

# 10 Cosas que deberías saber sobre... ...nuevas tecnologías en la infancia



E. Ballesteros Moya, F. Campillo i López,  
E. Pérez Costa, D. Rodríguez Álvarez

Actualmente, la televisión, los vídeo-juegos y otros dispositivos electrónicos, tales como tablets y smartphones, son la principal actividad de niños y adolescentes, ocupándoles más tiempo que ninguna otra actividad

Los estudios demuestran que uno de cada 11 niños de 8 a 18 años son adictos a las nuevas tecnologías. Cada vez que los niños usan dispositivos móviles, se separan de su entorno, de sus amigos y familiares

No se ha demostrado ningún efecto positivo en el desarrollo con el uso de las nuevas tecnologías en los menores de 2 años. La AAP (Academia Americana de Pediatría) no recomienda el uso de los dispositivos electrónicos en los menores de 2 años, ya que pueden tener efectos deletéreos sobre el desarrollo del lenguaje y alteraciones en el sueño, entre otros

La exposición incontrolada a las tecnologías puede asociarse con déficit de atención, retrasos cognitivos, problemas de aprendizaje, aumento de la impulsividad y de la falta de autocontrol. En su lugar, es recomendable fomentar juegos libres que estimulen su imaginación y su capacidad de resolver situaciones

Con el uso de las nuevas tecnologías, se disminuye el tiempo dedicado a la lectura, deporte, juegos y comunicación familiar, afectando al rendimiento escolar. Puede crear dependencia y derivar en trastornos de conducta

La televisión estimula el consumismo a través de la publicidad y contribuye al desarrollo de la obesidad

Se recomienda evitar la colocación de internet en la habitación de los adolescentes y elegir un lugar comunitario en el que se puedan supervisar las visitas a páginas web no recomendables (sexo, pornografía, compras, pederastia...), así como el tiempo de conexión

La Academia Americana de Pediatría (AAP) recomienda incluir en las revisiones de salud, preguntas relacionadas con el tiempo utilizado en el uso de nuevas tecnologías

Es aconsejable limitar el tiempo de sedentarismo a 1-2 horas al día

Las nuevas tecnologías no son juguetes. Se deben poner límites a su uso en la infancia, ya que pueden tener efectos perjudiciales, tales como: acoso, ansiedad, violencia, suplantación de la identidad y adicción, entre otras

## Para saber aún más...

1. Council on communications and media. Children, Adolescents, and the Media. Pediatrics. 2013; 132; 958; originally published online October 28, 2013. Accesible en: <http://pediatrics.aappublications.org/content/132/5/958.full.html> (último acceso: 15-03-2014).
2. Bercedo Sanz A, Redondo Figuero C, Pelayo Alonso R, Gómez del Río Z, Hernández Herrero M, Cadenas González N. Consumo de los medios de comunicación en la adolescencia. An Esp Pediatr. 2005; 63: 516-25.
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# The Corner

S. Molina García, C. García Mauriño  
Residentes hospital infantil universitario La Paz

## 6. Role play: Seizures

**Father:** Doctor, I came to the health center because my daughter has suddenly lost consciousness today when she was playing at home a few minutes ago.

**Doctor:** Did she make any type of body movements when she was unconscious? Was there anyone there who can describe the incident?

**Father:** Her older brother was there, and he told me she was standing up and abruptly fell to the floor. She started shaking her legs and arms uncontrollably, until it gradually stopped. She bit her tongue and a lot of saliva was coming out of her mouth. I shook her to see if she had recovered consciousness when it all stopped, and she looked me in the eye, but she just wanted to sleep.

**Doctor:** Tell me, how old is she? How was she feeling before this took place? Was she acting strangely? Was she able to talk properly? Was she doing unusual movements with her face?

**Father:** She has just turned 4. Her brother says she was playing and talking normally, just said she had a headache this morning. She started vomiting last week and started spiking fever yesterday, but she seemed OK, so we thought we could keep her at home and wait until she got better.

**Doctor:** How long would you say the whole episode lasted? Was your child having a fever when it happened? Besides the vomiting, did she have diarrhea, or cold symptoms or any concerns while urinating? Any head trauma?

**Father:** Well, I can't actually say because I wasn't there, but it took me about one minute to reach the room they were in, so I think, probably no longer than 3 minutes. Her brother was with diarrhea last week but she wasn't. A few minutes before this happened I had to give antipyretics because I found her flushed, and the thermometer read 38.2°C. She urinates fine. No cough or head traumas that I can recall.

**Doctor:** What your daughter has had is called a seizure, probably associated with the fever. A febrile seizure is a convulsion that is caused by a sudden rise of body

temperature, normally related to infections. Your child having a febrile seizure can be alarming, and the few minutes it lasts, can seem hours. Fortunately, they're usually harmless and generally don't associate any subjacent neurological disorder. However, it's true that they can recur and the probability of this happening rises up to 50% if a second febrile seizure occurs. These children have no higher risk of developing epilepsy. If the episode just lasts a few minutes, it will not affect your child's neurodevelopmental outcome or diminish her IQ.

Her physical examination is normal, including the neurological, although its true she is still a bit sleepy. So what we are going to do, is verify her blood glucose levels, and leave her in the observation room for a few hours until she is totally recovered.

### KEY WORDS:

Consciousness: conciencia.

Headache: cefalea.

Head trauma: traumatismo craneal.

Antipyretic: antitérmico.

Febrile seizure: crisis febril.

Neurodevelopmental outcome: desarrollo neurológico.

Diminish her IQ: empeorar su cociente intelectual.

Subjacent neurological disorder: alteración neurológica subyacente.

Sleepy: somnolienta.



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