

N433 Exam 1 Study Guide

Fall 2021

Material that is covered on the exam includes assigned readings in the text, ATI, lecture presentations, and your notes. Medication calculation will be on the exam. Reviewing the care plans at the end of each chapter will assist you in identifying appropriate nursing actions in the given scenarios. This study guide is not all inclusive but will help you focus on review for the exam.

13 questions will be alternative item (med math, hot spot, picture, etc.)/select all that apply

Text	ATI
Ch. 25: Growth and Development Infants	Ch. 3
Ch. 26: Growth and Development Toddlers	Ch. 4
Ch. 27: Growth and Development Preschool	Ch. 5
Ch. 28: Growth and Development School-Age	Ch. 6
Ch. 29: Growth and Development Adolescents	Ch. 7

The following principles are over-arching themes throughout the course. Understanding these topics is necessary for continued success on future exams as tenets of care delivery for the pediatric population are based on growth and development and providing education to families.

- Principles and implications of physical development for infants, toddlers, preschoolers, school-age, and adolescents
- Principles and implications of cognitive development for infants, toddlers, preschoolers, school-age, and adolescents
 - Piaget
- Principles and implications of psychosocial development for infants, toddlers, preschoolers, school-age, and adolescents
 - Erikson
- Health promotion, anticipatory guidance, and safety for infants, toddlers, preschoolers, school-age, and adolescents

Newborns and Infants (0-12 months): Appx. 26% of the exam

1. Order of Erikson and Piaget stages from infancy--adolescence
2. Respiratory assessment in newborns
3. Example of cephalocaudal development
4. Example of proximodistal development
5. Safe sleep/SIDS risk reduction
6. Gross motor development in 10-month old
7. Identify when the following reflexes should disappear
 1. Palmar reflex
 2. Babinski reflex
 3. Moro reflex
8. Stranger and separation anxiety
9. Promoting growth and development

10. Understand the principles of object permanence
11. Addressing developmental concerns
12. Appropriate diet for infants
 - a. Introducing new foods
13. Weight gain throughout infancy
 - a. 6 months:
 - b. 12 months:
14. What age do the fontanelles close?
 - a. Posterior fontanel
 - b. Anterior fontal
15. Car seat safety

Toddlers (1-3): Appx. 22% of the exam

1. Identify appropriate physical milestones of an 18-month old
2. Erikson and Piaget stages
3. Age Appropriate Activities
4. Promoting safety
 - a. Car seat safety
 - b. Foods to avoid
 - c. Sun protection
 - d. Injury prevention
5. Appropriate discipline
6. Addressing developmental concerns
7. Identifying S/S of developmental delays
8. Safe food choices for a toddler
9. Understand parallel play

Preschoolers (3-6): Appx. 22% of the exam

1. Erikson and Piaget stages
2. Age Appropriate Activities
 - a. Promoting safety
 - b. Car seat safety
3. Skill development
 - a. Age appropriate activities
 - b. Cognitive skills
 - c. Motor skills
 - d. Social skills
4. Addressing developmental concerns
5. Addressing preschooler fears
6. Identifying S/S of developmental delays
7. Identify examples of magical thinking
8. When do children develop modesty?
9. Identify the importance of routines
10. Identify tasks the preschooler can complete independently

School-Age (6-12): Appx. 8% of the exam

1. Erikson and Piaget stages

2. Organ system maturation
 - a. Prepubescence and puberty
3. Physical growth
4. Skill development
 - a. Age appropriate activities
 - b. Cognitive skills
 - c. Motor skills
 - d. Social skills
5. Nutritional needs and prevention of obesity
6. What is the relationship between school age children and their peers?

Adolescents (12-20): Appx. 16% of the exam

1. Erikson and Piaget stages
2. Organ system maturation
 - a. Organ maturation in the adolescent
3. Skill development
 - a. Age appropriate activities
 - b. Cognitive skills
 - c. Motor skills
 - d. Social skills
4. Age Appropriate Activities
5. Promoting safety
 - a. Leading cause of adolescent injuries
 - b. Leading cause of death in adolescents
6. Compare parent-child relationships throughout ages
7. Identify risk factors for suicide in adolescents
8. Sleep needs during adolescence
9. What is the relationship between adolescents and their peers?