Chapter 9 Growth and Development Throughout the Life Span

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. A nurse recognizes that the term for the physical changes that occur in the size of human beings is
   A. Growth.
   B. Spirituality.
   C. Regression.
   D. Development.

2. A nurse recognizes that the increase in complexity of skills performed by a person is called
   A. Growth.
   B. Regression.
   C. Ambivalence.
   D. Development.

3. A nurse recognizes that the physical size and functioning of a person is called
   A. Moral development.
   B. Physical development.
   C. Cognitive development.
   D. Psychosocial development.

4. A nurse recognizes that the ability to think at higher levels and develop a value system that differentiates right from wrong is called
   A. Moral development.
   B. Physical development.
   C. Cognitive development.
   D. Psychosocial development.

5. A nurse recognizes that how an individual learns is called
   A. Moral development.
   B. Physical development.
C. Cognitive development.
D. Psychosocial development.

6. A nurse recognizes that the type of development that occurs throughout one’s life in distinct stages, each stage requiring that specific tasks must be mastered, is called

A. Moral development.
B. Physical development.
C. Cognitive development.
D. Psychosocial development.

7. The psychologist who theorized that cognitive development occurs from birth to adolescence in an orderly sequence of four stages is

A. Jean Piaget.
B. Erik Erikson.
C. James Fowler.
D. Lawrence Kohlberg.

8. The psychoanalyst who theorized that psychosocial development occurs throughout one’s life in distinct stages is

A. Jean Piaget.
B. Erik Erikson.
C. James Fowler.
D. Lawrence Kohlberg.

9. The developmental psychologist who defined faith as a universal concern that is a process of developing trust and who developed six stages of spiritual development is

A. Jean Piaget.
B. Erik Erikson.
C. James Fowler.
D. Lawrence Kohlberg.

10. The American psychologist who acknowledged that not all people reach all stages of moral development and who based his theory on preconventional morality, conventional morality, and postconventional morality is

A. Jean Piaget.
B. Erik Erikson.
C. James Fowler.
D. Lawrence Kohlberg.

11. A nurse is caring for a child who wants his parents to buy him a cat when he gets better. The parents refuse because they are both allergic to cat hair. The child states, “That’s not fair. I want a cat.” The nurse recognizes that the child is in which stage of Lawrence Kohlberg’s moral development theory?
A. Conventional morality
B. Preoperational morality
C. Preconventional morality
D. Postconventional morality

12. An adolescent volunteers to read to hospitalized children without being paid. The nurse recognizes that the adolescent is in which stage of Lawrence Kohlberg’s moral development theory?
A. Conventional morality
B. Preoperational morality
C. Preconventional morality
D. Postconventional morality

13. A nurse is caring for a patient who has been attending a local university to earn a law degree. The patient states, “I want to earn my degree so that I can fight for justice and human rights for people throughout the world.” The nurse recognizes that the patient is in which stage of Lawrence Kohlberg’s moral development theory?
A. Conventional morality
B. Preoperational morality
C. Preconventional morality
D. Postconventional morality

14. The mother of a 1-year-old child asks a nurse how much her child should weigh. The nurse asks the mother what the child weighed at birth. The mother responds that the child weighed 7 pounds and 8 ounces at birth. The nurse tells the mother that the child’s weight at 1 year of age should be
A. 2A.5 pounds.
B. 2B.5 pounds.
C. 2C.5 pounds.
D. 2D.5 pounds.

15. A nurse instructs a postpartum patient who wishes to breastfeed to gently touch the infant’s cheek that is closest to her breast to cause the infant to turn toward the breast and open his or her mouth to find milk. The nurse explains to the patient this will elicit the
A. Moro reflex.
B. Rooting reflex.
C. Sucking reflex.
D. Babinski reflex.

16. When teaching a student nurse about performing an assessment on a neonate, a nurse strokes the sole of the infant’s foot, which causes fanning of the
toes while the great toe pulls upward. The nurse teaches the student nurse that this assessment finding is
A. Indicative of cerebral edema.
B. A normal assessment finding.
C. Indicative of a genetic anomaly.
D. An abnormal assessment finding.

