

Nursing 201: Child Systems

Independent Learning Activity

1. How do you think a teenage client would handle receiving the diagnosis of diabetes? Think of developmental considerations, extra-curricular activity considerations and treatment compliance issues.

It may be a shock to be diagnosed with diabetes as a teenager because it can be an added stressor to your everyday life. With self-awareness/discipline, parental support and care, and medical involvement you can stay on top of your diagnosis. There may be adjustments that have to be made in choosing activities and medication compliance. Insulin can be considered a learning curve and learning dosages and self-administration is imperative. Developmental considerations include teenagers are focused on fitting in with their peers and confusion with self-identity. A new diagnosis could be confusing in only thinking of diabetes as your new identity and worrying about your peers perceptions.

2. What teaching points would you prioritize for a teenage client newly diagnosed with diabetes who is independent, attends public school, plays after-school sports, and on weekends hangs out with friends at parties.

Teaching points that I would include with a newly diagnosed teenager with diabetes is looking out for the symptoms of hyperglycemia (HIGH sugar hot and dry = sugar high 3 Ps: polyuria polydipsia polyphagia) and hypoglycemia (LOW sugar cold and clammy need some candy Hypoglycemia MORE SEVERE! cool, pale, sweaty, clammy = candy NOT hot or flushing, trembling, nervous, anxious HIWASH = headache, irritable, weakness, anxious, sweaty, shaky, hungry. It's important to stay on top of your blood sugar checks, carb counting, and insulin doses. Create a safety plan with your school nurse for afterschool activities, and don't be embarrassed off checking your pump in front of your peers.

3. Cerebral Palsy has 4 primary types of movement disorders. What are the 4 types?

The 4 primary types of movement disorders within Cerebral Palsy are spastic, dyskinetic, ataxic, and mixed.

4. What is nephrotic syndrome?

Nephrotic syndrome is a clinical state that includes large amounts of proteinuria, hypoalbuminemia, hyperlipidemia, and edema. The glomeruli stop working properly and become permeable to proteins and albumin. Changes can include osmotic pressure occurring within intravascular spaces and extracellular edema especially in the abdomen.

5. What are the major goals of therapy for a child with Juvenile Idiopathic Arthritis?

The major goals of therapy for a child with Juvenile Idiopathic Arthritis involve controlling pain, preserving function, and promoting normal growth and development for the child.