

U C L A

Health System

ADOLESCENT AGE SPECIFIC

Self Learning Module

For Clinical Staff

Revised 6/10 Theresa Kirkpatrick, RN, MSN, CCRN, CPNP
Kateri Tobias, RN, BSN

Adolescent Age Specific Self Learning Module

Instructions:

- Review the objectives
- Read the module content
- After reading the module, please go to Mosby's Skills and complete the Self Learning Adolescent Age Specific Post Test.

Course Objectives:

At the conclusion of this learning module, the learner will:

1. State normal Growth and Development, vital signs and other health measures for an adolescent.
2. Describe how an adolescent will react to hospitalization.
3. Identify 3 common problems in adolescents.
4. Explain the pre-op teaching methods in preparing an adolescent for knee surgery.

CARE OF THE ADOLESCENT PATIENT

ADOLESCENTS: 12-18 Years old

Key Points to Consider:

Growth and Development

The adolescent:

- Thrives for independence and role identity.
- Peers are extremely important and look to them for approval and support.
- Questions his role in this society, what his future will be and looks for role models.
- Is an abstract thinker, looks for information and asks questions
- Enjoys talking with his peers on the phone, texting, social networking sites, etc.

Effects of hospitalization:

- In hospital setting resists authority figures and thrives for independence and control.
- Misses his friends and daily routines. Feels he is missing his group activities.
- Extremely self-absorbed in self-image and appearance. Loss of hair, wearing a colostomy bag could be devastating for the adolescent.
- Concerned that illness will alter his relationships with his peers.

How to Help the Hospitalized Adolescent:

- Try to find a balance of his need of independence, control and nursing care that has to be provided. Negotiate a schedule for treatments, medications, daily routine and follow the set schedule.
- Provide privacy.
- Involve him in discussing and making decisions about his care.
- Based on his emotional maturity, provide information about his care.
- Provide an open communication to discuss his concerns if it were loss of peer relationships, physical limitations or dying.
- Involve the child development staff in helping the adolescent to cope with changes and problems.

Physical Growth and Health Measurements:

- Pulse is almost like an adult, 60-65 per minute, respirations to 18-20 and blood pressure rises to adult levels.
- Secondary sexual development is completed by age 18 for both sexes.
- Urine output and respiratory tidal volume reaches the adult parameters.
- Requires additional calories for muscle and bone development.
- Thrives on fast foods, such as pizza, hamburgers, chips, etc.
- Enjoys staying up late and sleeping in the morning, due more to a physiologic need rather than preference

Common Problems:

- Acne Vulgaris
- Teen pregnancies
- Substance Abuse; drugs, alcohol, tobacco
- STDs
- Suicide and motor vehicle accidents
- Antisocial gang activities
- Rape-Dating Violence

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