

## Unit 14 Study Guide Mat/Ped

### Linnard-Palmer Ch 22 & 23

Linnard-Palmer, L. & Coats, G. H. (2021). *Study Guide for Safe Maternity & Pediatric Nursing Care, 2<sup>nd</sup> Ed.* F.A. Davis, Philadelphia, Pa

Study Guide Workbook Ch. 22 & 23

### **Chapter 22: Health Promotion of the Adolescent**

1. **CONCEPTUAL CORNERSTONE**
2. **Health, Wellness, and Illness:**
3. Teenagers face many social pressures concerning experimentation with drugs, alcohol, and sexuality and their decisions about these pressures influence their health.
4. Anticipatory guidance is given to teens and their family concerning adolescent milestones and expectations of behaviors
5. When interacting with teens, families, and the community, the nurse can help to shift negative perspectives and illuminate the positive aspects of working together to teach, nurture, support, protect, and guide the teen through his or her journey.
6. Creating open communication is one of the most important aspects of working with adolescents.
7. It is important to assess the adolescent and his or her family for all the influences that can affect health-care decision-making.
8. **Growth & Development of the Adolescent:** The frontal lobe neurons become fully myelinated and allow for more critical thinking and reasoning
9. **Physical Growth and Development:** he rapid skeletal growth (Table 22.1), usually beginning at about 10 to 12 years for girls and 12 to 14 years for boys, finishes at about the teen's 17th year
10. **Nutrition:**
11. **Calcium:** to build strong bones teens need to consume adequate dietary calcium.
12. **Spinach:** 240mg per 1 cup serving
13. During the adolescent growth spurt, teens need education about proper diet to match their nutritional needs and their hunger. The teenage years are marked with an increased need for protein, calcium, zinc, and iron. Overall caloric intake should be based on activity level. Teens need to eat a nutritional breakfast, and snacks should be based on nutrition, not accessibility. Teenage girls with heavy menses may be at higher risk for iron deficiency, and teens who are pregnant need even more calories and nutrients to support a healthy pregnancy
14. Teach the patient and her family about healthy dietary habits and adequate nutritious food intake, including plant-based protein sources.
15. Teach the teen where to find resources on how to prepare healthy vegan food choices.
16. **Sleeping Patterns & Requirement:** Tips to help a teen improve the amount and quality of sleep include the following:

# Af Course 14 Study Guide

**Anna Lorraine Guthrie**



## **Af Course 14 Study Guide:**

AF Manual United States. Department of the Air Force,1970 (Free Sample) *Study Guide to AFCAT (Air Force Common Admission Test) with Previous Year Questions for Flying Technical & Ground Duty Branches (2015 - 2023) 9th Edition* Disha Experts,2023-05-18 The updated and revised 9th Edition of the book Study Guide to AFCAT covers Theory portion consisting of 4 Comprehensive Sections on General Awareness Verbal Ability in English Numerical Ability Reasoning and Military Aptitude Test including Spatial Reasoning The book covers questions of 9 past papers 2015 2023 distributed in respective chapters Detailed theory along with solved examples and short cuts to solve problems The Verbal Ability in English section also covers the Cloze Test as asked in the past exam The General Awareness section thoroughly updated covers questions on Current Affairs Sports Defence History Geography General Politics Basic Science Arts Culture etc The Reasoning and Military Aptitude section includes Verbal and Non verbal Reasoning Spatial Ability Rotated Blocks Hidden Figures etc An exhaustive question bank has been provided at the end of each chapter in the form of an exercise Solutions to the exercise have been provided at the end of each chapter *Air University Library Index to Military Periodicals* ,1995

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*Synthesized Equipment for Ground Based Radar Systems* ,1962 Air Force Magazine ,1990 **USAF Formal Schools** United States. Department of the Air Force,1987 Research in Education ,1974 Otto E. Miller, Plaintiff-Respondent, Against Fred W. Smythe, Defendant-Appellant , **Your Place in the Air Force** Thomas C. Winters,1982

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