

## 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 that a teenage client would not receive the diagnosis of diabetes well. Most teenagers are involved with extra-curricular activities such as sports. For an example, some sports such as football is a contact sport. If a teenager is responsible enough, they will most likely have an insulin pump. Insulin pumps can easily become dislodged and when they become dislodged insulin can properly be injected into the body. Teenagers are also at a stage where puberty is starting, forming relationships, and trying new thing good or bad. Teenagers can become self-consciousness and not take care of the blood sugar like they are supposed to. Treatment compliance issues become a big deal in the teenager years of life.
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.
  - Checking blood sugar before breakfast, lunch, dinner, and before participating in any after school sports
  - Count carbs to know how much insulin to give themselves
  - Be careful at parties if drinking alcoholic beverages because a lot of them have a lot of sugar
  - Eat foods with low carbs and low sugar contents
  - Give enough insulin in relation to how many carbs are being taken into control blood sugar
  - Always have a snack available in case blood sugar drops
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?
  - Unrealistic pain free life, but less pain is achievable, stay active, but rest often, promote independence, normal activities, support, morning routine: wake, take meds, rest ~1 hr, hot shower/bath, gentle ROM