

Peds RAP: Morning Report

Sarah Ziaei, MD
Natasha Salazar, MD
Mellad Khoshnood, MD

Objectives

1. Learn the clinical features of narcolepsy in children
2. Understand the differential diagnosis and work up of the child with day time sleepiness
3. Describe the medical and behavioral interventions used in children with narcolepsy

Non - Neurologic

- **Sleep-related:** obstructive sleep apnea, inadequate sleep, irregular schedule, insomnia
- **Heme/ Onc:** anemia, leukemia, lymphoma
- **Infectious:** EBV, HIV, cocci, histoplasmosis, toxoplasmosis
- **Endocrine:** hypothyroidism, hyperthyroidism, diabetes
- **Substances:** alcohol, marijuana, withdrawal from stimulants, medications
- **Lifestyle:** excessive activity, poor nutrition
- **Psychosocial** depression, anxiety, stress

Neurologic

- Narcolepsy
- Myasthenia gravis
- Multiple sclerosis
- Muscular dystrophy
- Anatomical brain abnormality

Lab results

WBC 8.8

RBC 3.47

Hgb 10.7

Hct 32.8

MCV 94.5

Platelets 259

Ferritin 42

Iron, Total 118

Iron Saturation 118

TIBC 30

IBC 275

25-OH Vitamin D, Total 53

Free T4 1.05

TSH 1.567

Vitamin B12 1,108 (ref
193-986)

Folate > 20 (ref > 4)

References

- Chung IH, Chin WC, Huang YS, Wang CH. Pediatric Narcolepsy-A Practical Review. *Children (Basel)*. 2022;9(7):974. Published 2022 Jun 29. doi:10.3390/children9070974. [PMID: 35883958](#)
- Dye TJ. Clinical Evaluation and Management of Narcolepsy in Children and Adolescents. *Semin Pediatr Neurol*. 2023;48:101089. doi:10.1016/j.spen.2023.101089. [PMID: 38065636](#)