17. When performing a physical assessment on a neonate, a nurse notes a triangular-shaped soft area that is not yet fused together toward the back of the top of the head. The nurse should
A. Notify the health-care provider.
B. Assess the neonate’s vital signs.
C. Document this as a normal assessment finding.
D. Document this as an abnormal assessment finding.

18. A nurse intervenes when he or she observes a student nurse who is caring for a toddler
A. Encourage the toddler to feed herself.
B. Guide the toddler gently if she makes a mistake.
C. Offer the toddler unlimited choices on what time to go to bed.
D. Ask the toddler if she would like to wear the red shirt or the blue shirt.

19. A nursing instructor supervises a student nurse who is administering an intramuscular analgesic medication to a school-age child. The nursing instructor intervenes when the student nurse tells the child:
A. “My injections don’t hurt.”
B. “This will only hurt for a little while.”
C. “This will feel like a prick and will hurt a little.”
D. “This medication will help take your pain away.”

20. When supervising a certified nursing assistant (CNA) caring for a toddler, a nurse intervenes when
A. The CNA leaves the toddler alone in the bathtub.
B. The CNA feeds the toddler pieces of cheese for a snack.
C. The CNA removes small objects from the toddler’s crib.
D. The CNA puts the crib side rails up when the toddler is resting.

21. Toddlers are famous for throwing “temper tantrums” when they do not get their way or get their needs and wants met immediately. When such tantrums occur, it is best for a nurse to
A. Offer the toddler some ice cream if he or she calms down.
B. Meet the toddler’s needs and wants immediately.
C. Remove the toddler to a quiet place away from the situation.
D. Scold the toddler in a stern tone of voice.
22. When a nurse sees an infant picking up items and immediately putting them in his or her mouth, the nurse identifies that the infant is encouraging cognitive development through
   A. Egocentric experiences.
   B. Sensorimotor experiences.
   C. Formal operational thinking.
   D. Concrete operational thought.

23. A nurse witnesses a young patient watching his older sibling and then imitating everything the older sibling does. The nurse identifies this as an example of the cognitive development of
   A. Infants.
   B. School-age children.
   C. Toddlers.
   D. Adolescents.

24. Children in preschool often learn from pretending, role-playing, and exploring the identities of adults in various positions, such as nurses, doctors, teachers, police, firefighters, and others who serve as role models. A nurse identifies this type of behavior is an example of
   A. Cognitive development.
   B. Moral development.
   C. Psychosocial development.
   D. Physical development.

25. Adolescence includes a period of rapid growth referred to as puberty. During this period, girls develop breasts and boys develop facial hair. A nurse identifies these changes as a normal stage of
   A. Physical development.
   B. Psychosocial development.
   C. Cognitive development.
   D. Moral development.

26. A nursing instructor is explaining safety issues for preschoolers and schoolage children. The instructor realizes that a student requires additional instruction when the student begins focusing on
   A. Playground safety.
   B. Choking prevention.
   C. Stranger danger.
   D. Water safety.

27. The mother of a 9-year-old boy is concerned that her son is gaining weight too quickly for his age. The nurse explains to the mother that between the ages of 5 and 12, her child should be gaining 1.2 to 4 pounds per year.
2. 4 to 6 pounds per year.
3. 7 to 10 pounds per year.
4. 9 to 12 pounds per year.

___ 28. According to Piaget, young school-age children, up to age 7 years, are making a transition to concrete operational thought. A nurse identifies that an example of this would be
1. A child, upon hearing a parent arrange for a babysitter, becoming upset because it means his or her parents are going to leave for the evening.
2. A child becoming more secure about the limits of his or her acceptable behavior.
3. A child no longer believing that an adult dressed in a mouse suit is a giant mouse.

___ 29. An instructor is teaching students the importance of understanding the changes brought about by aging that are not indicative of disease. The instructor points out that additional instruction is required when a student says: 1. “Men and women will no longer have a need for sexual intimacy.”
2. “Blood flow and oxygen use in the brain will decrease.”
3. “There will be a decrease in bone density.”
4. “Bladder capacity will decrease because of loss of muscle tone.”

