

N201 Special Populations

The Pregnant Adolescent and Advanced Maternal Age

1) The Adolescent Stages

A) Early Adolescent

- Lack impulse control, Egocentric, Self-Identity struggle

B) Middle Adolescent

- Challenge authority and family values, risks with sex, drugs, alcohol

C) Late Adolescent

- At ease with self, Maturing

2) Psychosocial Developmental Tasks of Adolescents

A) Developing identity

B) Gain Autonomy and Independence

C) Develop intimacy & Develop comfort with one's sexuality

D) Develop a sense of achievement

3) Factors contributing to adolescent pregnancy

- Lower socioeconomic status, less education, less resources, less supervision
- Developmental characteristics: body image issues & poor self esteem
- Lack of contraception

4) Risks Associated with Adolescent Pregnancy

A) Health risks for the mother & newborn

- Cephalopelvic disproportion, preg induced hypertension, premature birth, stillbirth, LBW, increased risk SIDS

B) Long term effects on the mother mentally and socially

- Depression, neglect, lack of appropriate parenting, aggression towards child

5) Adolescent Pregnancy Challenges

- The father may abandon situation
- Social and Economic difficulties/limitations
- Struggle with role of being a teen and a parent at same time

6) Nursing Care of the Pregnant Adolescent

A) Nutrition

B) Prenatal Care

- Early prenatal care crucial as well as education, include family if teen allows

C) Support System

D) Referrals

E) Teaching Tips

- Teens resistant to listen to adults, be non-judgmental and positive

A) Postpartum Care

- Early newborn contact is crucial to help attachment and bonding

7) Advanced Maternal Age

A) Pregnancy at or > 35 years old

B) Becoming increasingly common with AMA as couples wait longer to start a family

8) Risks Associated with AMA

A) Pre-existing medical conditions can complicate pregnancy/high risk pregnancy

- Chronic diseases

B) AMA mother at risk for

- Miscarriages, Fetal chromosome abnormalities, Premature births, LBW, placental issues

9) Nursing Care for AMA pregnancy

A) Support and Educate

B) Genetic Testing- to identify if genetic abnormalities may exist

- Screening Tests
 - AFP, Triple Screen, Quadruple Screen, Amniocentesis
 - Looking for neural tube defects, genetic conditions