

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, 2nd 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



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