___ 30. A young couple that is about to start a family is discussing motor vehicle safety with a nurse. The nurse intervenes when one of them says:
1. “Motor vehicle accidents are a cause of injury and death among toddlers.”
2. “Vigilance must be used when driving in areas where toddlers may be playing.”
3. “The use of a car seat becomes optional once the child grows out of the infant stage.”
4. “I always look for small children when I am backing up or pulling into a driveway.”

___ 31. An elderly male patient is displaying a fearful attitude toward the nurse. The patient has multiple unexplained bruises, and several old fractures appear on his xray that were never treated. The nurse suspects that 1. The patient may have been abused by a caregiver.
2. The patient may be suffering from poor balance.
3. The patient may have been injured on the job.
4. The patient may have dementia.

___ 32. A young adult is bragging to a nurse that she never gets sick and has not needed to see a doctor for years. The nurse explains to the patient that even when she feels healthy, she should have physical examinations and screenings
1. Every 6 months.
2. Once a year.
3. Every other year.
4. Every 5 years.
Multiple Response
Identify one or more choices that best complete the statement or answer the question.

___ 1. While educating a class of nursing students, an instructor teaches that growth occurs in which of the following patterns? Select all that apply.
1. Orderly
2. Predictable
3. Disorganized
4. Proximodistal
5. Cephalocaudal

___ 2. When caring for a hospitalized adolescent, a nurse should do which of the following? Select all that apply.
1. Talk down to the adolescent.
2. Treat the adolescent with respect.
3. Encourage peers to visit.
4. Insist that a parent be present during examinations and procedures.
5. Assume that the adolescent has no knowledge of his or her illness.

___ 3. When helping teens understand how to prevent accidents and injuries, a nurse should caution them about which of the following? Select all that apply.
1. Experimentation
2. Water safety
3. Internet social networking
4. Stranger danger
5. Firearms

Completion
Complete each statement.

1. A nurse explains to young parents that adolescence is a time of conflict, and that wise parents expect older adolescents to pull away, to be somewhat critical of them, and to feel _____________ toward them, or have opposing feelings about them.

2. A nurse is caring for a 13-year-old adolescent girl. The patient is complaining of cramps and has stained her sheets with blood. She is scared and crying because this has never happened to her before. The nurse identifies this as _______________, or the beginning of the patient’s menstrual periods and reassures the patient.

3. The mother of a 9-year-old boy becomes concerned when he will not stop crying or clinging to her. A nurse explains to the mother that the child may be
showing signs of ____________, or a returning to earlier behaviors that may occur in school-age children when they feel insecure and threatened by treatments.

4. A nurse explains to the parents of a newborn baby that their child possesses several automatic responses controlled by the central nervous system, called ____________, that help the baby survive.

Chapter.9 Growth and Development Throughout the Life Span Answer

MULTIPLE CHOICE

1. ANS: 1
Objective: 2. Differentiate between the principles of growth and development. Page: 170
Heading: Concepts of Growth and Development
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development
Difficulty: Easy
Feedback
1 Growth is the term for the physical changes that occur in the size of human beings.
2 Spirituality is the descriptive term that explains the spirit and the relationship of the spirit to the body, mind, and environment, including the patient’s relationship to others.
3 Regression, or returning to earlier behaviors, may occur in school-age children when they feel insecure and threatened by treatments.
4 Development refers to the increase in complexity of skills performed by a person. PTS: 1 CON: Development

2. ANS: 4
Objective: 2. Differentiate between the principles of growth and development. Page: 170
Heading: Concepts of Growth and Development
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development
Difficulty: Easy
Feedback
1 Growth is the term for the physical changes that occur in the size of human beings.
2 Regression, or returning to earlier behaviors, may occur in school-age children when they feel insecure and threatened by treatments.
3 Ambivalence is the state of having conflicting ideas or mixed feelings about something.
4 Development refers to the increase in complexity of skills performed by a person.
PTS: 1 CON: Development

