

## N433 Exam 1 Concept Review

### Summer 2023

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 (2%). Reviewing the nursing process in each chapter will assist you in identifying appropriate nursing actions in the given scenarios. This concept review is not all-inclusive but will help you focus on key topics for the exam.

<b>Text</b>	<b>ATI</b>
Ch. 25: G&D Infants	Ch. 3: Health Promotion of Infants (2 Days to 1 Year)
Ch. 26: G&D Toddlers	Ch. 4: Health Promotion of Toddlers (1 to 3 Years)
Ch. 27: G&D Preschool	Ch. 5: Health Promotion of Preschoolers (3 to 6 Years)
Ch. 28: G&D School-age	Ch. 6: Health Promotion of School-Age Children (6 to 12 Years)
Ch. 29: G&D Adolescents	Ch. 7: Health Promotion of Adolescents (12 to 20 Years)
Ch. 32: Health Assessment	Ch. 2: Physical Assessment Findings

The following 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) - 24%:**

1. Erikson and Piaget stages
2. Organ system maturation
3. Motor and sensory development
  1. Reflexes
4. Communication and language development
5. Stranger and separation anxiety
6. Promoting growth and development
7. Types of play
8. Age Appropriate Activities
9. Safety
10. Dentition and Nutritional concerns
11. Addressing developmental concerns
  1. SIDS
12. Weight gain throughout infancy

**Toddlers (1-3) and Preschoolers (3-6) - 30%:**

1. Erikson and Piaget stages
2. Organ system maturation
3. Physical growth
4. Motor and sensory development
5. Communication and language development
6. Promoting growth and development
7. Age Appropriate Activities
8. Promoting safety
  - a. Car seat safety
  - b. Types of foods to avoid choking
  - c. Injury prevention
9. Appropriate discipline
10. Moral and spiritual development
11. Dentition
12. Addressing developmental concerns
  - a. Preparing for school
13. Identifying S/S of developmental delays
14. Key terms:
  - a. Separation anxiety
  - b. Temper tantrums
  - c. Regression
  - d. Parallel play
  - e. Egocentrism
  - f. Telegraphic speech
  - g. Imaginary friend
  - h. Magical thinking
  - i. Negativism
  - j. Imitation
  - k. Fears
  - l. Modesty

**School-Age (6-12) and Adolescents (12-20) - 28%:**

1. Erikson and Piaget stages
2. Organ system maturation
  - a. Prepubescence and puberty
3. Physical growth
4. Motor skill development
  - a. Age appropriate activities
5. Dental development
6. Nutritional needs and prevention of obesity
7. Communication and language development
8. Emotional, moral, and spiritual development
  - a. Peer groups
9. Types of play
10. Age Appropriate Activities

11. Promoting safety
  - a. Anticipatory guidance, significant risks, etc.
  - b. Leading causes of death and injuries
12. Compare parent-child relationships throughout ages
13. Identify common developmental concerns
14. Sleep Needs
15. Identify S/S of developmental delay
16. Key terms (school-age)
  - a. Industry
  - b. Inferiority
  - c. Prepubescence
  - d. Principle of conservation
  - e. School refusal
  - f. Self-esteem

#### **Health Assessment - 10%**

- Know age-appropriate ways to assess vital signs/body systems
  - Consider Erikson and Piaget stages of development
- Review when infant reflexes and when they are present and when they should disappear
- Review principles of health assessment in children, specifically respiratory, cardiac, and ears
- Know the normal ranges for vital signs for different ages
  - **There is variation in vital signs ranges in the text and ATI. Please use the textbook for these values**
- Know how to weigh and measure an infant's length
- Nursing implications related to the circulatory assessment of a limb
- Know the importance of play for child growth and development