

## 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 would be challenging for a teenage client to handle receiving a diagnosis of diabetes. This condition is life-changing and not temporary or something that “goes away.” The client would have to receive a wealth of information upon diagnosis and eventually be able to convey that information to others in his life. In terms of developmental considerations, the client may fall behind his peers physically as diabetes can affect growth. Extracurricular activities can also be affected by diabetes. If the client participates in sports, he would have to be aware of how exercise can affect glucose levels. He may have to step away from practices at times to check his blood sugar, and this could cause embarrassment or frustration as others do not need to worry about the same things. Additionally, many teenagers are reaching the point of independence where they choose most things in their lives, however, having diabetes limits some of these choices (i.e., activities, food, alcohol, etc.) and may cause the client to be uncompliant. Overall, a diagnosis of diabetes can be difficult for even the most resilient people to handle as it forever alters one’s lifestyle.**

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 I would 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 include:**

- Ensuring client is educated
- Client understands how to educate others in their life about their diabetes and what would need to be done if the client was hypoglycemic or hyperglycemic
- Medical ID identification (i.e., bracelet or necklace)
- Notify family, friends, school, coaches, etc.
- Check glucose levels throughout exercise/sports
- Alcohol can cause hypoglycemia (if drinking, ensure someone trustworthy knows what to do if hypoglycemia occurs)
- How to injection insulin

- **Insulin dosing (calculating how much insulin to administer and estimating carbs at school) and how to properly store it**
- **Pumps and other devices used to help manage diabetes**

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

**The four primary types of movement disorders of Cerebral Palsy include spastic, dyskinetic, ataxic, and mixed.**

4. What is nephrotic syndrome?

**Nephrotic syndrome is a clinical state that includes massive proteinuria, hypoalbuminemia, hyperlipidemia, and edema. This syndrome affects male more than females, and preschool to school age more commonly. While the cause is unknown, it is thought that glomeruli stop working properly and become permeable to proteins and albumin due to some type of issue. This results in changes in osmotic pressure occur within intravascular spaces and extracellular edema occurs, especially in the abdomen. The Minimal Change Nephrotic Syndrome (MCNS) is the most common form as it is 80% of cases.**

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 is to control pain, preserve joint motion/function, and promote normal growth and development.**