3. ANS: 2
Heading: Stages of Adult Development > Young Adults
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development
Difficulty: Easy
Feedback
1 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.
2 Physical development refers to the physical size and functioning of a person.
3 Cognitive development refers to how an individual learns.
4 Psychosocial development occurs throughout one’s life in distinct stages. Each stage of psychosocial development requires that specific tasks be mastered. PTS: 1 CON: Development

4. ANS: 1
Heading: Stages of Adult Development > Young Adults
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development: Ethics
Difficulty: Easy
Feedback
1 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.
2 Physical development refers to the physical size and functioning of a person.
3 Cognitive development refers to how an individual learns.
4 Psychosocial development occurs throughout one’s life in distinct stages. Each stage of psychosocial development requires that specific tasks be mastered. PTS: 1
CON: Development| Ethics

5. ANS: 3
Objective: 1. Define various terms associated with growth and development of humans. Page: 183
Heading: Stages of Adult Development > Middle Adults
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development: Cognition
Difficulty: Easy

Feedback
1 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.
2 Physical development refers to the physical size and functioning of a person.
3 Cognitive development refers to how an individual learns.
4 Psychosocial development occurs throughout one’s life in distinct stages. Each stage of psychosocial development requires that specific tasks be mastered. PTS: 1
CON: Development| Cognition

6. ANS: 4
Objective: 1. Define various terms associated with growth and development of humans. Page: 183
Heading: Stages of Adult Development > Middle Adults
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Development
Difficulty: Easy

Feedback
1 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.
2 Physical development refers to the physical size and functioning of a person.
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Psychosocial development occurs throughout one’s life in distinct stages. Each stage of psychosocial development requires that specific tasks be mastered. PTS: 1
CON: Development

7. ANS: 1
Objective: 7. Explain cognitive development through the life span according to Piaget.
Page: 171-173
Heading: Concepts of Growth and Development > Theories of Development
Integrated Processes: N/A
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge [Remembering]
Concept: Evidence-based Practice: Development: Cognition
Difficulty: Easy

Feedback
1. Cognitive development refers to how an individual learns. Jean Piaget, a Swiss psychologist and theorist, studied his own children to help him understand how learning takes place as individuals develop. Piaget believed that cognitive development occurred from birth to adolescence in an orderly sequence of four stages.

2. Psychosocial development occurs throughout an individual’s life in distinct stages according to Erik Erikson, a psychoanalyst who pioneered this area of study. Each stage of psychosocial development requires that specific tasks be mastered.

3. Spiritual development theory has been described by James Fowler, an American developmental psychologist. He defines faith as a universal concern that is a process of developing trust. Fowler developed his six stages of spiritual development using information from Piaget and Kohlberg.

4. Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related.

PTS: 1 CON: Evidence-based Practice| Development| Cognition

8. ANS: 2
Objective: 5. Describe the psychological development through the life span according to Erikson.
Cognitive development refers to how an individual learns. Jean Piaget, a Swiss psychologist and theorist, studied his own children to help him understand how learning takes place as individuals develop. Piaget believed that cognitive development occurred from birth to adolescence in an orderly sequence of four stages.

Psychosocial development occurs throughout an individual’s life in distinct stages according to Erik Erikson, a psychoanalyst who pioneered this area of study. Each stage of psychosocial development requires that specific tasks be mastered.

Spiritual development theory has been described by James Fowler, an American developmental psychologist. He defines faith as a universal concern that is a process of developing trust. Fowler developed his six stages of spiritual development using information from Piaget and Kohlberg.

Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related.
Feedback
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2  Psychosocial development occurs throughout an individual's life in distinct stages according to Erik Erikson, a psychoanalyst who pioneered this area of study. Each stage of psychosocial development requires that specific tasks be mastered.

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PTS: 1 CON: Development| Spirituality| Evidence-based Practice
10. ANS: 4
Objective: 6. Describe moral development from toddler to adult according to Kohlberg.
Page: 171-173
Heading: Concepts of Growth and Development > Theories of Development
Integrated Processes: N/A
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge [Remembering]
Concept: Evidence-based Practice: Development: Ethics Difficulty:
Easy

Feedback
1  Cognitive development refers to how an individual learns. Jean Piaget, a Swiss psychologist and theorist, studied his own children to help him understand how learning takes place as individuals develop. Piaget believed that cognitive development occurred from birth to adolescence in an orderly sequence of four stages.
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Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related. Kohlberg’s theory is based on three categories: preconventional morality, conventional morality, and postconventional morality.

