down's syndrome , Turner's syndrome, Klinefelter's syndrome)
  - ▶ **Congenital defects:** Hydrocephaly  
Microcephaly
  - ▶ **Gestational disorders:** Prematurity  
Postmaturity
  - ▶ **Special Sensory Handicaps:** Deafness,  
Blindness
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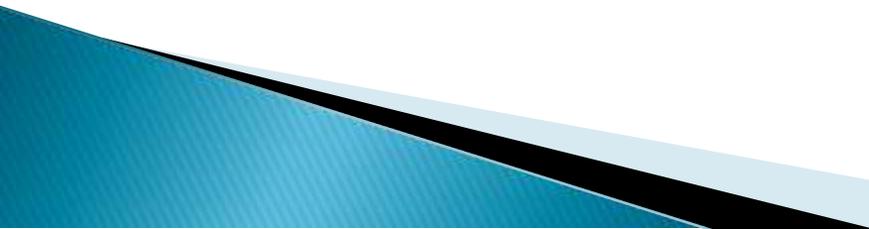
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- ▶ **Lead Poisoning**
- ▶ **Infection and Intoxication:** Mother's infection of rubella at prenatal stage ; Postnatal infection by virus, bacteria, parasites and fungi; Mother- Fetal blood group incompatibility, Exposure to X-Ray, Toxic agents (alcohol, drugs)
- ▶ **Trauma** (prenatal injury and birth injury) **and Anoxia**(deficiency of oxygen)

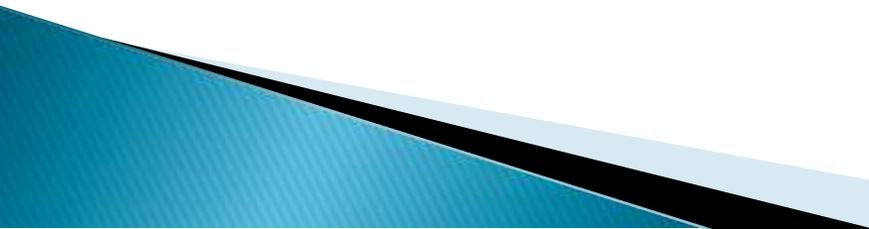
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- ▶ **Metabolic and Nutritional disorders:**  
Galactosemia, Phenylketoneurea (PKU),  
Hypothyroidism
  - ▶ **Brain disease:** Neurofibromatosis, Tuberous  
sclerosis
  - ▶ **Epilepsy**
  - ▶ **Cerebral palsy**
  - ▶ **Severe Environmental deprivation**
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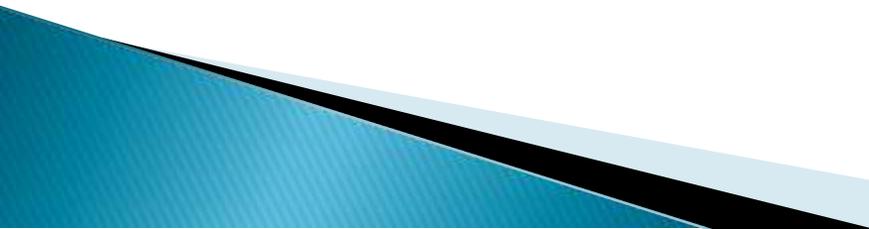
# Preventive Measures

- ▶ Vaccination against Rubella (like mild measles/ red rash) known as German measles
  - ▶ Surgical procedure to correct hydrocephaly
  - ▶ Amniocentesis ( examining amniotic fluid surrounding the fetus) to detect chromosomal aberrations in the fetus
  - ▶ Use of drugs to control the effects of childhood illness
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## Continued.....

- ▶ Vaccination of Rh-sensitized mothers( mother has Rh-negative blood and the baby has Rh-positive blood)  
[**Rhesus(Rh) factor**: the positive or negative sign next to the blood groups]
  - ▶ Blood transfusion of Rh-factor babies
  - ▶ Laws that prohibit the use of lead based paint on baby toys and furniture
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- ▶ Dietary treatment of Phenylketoneurea (PKU) and galactosemia [low protein diet acts as prevention ]
  - ▶ Improved maternal nutrition and paternal health care
  - ▶ Genetic counselling for persons who are carriers of potential genetic defects
  - ▶ Enrichment of impoverished environments.
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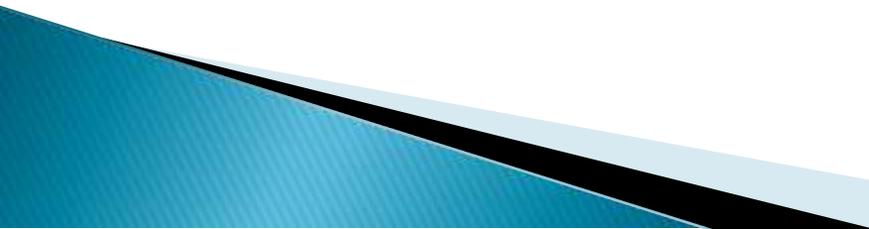
# Educational Provisions

## ▶ **For EMR:**

- Education in normal school
- Individualized education programme
- Learning by doing principle
- Brief and small learning task
- Provision for repetition
- Use of clear and simple language
- Use of audio-visual aids
- Training of Social skills along with Knowledge of 3Rs
- Encourage participation in Co curricular activities
- Exercise and Yoga training
- Regular health check up

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### ▶ **For TMR:**

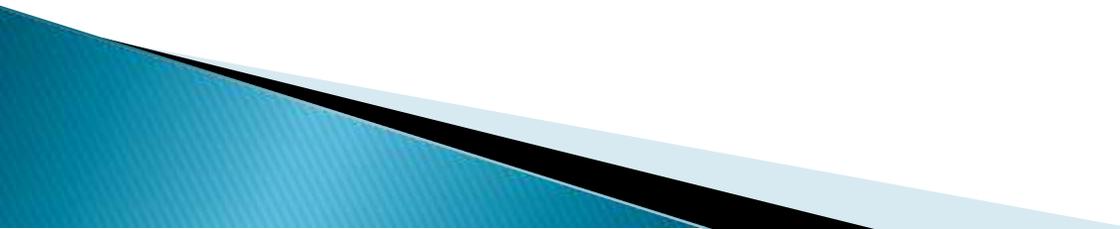
- Sensory training
  - Training on daily living skills
  - Habit formation
  - Group plays
  - Social training
  - Use of concrete objects for academic skills
  - Use of specific aids for language training
  - Training for handicrafts
  - Use of Music Therapy
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## Continued.....

### ▶ **For CMR:**

- Daily living skills
- Self- care skills
- Use of Reinforcement
- Regular treatment

**[Proper parental care for EMR, TMR & CMR]**



**THANK YOU**

