

LINCOLN MEMORIAL UNIVERSITY
School of Nursing
N245 – Summer 2010

Unit 1 -- Health Promotion of the Pediatric Patient (Exams 1 & 2)

OBJECTIVES: Upon completion of the unit, the student will be able to demonstrate, in the clinical and campus lab setting, in individual and group conferences, and on written materials, the ability to:

1. Identify factors that influence the health of children.
2. Describe the processes of growth and development.
3. Demonstrate understanding of communication with children and families.
4. Explain general approaches used when assessing the child.
5. Identify major changes in the biologic, psychosocial, cognitive, and social development in childhood.
6. Discuss health care promotion and family education needs for the different stages of childhood.
7. Identify common health care problems that occur during early and late childhood, and discuss their management.
8. Discuss safety needs for children and methods of injury prevention for the different stages of childhood.
9. Identify stressors and coping strategies for the child and family related to hospitalization during childhood.
10. Identify reactions and coping strategies for the child and family related to chronic illness and disability and death during childhood.
11. Describe nursing interventions associated with the care of children.

TOPICAL OUTLINE

Part A (Exam 1)

- I. Hospitalization (LAB)
 - a. Child-Centered Environment
 - b. Parent Reaction to Hospitalization
 - i. Influences on Reactions
 - ii. Strategies to Minimize Stressors
 - iii. Coping Styles of Parents
 - c. Nursing Interventions
 - d. Communicating with Children and Families
 - i. Developmental Considerations
 - ii. Preparation for surgery / procedures
 - e. Assessment of the Child
 1. Growth Measurement
 2. Vital Sign Assessment
 3. Physical Assessment
 4. Developmental Assessment / Denver II
 5. Transporting
 6. Urine Specimen Collection
 7. Medication Administration
 - a. Safe Dosage Calculation
 - b. Developmental Considerations
 - f. Pain Management
 - g. Fever Management
 - h. Discharge Teaching
- II. Principles of Growth and Development
 - a. Stages of Development
 - b. Patterns of Growth and Development
 - c. Biologic Growth and Physical Development
 - d. Physiologic Changes
 - e. Temperament
 - f. Theoretic Foundations of Personality Development
 - g. Theoretic Foundations of Mental Development
 - h. Development of Self-Concept
 - i. Role of Play in Development
 - j. Selected Factors that Influence Development
- III. Influences on Growth and Development
 - a. Culture
 - b. Cultural and Religious Influences on Health Care

- IV. Nursing Care of the Infant
 - a. The Well Infant
 - i. Growth and Development
 - 1. Biologic Development
 - 2. Psychosocial Development
 - 3. Cognitive Development
 - 4. Development of Body Image
 - 5. Social Development
 - 6. Coping with Concerns r/t Normal Growth and Development
 - ii. Health Promotion
 - 1. Nutrition
 - a. The First 6 months
 - b. The Second 6 months
 - c. Selection/Introduction of Solid Foods
 - d. Weaning
 - 2. Sleep and Activity
 - 3. Dental Health
 - 4. Immunizations
 - 5. Safety
 - a. Aspiration of Foreign Objects
 - b. Suffocation
 - c. Motor Vehicle Injuries
 - d. Falls
 - e. Poisoning
 - f. Burns
 - g. Drowning
 - h. Bodily Damage
 - i. Nurse's Role in Injury Prevention
 - 6. Discipline
 - b. The Hospitalized Infant
 - i. Reactions to Hospitalization
 - ii. Strategies of Care
 - c. The Infant with Health Problems
 - i. Colic
 - 1. Therapeutic Management
 - 2. Nursing Care Management
 - ii. Failure-to-Thrive
 - 1. Diagnostic Evaluation
 - 2. Therapeutic Management
 - 3. Prognosis
 - 4. Nursing Care Management
 - iii. Sudden Infant Death Syndrome (SIDS)
 - 1. Etiology
 - 2. Nursing Care Management
 - iv. Apnea of Infancy
 - 1. Diagnostic Evaluation
 - 2. Therapeutic Management
 - 3. Nursing Care Management
- V. Nursing Care of the Toddler
 - a. The Well Toddler
 - i. Growth and Development
 - 1. Biologic Development
 - 2. Psychosocial Development
 - 3. Cognitive Development
 - 4. Spiritual Development
 - 5. Development of Body Image
 - 6. Social Development
 - 7. Coping with Concerns r/t Normal Growth and Development
 - a. Toilet Training
 - b. Temper Tantrums
 - ii. Health Promotion
 - 1. Nutrition

