

## 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.

I think it would be hard for a teenager to receive a diagnosis that is going to effect their everyday diet, and activities. I think it may be difficult for a teenager to grasp the severity of the diagnosis and how important it is to comply with the medication regimen. As a teenager, life is consumed with school, homework, extracurricular activities and socializing with friends. A diagnosis like diabetes that is going to alter their ability to participate in normal daily life and also take time away from their priorities is not going to be easily adjusted to. The social aspect may cause the teenager to be embarrassed about their diagnosis and not want to tell their friends which could be potentially dangerous if they get into a situation that requires and the friends are unsure of what to do. Exercise and alcohol consumption lower blood glucose, which are activities teenagers often take part in. This diagnosis may make them feel left out if they can't participate in what their friends are doing.

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.

Comply to the prescription/treatment regimen, monitor blood sugars consistently, carry carbohydrates on you at all times, pay special attention to blood glucose when participating in exercise or sports and if drinking alcohol as you can become hypoglycemic, wear a medication identification bracelet, teach friends about the signs and symptoms of hyper/hypoglycemia and what to do in an emergency, continue monitoring and insulin even if sick

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

Spastic, dyskinetic, ataxic, mixed

4. What is nephrotic syndrome?

Clinical state that includes massive proteinuria, hypoalbuminemia, hyperlipidemia, and edema. Affects male more, preschool to school age more commonly. Cause unknown.

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

Control pain, preserve joint motion/function, promote normal G&D