

## 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 don't think a teenage patient would handle the diagnosis of diabetes well. I think they would understand it, making it a bit better, but teenagers have lots that could impede their mindset during this diagnosis. Teens have sports that require extra education in regulating blood sugar, as well as trying to "fit in" in school so they may be less compliant with treatments.

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 prioritize educating on regularly checking blood sugars before, during, and after exercise as well as keeping snacks in their sports bag that could quickly replenish their sugar if needed. If they are partying with friends on the weekends, I would reinforce the importance of compliance, and if there were to be alcohol involved, educating on how alcohol drops blood sugar so making sure to appropriately regulate insulin and food intake.

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

Spastic, dyskinetic, ataxic, and mixed

4. What is nephrotic syndrome?

The nephrotic syndrome includes massive proteinuria, hypoalbuminemia, hyperlipidemia, and edema caused by the glomeruli not working. This causes changes in the osmotic pressure within IV spaces, causing extracellular edema in the abdomen.

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

The major goals of management are controlling pain realistically long term, preserving joint motion and function, and promoting normal growth and development as much as possible.