

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 most likely have a hard time or need some assistance with their diagnosis of diabetes. This age is at a point of growth and development that body image is extremely prevalent and important. They may struggle to understand their diagnosis and consequently become embarrassed of it, needing emotional support. Teenagers may have difficulty being compliant with treatment because of their busy daily schedules and inability to remember all aspects of treatment. With proper teaching and support there should be improvement of compliance and acceptance of the diagnosis.

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 provide education on:

Understanding the diagnosis- What the function of insulin is in the body and how it is affected in diabetes.

Self-monitoring- educate on how to monitor their BG from anywhere, when to monitor.

Medication Management- Discuss insulin and its purpose, the importance of adherence to the medications.

Meal Planning- balanced health eating and how to count carbs to manage BG

Emergency preparedness- Provide information on signs to look out for pertaining to hypoglycemia.

School Support- Ensuring the school nurse and coaches know about the diagnosis and what to look out for.

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

1. Spastic: This is the most common form of the disorder. It involves spastic/ jerky/ repeated movements of the muscles.

2. Dyskinetic: Slow and uncontrollable jerky movements of the hands, feet, arms, or legs.

3. Ataxic: Affects balance and depth perception.

4. Mixed types: Symptoms are a mix of the three types.

4. What is nephrotic syndrome?

A kidney disorder that causes the body to pass an increased amount of protein through the urine. Usually caused by damage to the small blood vessels in the kidneys that filter waste and excess water from the blood.

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

Control inflammation, reduce the pain and stiffness, prevent joint and organ damage, preserve and improve joint function, achieve remission (little to no disease activity or symptoms).