

Assessment of Growth and Development of the Adolescent 11-18 years

Head Should measure 13.75 cm at birth

- Puberty : reproductive maturity
- Starts at age 10 in girls and ends with menstruation
- Starts age 12 in boys and ends sperm production

Growth

- Girls achieve 98% of height by 16 yrs
- Skeletal growth outpaces muscle growth
- Nonvoluntary with early menses, 13-15 ovulation begins
- Boys : grow rapidly from 13-20
- Muscle strength and coordination develop rapidly
- Larynx becomes enlarged
- Both sexes : body takes on contours
- Primary sex organs develop, hormonal activity increases
- Bone growth continues until 20s
- Anorexia and bulimia can happen due to body image issues

Well checkup schedule

- 2x during teens
- Immunizations, hearing, vision, scoliosis, thyroid and pelvic for sexually active girls
- BP, height and weight

Physical Milestones

- Girls : 9-11: growth spurts last 18 months
- Grows 3 in annually until menarche
- Begin to develop figure
- Boys: 11-13: slower and steadier than girls
- Changes in penis, testes and scrotum
- Nocturnal emissions " wet dreams"

Social Milestones

- Greater focus on peers develops a separate self from parents
- Moral development
- Less egocentric
- Focused on mixed gender friendships

Language

- Able to communicate complex thoughts

Psychological Milestones

- They wonder who they are
- What will they become
- More mobile
- Seek out intimate relationships
- Most are heterosexual, homosexuality can be difficult emotionally
- Body image is closely related to self esteem
- Underdevelopment causes anxiety

Emotional Growth

- Rebellious
- Emotional highs and lows
- Focus on appearance
- Sexually active teens may have impaired self image
- Privacy becomes important

Nutrition

- Rapid growth causes a need for the greatest amount of nutrients
- Appetite increases and teens eat frequently
- Food choices not always wise
- May skip meals
- Can have nutritional deficits of vit A, D and B, folic acid, iron and zinc. Due to menses, girls need additional iron.

Age	Theorist	Stage	Description	Nursing Care
Puberty	Sigmund Freud	Genital	Pleasure center in the genitals	Encourage safe sex, educate on teen pregnancy and STI
10-20 years	Erik Erikson	Identity vs role confusion	Integrating multiple roles, self-image and peer pressure	Support self-esteem, be honest maximize positive aspects of image and minimize defects
11- adulthood	Jean Piaget	Formal operational stage	Reasons in more abstract idealistic ways	Discuss conditions openly with client. Allow privacy to discuss

Evaluation Of The Adolescent Patient

M Walker



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Table of Contents Evaluation Of The Adolescent Patient

1. Understanding the eBook Evaluation Of The Adolescent Patient
 - The Rise of Digital Reading Evaluation Of The Adolescent Patient
 - Advantages of eBooks Over Traditional Books
2. Identifying Evaluation Of The Adolescent Patient
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Evaluation Of The Adolescent Patient
 - User-Friendly Interface
4. Exploring eBook Recommendations from Evaluation Of The Adolescent Patient
 - Personalized Recommendations
 - Evaluation Of The Adolescent Patient User Reviews and Ratings
 - Evaluation Of The Adolescent Patient and Bestseller Lists
5. Accessing Evaluation Of The Adolescent Patient Free and Paid eBooks
 - Evaluation Of The Adolescent Patient Public Domain eBooks
 - Evaluation Of The Adolescent Patient eBook Subscription Services
 - Evaluation Of The Adolescent Patient Budget-Friendly Options
6. Navigating Evaluation Of The Adolescent Patient eBook Formats

- ePub, PDF, MOBI, and More
- Evaluation Of The Adolescent Patient Compatibility with Devices
- Evaluation Of The Adolescent Patient Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Evaluation Of The Adolescent Patient
 - Highlighting and Note-Taking Evaluation Of The Adolescent Patient
 - Interactive Elements Evaluation Of The Adolescent Patient
- 8. Staying Engaged with Evaluation Of The Adolescent Patient
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Evaluation Of The Adolescent Patient
- 9. Balancing eBooks and Physical Books Evaluation Of The Adolescent Patient
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Evaluation Of The Adolescent Patient
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Evaluation Of The Adolescent Patient
 - Setting Reading Goals Evaluation Of The Adolescent Patient
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Evaluation Of The Adolescent Patient
 - Fact-Checking eBook Content of Evaluation Of The Adolescent Patient
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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