

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 believe a teenage client diagnosed with diabetes would feel scared and nervous for their future. Diabetes is a scary condition and hard to manage and the teenager would need a good support system to help them manage and also understand the condition. Developmentally diabetes can affect them with research showing an associated risk with delay. If the teenager plays sports, is in band or clubs that include physical activity their insulin will have to be regulated to match energy expenditure and their team, coach and trainer will all have to understand signs and symptoms and hypoglycemia. Compliance can be hard in this age range as they may forget, are embarrassed or deny they have 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.

Monitor blood glucose daily and daily carb intake. Manage insulin levels before sports to prevent a sugar drop. Make sure people around you daily (friends, coaches, teachers, family) understands the signs and symptoms of a sugar drop, have snacks on them at all times incase it does occur. On weekends with friends avoid alcohol as it can mask signs and symptoms of being hypoglycemic and if going out make sure friends know what to look out for and what to do if something does occur. Essentially, manage blood glucose and have a plan in every scenario if sugar drops too far.

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

Spastic: Increased muscle tone causes muscle stiffness and increased difficulty walking (scissor like gait)

Dyskinetic: Uncontrollable movements can be slow or rapid and jerky. Muscle tone changes daily causing the uncontrollable movements.

Ataxic: Balance and coordination problems, unsteady walk

Mixed: More than one type ^^

4. What is nephrotic syndrome?

A kidney disorder that causes your body to pass too much protein into urine. Caused by small blood vessels in your kidneys being damaged.

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

Reduce child joint pain and prevent disability and further joint damage.

