

STUDENT NAME _____

DEVELOPMENTAL STAGE Adolescent

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

There is very little growth in terms of length the body is mainly developing physically. There is growth of pubic hairs and deepening of voice for men while the breast begins to form among the female adolescents.

Cognitive Development

The thinking and reasoning capacity has fully develops. The adolescent has the ability to think on his own and to make decision which may not be responsible. There is ability of strong emotional feelings such as love and desires experienced towards the opposite se.

Psychological Development

The adolescents require very high attention at this stage and they need to be recognized everywhere. There is very fragile self-esteem that the adolescents have and have tendency of looking for approval. The emotional feelings and desires are highest among the adolescents due to high level of reproductive hormones.

Age- Appropriate Activities

The appropriate activities include walking playing football and biking among others. It is recommended by CDC that media time be limited.

Health promotion

Attention deficit disorder is a problem a facing adolescents other includes autistic disorder, Scoliosis, Urinary refusal among others .The problems faced by adolescents requires the attention of healthcare professional and other physicians.

Immunizations

Adolescents' must be immunized of Varicella, chicken pox and mumps immediately after the age of 12 years
From the age of 12 years the adolescents should be able to receive the shots of mumps varicella virus and chicken pox.

Health Screening

Adolescents should be routinely screened for cervical cancer, testicular screening, blood pressure lipids level and cardiovascular diseases. Early detection of the any of these diseases should be recommended to the physician.

Nutrition

Due to high activity the adolescent's food portion should be very high in starch. Girls should eat food that improves the development of the reproductive system. Generally balance diet should be maintained for the Adolescents.

Injury Prevention

The adolescents should be closely monitored not to engage in violent activities that may physically put them in danger. Another danger is drug and substance abuse that is very high among the teen should be prevented.