

Covenant School of Nursing
Instructional Module 5 Learning Guide
Topic: Growth and Development

Learning Goals/Outcomes
Upon completion of this lesson, you will be able to: • Describe the physical changes that occur in each developmental phase. • Understand normal growth and development, dental health, nutrition, language, play, sleep, and limit setting in children from infancy through adolescence. • Provide anticipatory guidance to parents regarding the common parental concerns during each developmental phase. • Understand Erikson's Psychosocial Theory, Piaget's Cognitive Theory, Freud's Psychosocial Theory, and Kohlberg's Theory of Moral Development.
Pre-Class Preparation
Required: • Hockenberry 10th Ed. : Developmental Theorist: Chapter 3: p. 44-46 (Theoretical Foundations of Personality Development, Theoretical Foundations of Cognitive Development) Table 3-2 Infant: Chapter 9: p. 321 – Family Centered Care (Feeding During First Year); p. 322-323 – Box 9-1; p. 325 – Table 9-2; Chapter 10: p. 344 – Table 10-1. Toddler: Chapter 11: p. 357 – Box 11-1; p. 371-372 – Table 11-2; p. 377-378 – Family Centered Care (Guidance During Toddler Years). Preschooler: Chapter 12: p. 391 – Family Centered Care (Guidance During Preschool Years). School-age: Chapter 14: p. 444 – Table 14-2; p. 445 – Family Centered Care (Guidance During School Years). Adolescence: Chapter 15: p. 460 – Box 15-3 p. 464 – Family Centered Care (Guidance During Adolescence). Additional Resources: • HESI Clinical Skills: Skills for Nursing Collection: Neonatal Collection, Maternal Newborn Collection, and Pediatrics Collection
Learning Activities
Classroom Activities: • Discussion/Group Activity • Lecture • Practice questions Laboratory/Clinical Activities: • Care of the pediatric patient in the clinical setting (PED, PICU, Pediatric floor) • Clinical paperwork Out of Class Activities: • none
Evaluation Methods
• Unit Exam • HESI Specialty Exam-Pediatric Nursing

<i>Texas DEC's</i>	<i>QSEN Competencies</i>
Knowledge: IIB4; IIB8; IIC4a; IIE1a; IIE12; IIG1a,b ; IIB1a,b; Clinical Judgement: IIE3b; IIE9; IIG2a, b; IIG5a, b; IIB1; IVA1; IVB3c;	Safety, Evidence Base Practice
<i>IM Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
2, 3, 7, 8	Health Promotion and Maintenance: Developmental Stages and Transitions, Health Promotion/Disease Prevention Safe and Effective Care Environment: Management of Care: Collaboration with Interdisciplinary team, Safety and Infection Control: Accident/Error/Injury Prevention, Home Safety Physiological Integrity: Basic Care and Comfort: Nutrition and Oral Hydration, Rest and Sleep
<i>Concepts</i>	<i>Faculty</i>
<i>Human Development, Nutrition, Safety, Sleep, Cognition, Communication, Health Promotion, Evidence Based Practice</i>	Brittany Haynes MSN, RNC-NIC Jodi Tidwell MSN, RNC-NIC
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