- a. Nutritional Counseling
 - b. Dietary Guidelines
 - 2. Sleep and Activity
 - 3. Dental Health
 - 4. Safety
 - a. Motor Vehicle Injuries
 - b. Drowning
 - c. Burns
 - d. Poisoning
 - e. Bodily Damage
- b. The Hospitalized Toddler
 - i. Reactions to Hospitalization
 - ii. Post Hospitalization Effects
 - iii. Strategies of Care

Required Readings:

Wong, Donna, L., et al. (2001). *Wong's essentials of pediatric nursing*. (8th ed.) St. Louis: Mosby, Inc.

Exam 1 (Part A): Chapters: 4, 5, 10, 11, 12, 13 (focus on topics covered in topical outline)

Lab Day: Chapters 3, 6, 7

Kee, J. L., Hayes, E.R., & McCuiston, L.E. (2006). *Pharmacology: A nursing process approach* (6th ed.). St. Louis: Mosby.

Exam 1 (Part A): pg 42, pp 108-117, Chapter 10

TOPICAL OUTLINE

Part B (Exam 2)

- I. Nursing Care of the Preschooler
 - a. The Well Preschooler
 - i. Growth and Development
 - 1. Biologic Development
 - 2. Psychosocial Development
 - 3. Cognitive Development
 - 4. Moral Development
 - 5. Spiritual Development
 - 6. Development of Body Image
 - 7. Development of Sexuality
 - 8. Social Development
 - 9. Coping with Concerns r/t Normal Growth and Development
 - a. Preschool and Kindergarten Experience
 - b. Sex Education
 - c. Fears
 - ii. Health Promotion
 - 1. Nutrition
 - 2. Sleep and Activity
 - 3. Immunizations
 - 4. Safety
- II. The Hospitalized Preschooler
 - i. Reactions to Hospitalization
 - ii. Post Hospitalization Effects
 - iii. Strategies of Care
- III. Health Problems of Early Childhood
 - i. Infectious Disorders
 - 1. Communicable Diseases
 - a. Varicella (Chickenpox and Shingles)
 - b. Mononucleosis
 - c. Pertussis (Whooping Cough)
 - 2. Intestinal Parasites
 - a. Pinworms
 - b. Giardiasis

- ii. Poisoning
 - 1. Principles of Treatment
 - 2. Common Types
 - 3. Lead Poisoning
- IV. Nursing Care of the School-Aged Child
 - a. The Well School-Aged Child (Case Study)
 - i. Growth and Development
 - ii. Health Promotion
 - 1. Nutrition
 - 2. Dental Health
 - 3. Safety
 - b. The Hospitalized School-Aged Child (Case Study)
 - i. Reactions to Hospitalization
 - ii. Strategies of Care
- V. Nursing Care of the Adolescent
 - a. The Well Teenager (Case Study)
 - i. Growth and Development
 - ii. Health Promotion
 - 1. Nutrition
 - 2. Safety
 - b. The Hospitalized Teen (Case Study)
 - i. Reactions to Hospitalization
 - ii. Strategies of Care
- VI. Nursing Care of the Child with Chronic Illness
 - a. Impact on Family / Society
 - b. Impact on Child
 - c. Goals / Management Strategies
- VII. Nursing Care of the Child with Special Needs
 - a. Cognitive Impairment (Down Syndrome)
 - b. Multiple Disabilities
 - c. Death and Dying

Required Readings:

Wong, Donna, L., et al. (2001). *Wong's essentials of pediatric nursing*. (8th ed.) St. Louis: Mosby, Inc.

Exam 2 (Part B): Chapters: 13, 14, 15, 16, 17, 18, 19, 20, 21, 22 (focus on topics covered in topical outline)

Kee, J. L., Hayes, E.R., & McCuistion, L.E. (2006). *Pharmacology: A nursing process approach* (6th ed.). St. Louis: Mosby.

Exam 2 (Part B): pp. 933-935, 482-484