

## 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 don't think a teenager would handle the news of having diabetes pretty well. They may not fully understand diabetes and not understand why they have it. They may not realize how important it is to be compliant with their diet and med regimen. I can see it being challenging for them to be able to change their diet.

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.

I would make it a priority to teach the teenager to let all their close friends, coaches, school nurses, family, and teachers know that they have diabetes and teach them signs and symptoms they need to be aware of for signs of hypo and hyperglycemia. I would teach them to wear a medical alert bracelet so that in an emergency everyone would know he is a diabetic. I would teach them that exercise can cause hypoglycemia so it is important to have a carb. Even though they are a teenager I would educate on how alcohol can lower blood glucose.

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

The 4 types of movement disorders are spastic, dyskinetic, ataxic, and mixed.

4. What is nephrotic syndrome?

Nephrotic syndrome is a clinical state that includes massive proteinuria, hypoalbuminemia, hyperlipidemia and edema. It commonly effects preschoolers and school age kids. It occurs when the glomeruli stops working properly and becomes permeable to proteins and albumin due to some type of tissue.

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 include controlling pain, preserving joint motion/function, and promoting normal growth and development.

