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Unit 7 Essay Questions

Question #18 (Ch. 14)

Personally, I have never known anyone who suffered from night terrors myself, but I have heard stories through friends and family of people they've lived with that had them. It was incredibly common for them to wake up from the screams and talking that happened to them while they were living with someone with night terrors. Night terrors typically occur in the first few hours of sleep and consist of sudden episodes of fear and anxiety, this causes children to scream, cry, and appear extremely distressed. They often have sweating, trembling, and a rapid heartbeat and breathing pattern.

If a child is refusing to sleep in their own bed, a good strategy would be trying to make them feel safe and secure in their room first. Something you can do is add a nightlight or a stuffed animal to make it feel more homely and comfortable. Another method is trying to ease them back into sleeping in their room over time. The parent can sleep on a cot or air mattress and slowly move back to their own bed once the child feels comfortable on their own. As a child, I remember my mom doing these things when I was too afraid to sleep on my own, they definitely calmed my anxieties about sleeping in my room. These are all strategies that Holly's parents could implement for her in order to ease her night terrors.

Question #13 (Ch. 14)

Child abuse is a blanket term for any mistreatment, harm, or neglect of a child that can result in physical, psychological, or emotional harm. This harm can be short term and long term and oftentimes is both, often manifesting long term into adulthood.

The two most prominent forms of maltreatment of children are psychological and sexual abuse. Psychological abuse comes in the form of behavior that undermines a child's self-esteem or well-being, this can come in criticism or verbal threats to name a few examples. Sexual abuse involves sexual acts between a child and adult, examples are inappropriate touching or full on penetration.

Both forms of childhood abuse are very detrimental to an individual and often lead into adulthood in the forms of various negative manifestations. Behavioral problems such as aggression or self-destructive behavior are incredibly common and often lead to substance abuse or other unhealthy coping mechanisms. Risky behaviors such as promiscuity, criminal activity, or substance abuse are also multiplied in adults with childhood trauma.

Question #6 (Ch. 14)

Conduct disorder is present in childhood and young adulthood where the individual has a behavioral pattern of constantly acting outside social norms and expectations of others. The disorder is caused by genetic, environmental, and psychosocial factors that contribute to the development of it.

The most prominent cause of conduct disorder is the child's environment, things such as bad parenting, trauma, abuse, and exposure to violence can predispose a child to develop conduct disorder. It might develop as a response to these things and as a subconscious way of the child having a coping mechanism and putting their heart on ice for the ugly side of the world they have seen.

Psychosocial traits can also increase the risk of conduct disorder being developed, characteristics in a child such as low self esteem, impulse control, poor

social skills, and difficulty regulating emotions may cause a child to have higher risk of developing conduct disorder.

Question #18 (Ch. 14)

The impairments in social cognition and theory of mind cause people with autism to have difficulty inferring other people's thoughts and feelings. There is a difficulty in social cognition and theory of mind due to the reduced brain connectivity and social processing skills. Social interactions become difficult because the individual with autism quite literally lacks the capacity to form any sort of meaningful relationship with anyone else. The video explained it nicely, the child wasn't able to form relationships because he was so focused on himself.

The increase in autism diagnoses can be attributed to several factors, this can be due to the recognition of autism by healthcare providers and parents. As time goes on people become more familiar with the signs of autism and are more likely to seek out a diagnosis. Additionally, environmental factors may be contributing to the rise of autism such as environmental toxins, and genetic predispositions. More research should be done on these factors in order to fully understand them.

Question #34 (Ch. 15)

Substance abuse among the elderly is relatively low compared to the abuse rates of younger ages. Young men under thirty are roughly four times more likely to abuse alcohol than men above sixty five, however, it is worth noting that there is a population of the elderly that abuse alcohol, for these people treatment is exactly how it is for the younger generation.

The most prominent substance abuse problem in the elderly is the misuse of drugs that are prescribed, and most often it is unintentional. This makes sense considering the older population is more at risk of confusion and decreased senses, confusing drugs and mixing them up with other things has an incredibly high chance of occurring. Physicians are also guilty of being part of the problem, it has been proven that it is commonplace for them to accidentally give the elderly the wrong prescription or mix them up.

Question #37 (Ch. 15)

The patient progressed to late stage Alzheimer's, this is noted through her complete lack of mental clarity and lack of cognitive function for the most part. Based on the video I can say that Alzheimer's affects the individuals loved ones terribly because it basically causes the death of them. The video showed how distraught the lady's family members were at her progression. Personally, I have seen friends with family members with Alzheimer's so I understand how devastating it is. The individual with it becomes a shell of the person they used to be, their memories and their entire identity is thrown to the wayside due to the mental and cognitive dysfunction the disease causes. It is an incredibly painful thing to go through watching somebody mentally deteriorate, it causes the death of the person you knew them as which is hard to swallow.

Question #32 (Ch. 15)

Unlike substance abuse problems, the elderly actually have higher rates of psychotic symptoms than younger people. Most often they are caused by underlying health conditions that involve the neurocognitive functions. Cognitive impairments are a common cause for psychotic disorders in the elderly. One of the most common

psychotic disorders developed later in life is delusional disorder, this is characterized by thoughts that are ultimately untrue and rooted in delusion. Examples of these thoughts are believing that family members are planning their downfall. They believe that everyone is out to get them so they become agitated and combative as a coping mechanism for their irrational thoughts and fears. It is not clear why the elderly are prone to developing delusional disorder, however, it may be attributed to the loss of cognitive function and deficiencies in important senses such as hearing. It may come as a response to the body's natural aging process.

Question #27 (Ch. 15)

In the twenty-first century, discrimination against the elderly has become a common practice, even though it is not widely acknowledged. Discrimination is often worse when you are an elderly minority, or an elderly female. Clinicians must be cognizant of elderly discrimination in care facilities in order to provide quality care and treatment.

Some of the sources that cause discrimination against the elderly include language barriers, the distrustment of the majority establishment, and the necessity of long-term care in many elderly patients. Minority groups in the United States are already at a high risk for discrimination due to the fundamental difference they have from the majority, being an elderly minority only contributes to this increased risk of discrimination. The fact that minority elderly people tend to live with families instead of institutionalized care facilities speaks volumes to the distrustment and fear of being discriminated against for being elderly. Lastly, long-term care facilities can brew

discrimination because the workers may be resentful due to the high amount of care that is required when caring for the elderly.