

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.

A teenage client diagnosed with diabetes would most likely have a hard time with this news. It would feel like their world has been flipped upside down. This diagnosis will come with a lot of lifestyle changes which might be difficult for many teenagers to cope with and adjust to. For example, diet modifications, medication administration regularly, exercise considerations, and even use of new wearable medical devices. Compliance might be a concern for teenage clients due to not knowing the severity of the disease process or even due to an "I don't care" attitude. No matter the age, a new diagnosis is difficult, but in the teenage years it might come with some more challenges.

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.

It would be very important to teach them the signs and symptoms of hypoglycemia and hyperglycemia and ways to treat both! Teach about having a snack prior to sports practice to avoid hypoglycemia, and even carrying snacks throughout the day in their backpack in case their blood glucose levels are low. Along with snacks, carry diabetic medication needed for hyperglycemia as well or supplies for glucose monitoring. If this teen drinks at parties, it is important for them to know that while moderate amounts of alcohol may decrease your blood glucose, excess can cause it to drop to dangerous levels. Proper teaching can impact the safety of this teenage patient.

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

The four primary types of movement disorders of cerebral palsy are spastic, dyskinetic, ataxic, and mixed.

Spastic: the muscles are stiff and tight, making movement difficult. It can affect one or both sides of the body, or all four limbs and the trunk.

Dyskinetic: the muscles make involuntary movements, such as twisting, jerking, or writhing. It can affect the limbs, face, and mouth.

Ataxic: balance and coordination are impaired, causing shaky or unsteady movements. It can affect the whole body or just the legs.

Mixed: a combination of two or more types of cerebral palsy. The most common mix is spastic and dyskinetic.

4. What is nephrotic syndrome?

Nephrotic syndrome is a 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?

Unfortunately, there is no cure, however the goals of therapy is to control pain, preserve joint motion/function, and promote normal growth and development.