

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 a teenage client who just got the news of being diagnosed with diabetes would struggle mentally with the diagnosis. Most children at this age are very concerned about what their peers think so the child may be very embarrassed and feel different than their other friends. Another big thing is they have to constantly monitor their sugar levels and at times give themselves insulin. This can affect their daily life or routine because if they are out with their friends or playing a sport, they still have to make sure they are monitoring and taking care of themselves. This can be a lot for a teenager since they want to fit in and might be embarrassed that they have to stop what they are doing at times to handle their diabetes.

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 educate the teenager on:

- The importance of checking sugars before breakfast, after meals, before and after exercise, and before bed.
- When to give insulin or the need of a snack (oj)
- The importance of sticking to a routine to ensure safety even if out with friends.
- Encourage allowing friends to know so they can better understand and help monitor.
- The importance of continuous monitoring before, during and after consuming alcohol.
- If giving insulin change sites every time
- Important foods to eat and monitor.

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

-Spastic -muscle stiffness and spasms

-dyskinetic – involuntary movements

- ataxic -affects balance and coordination

-mixed – both tightness and involuntary movements

4. What is nephrotic syndrome?

A disorder in which the body excretes too much protein due to a kidney disorder. This disorder can cause swollen ankles/feet, foamy urine, obesity and swelling around the eyes.

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

- Less pain
- Stay active with rest periods
- Water therapy, physical therapy, occupational therapy
- encouraged to attend school with rest periods
- Promote independence
- Heat relieves pain/stiffness
- Morning routine: wake up, take meds, rest for 1 hr, hot shower/bath, gentle ROM