

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

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.
- Discuss discharge teaching for the newborn
- Choose general guidelines for preparing children for procedures, including surgery.
- Integrate appropriate developmental techniques when interacting with a pediatric patient
- Implement safety measures in selected procedures (i.e. pediatric medication administration, circumcision, dosage calculations)
- Recognize expected normal assessment findings for children of various ages (newborn-18yo)

Pre-Class Preparation

Required:

- Hockenberry 11th Ed. : **Developmental Theorist: Chapter 3:** p. 43-46 (Theoretical Foundations of Personality Development, Theoretical Foundations of Cognitive Development) Table 3.2 **Infant:** Chapter 9: p. 305 – Family Centered Care (Feeding During First Year); p. 309 – Table 9.2 Common Infant Injuries; Chapter 10: p.331 - Table 10.2 Epidemiology of Sudden Infant Death Syndrome **Toddler:** Chapter 11: p. 356-357 Table 11.2; (Injury Prevention in Early Childhood) **Preschooler:** Chapter 12: p. 376 (Injury Prevention); Chapter 13: p.383 (Emergency Treatment: Poisoning) **School-age:** Chapter 14: p. 413 (Injury Prevention); p.414 Table 14.2 (Injury Prevention During the School-Age Years) **Adolescence:** Chapter 15: p. 430 – Box 15.3 (Injury Prevention During Adolescence)
- Hockenberry 11th Ed.: **Newborn:** Chapter 7: p. 178 Table 7-1 Infant Evaluation at Birth – Apgar Scoring System, p. 191-194 Table 7-4 Physical Assessment of the Newborn, p.195-200, p. 198 Box 7.4 Risks and Benefits of Neonatal Circumcision. p. 208 Family Centered Care – Discharge Criteria **Child:** p.75 - Table 4-2 Age Specific Approaches to Physical Assessment during Childhood p.81-108, p. 558 Box 20-1 Play Activities for Specific Procedures, p. 556 Selecting Nonthreatening Words or Phrases, p. 560 Table 20-3 Potential Causes of Postoperative Vital Sign Alterations in Children, p. 574- 587, p.584 Table 20-5 Nursing Care Guidelines: Intramuscular Administration of Medication, p. 590 - 598

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:

- IV Push/IVPB Lab
- Care of the pediatric patient in the clinical setting (PED, PICU, Pediatric floor)
- Clinical paperwork

Out of Class Activities:

Evaluation Methods

- Unit Exam
- HESI Specialty Exam-Pediatric Nursing

<i>Texas DECs</i>	<i>QSEN Competencies</i>
<p>Knowledge: IA 4; IIA 2a, b c; IIB8; IIC4a; IIB1a,b; IA 4; IIA 2a, b c ; IIB 1, 2, 4, 8; IIC 3; II C 4a, b; II C 6; II C 7; IID 1a;II D 3a, b; IIE1a; IIE12; IIG1a,b; IIB 1a, 1b, 1c; IV B 1a; IV C 3</p> <p>Clinical Judgement: IIA 1, 2a, b, c IIB 1,2, 3a, 5; IIC 1-2; IIE3b; II E 6 a, b, c, d; IIE9; IIF 1a, b, c; II F 2a, b; IIG 1, IIG2a, b; IIG5a, b,6; IIB 1, 2, 3a, 3b, 5; IV A 1; IV B 5a, b</p>	<p>Patient Centered Care, Safety, Evidence Based Practice</p>
<i>IM Student Learning Outcomes</i>	<i>NCLEX Test Plan</i>
<p>1 2, 3, 4, 7, 8</p>	<p>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 Techniques of Physical Assessment Newborn Care Physical Integrity: Medication Administration Basic Care/Comfort: Nutrition/Oral Hydration Pharm & Parenteral Treatment: Central lines Safe & Effective Care: Informed Consent Reduction of Risk Potential: Changes/Abnormal vital signs Potential for alteration in body systems Physiological Adaption: alteration in body systems</p>
<i>Concepts</i>	<i>Faculty</i>
<p><i>Human Development, Nutrition, Safety, Sleep, Cognition, Communication, Health Promotion, Evidence Based Practice, Oxygenation, Elimination Thermoregulation, Tissue Integrity Coping, Sensory/Perception, Safety</i></p>	<p>Brittany Haynes MSN, RNC-NIC, CNE Jodi Tidwell MSN, RNC-NIC</p>
<i>Date originated:</i>	<i>Revision Dates:</i>
<p>4-28-16</p>	<p>/4/26/17, 10/23/17, 5/31/18, 11/19/19, 4/15/21, 8/1/23, 10/11/23, 03/4/24</p>

