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Physical Assessment

Student Name

Institution Affiliation.

Date

Introduction.

Understanding the comprehension of developmental psychology can help in the comprehension of how minds work, and the concept of the emergence of lying. Physical assessment involves different ways and tools that medical practitioners can employ to establish a baseline of the general health of a patient, and continue assessing health for any changes that may occur over time. Based on an article by (Elder et al, 2017), physical assessment helps in determining whether a patient is doing okay or not irrespective of whether or not they are experiencing symptoms, and signs.

Thesis Statement

Physical assessment of school-aged children should involve a detailed examination of every body system, their vital signs, weight, height, and physical activities.

Purpose.

The purpose of this paper is to conduct a physical assessment on a ten-year-old male third-grade student and provide effective recommendations from the assessment process.

Physical assessment in school children.

When conducting an assessment on a ten-year-old student, modification of the approach utilized will start with the examination of the body parts that require a child to cooperate. That is, I will involve with the assessment of the nose, heart, lungs, and chest. After, finalization will involve the musculoskeletal system, which involves the muscles, ligaments, tendons, and other connective tissues. This is because these procedures may be painful and should be done last. Moreover, it will involve explaining to the child that the process may be painful, and discomfort

in certain places may be involved. If the student had shown the presence of pain in certain places, I would examine the injured place after the rest of the assessment to avoid discomfort during the entire process. Also, I would encourage the student to only show the body part under assessment to avoid discomfort or embarrassment, if the child is embarrassed easily.

Typical stages of development

Stages of development involve the growth of a person from infancy to adulthood. They include infancy, childhood, adolescence, and adulthood. Therefore, a ten-year-old belongs in the middle childhood stage of development. At this stage, the patient can comprehend basic abstract concepts, develop cognitive skills, and be effectively motivated. According to Jean Piaget, children at this stage have mastered reversing, conversation, and effective logical, and tangible thinking. According to Erikson's stage of development, the child is at the industry vs inferiority stage. That is, the child usually has some peers and teachers, and may begin comparing themselves to others, thus either developing pride or feeling inferior.

Strategies to gain cooperation during the assessment.

In childhood, according to the theory by Jean Piaget, children can go through different stages of cognitive maturity (Huitt et al, 2003). Therefore, children are always making observations of their environments by learning through their five senses. Based on research by (Hermes et al, 2016), cooperation allows physical examiners to reach their goal, and ensure that children are not pressured into anything, they may even end up having fun in the process. However, if the children possess social discomfort, I would encourage a caregiver to be present to encourage cooperation. Since Piaget assesses development based on infancy, childhood, adolescence, and adulthood, I would observe for concrete capabilities. Based on Erikson, I would observe for signs

of shyness or pride. I would ask questions of whether the child thinks he is performing effectively on the field, arts, socially, and academically, since this stage involves the capabilities of children to learn new skills. Since the student is at the self-interest stage, based on Kohlberg, I would observe whether their interests have shifted towards punishment or rewards.

Conclusion.

In conclusion, children learn from their immediate environment comprising of parents, teachers, siblings, and friends. Understanding the developmental stage that a patient is in, will ensure that medical practitioners can conduct an effective physical assessment. Therefore, it is important to carry out necessary modifications whenever necessary to ensure the comfort of the patient.

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