

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 a teenager would struggle with an adjustment to diabetes because it would alter their thought of self and could cause insecurity. Diabetes can interfere with many aspects of life for a teenager. If a teenager now has to stop playing basketball during practice to check their blood sugar, or if they have to go to the nurse before every lunch period to get their insulin. These interruptions are not only inconvenient to a teenager, but also can be embarrassing. A teenage girl going to homecoming might feel some type of way about wearing a Dexcom on her arm for pictures. They are also likely to be compliant because they can understand the complications of not following their needed regimen.

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.

- always have candy on you for hypoglycemic event
- recognize signs and symptoms of hypo/hyperglycemia
- ensure people around you know that you have diabetes in case of an emergency
- Alcohol can lower your blood sugar
- During exercise, check your BS every 15 minutes because you can become hypoglycemic

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

1. Spastic CP: high muscle tone (causes stiffness and exaggerated movements)
2. Dyskinetic CP: uncontrollable movements
3. Ataxic CP: Low muscle tone causes Frequent falls, a wide-based gait, speech difficulties, intention tremors, trunk instability
4. Mixed CP: when a pt. experiences symptoms from two different kinds of CP (Spastic-dyskinetic)

4. What is nephrotic syndrome?

A condition results from excreting too much protein in urine due to a kidney disorder. This causes swelling in ankles, feet and around eyes, foamy urine, obesity, and fatigue.

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

- Stay active
- Attend school
- Promote independence,