PTS: 1 CON: Evidence-based Practice| Development| Ethics

11. ANS: 3
Objective: 6. Describe moral development from toddler to adult according to Kohlberg.
Page: 171-173
Heading: Concepts of Growth and Development > Theories of Development
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Feedback

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2. Preoperational is a stage in Jean Piaget's cognitive development theory. Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related. Kohlberg's theory is based on three categories: preconventional morality, conventional morality, and postconventional morality. The preconventional stage is based on focusing on avoiding punishment and gaining rewards. In this stage, to do right means not being punished, while doing wrong means punishment. The child obeys authority to avoid punishment.

3. Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related. Kohlberg's theory is based on three categories: preconventional morality, conventional morality, and postconventional morality. The postconventional stage is based on behaving according to internal codes and beliefs. PTS: 1 CON: Evidence-based Practice| Development| Ethics

12. ANS: 1
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Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong. The theory of moral development was established by Lawrence Kohlberg, an American psychologist. He acknowledges that not all people reach all stages of moral development. This is not truly a developmental theory, because progression through the stages may not be age related. Kohlberg’s theory is based on three categories: preconventional morality, conventional morality, and postconventional morality. The postconventional stage is based on behaving according to internal codes and beliefs. PTS: 1

14. ANS: 2

Objective: 4. Describe the stages of physiological development through the life span.

Heading: Stages of Child Development > Infants

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Development: Assessment: Promoting Health: Nursing: Nursing Roles
Difficulty: Easy

Feedback
1. An infant grows at a rapid rate, doubling his or her birth weight by 6 months of age, and tripling it by 1 year. The newborn who weighed 7 pounds and 8 ounces at birth can be expected to weigh approximately 28.5 pounds at a year old. Keep in mind that there are 16 ounces in 1 pound.

2. An infant grows at a rapid rate, doubling his or her birth weight by 6 months of age, and tripling it by 1 year. The newborn who weighed 7 pounds and 8 ounces at birth can be expected to weigh approximately 28.5 pounds at a year old. Keep in mind that there are 16 ounces in 1 pound.

3. An infant grows at a rapid rate, doubling his or her birth weight by 6 months of age, and tripling it by 1 year. The newborn who weighed 7 pounds and 8 ounces at birth can be expected to weigh approximately 28.5 pounds at a year old. Keep in mind that there are 16 ounces in 1 pound.

4. An infant grows at a rapid rate, doubling his or her birth weight by 6 months of age, and tripling it by 1 year. The newborn who weighed 7 pounds and 8 ounces at birth can be expected to weigh approximately 28.5 pounds at a year old. Keep in mind that there are 16 ounces in 1 pound.

PTS: 1 CON: Development| Assessment| Promoting Health| Nursing| Nursing Roles

15. ANS: 2
Objective: 4. Describe the stages of physiological development through the life span.
Page: 174-175

Feedback
1. The Moro reflex occurs when a baby is moved suddenly or jarred in some way, which causes the baby to extend his or her limbs outward and then pull them toward the trunk of the body to protect them from injury.
2 The rooting reflex is when the baby’s cheek is gently touched, and the infant turns toward the stimulus and opens his or her mouth to find milk.

3 The sucking reflex is when a nipple or finger is placed in a newborn’s mouth, and the baby begins to suck to obtain nourishment.

4 The Babinski reflex occurs when the sole of the foot on a newborn is stroked, which causes fanning of the toes while the great toe pulls upward.

PTS: 1 CON: Pregnancy| Development| Promoting Health| Nursing| Nursing Roles

16. ANS: 2
Objective: 4. Describe the stages of physiological development through the life span.
Page: 174-175
Heading: Stages of Child Development > Infants
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Pregnancy: Development: Nursing: Assessment: Nursing Roles Difficulty: Easy

Feedback
1 The Babinski reflex occurs when the sole of the foot on a newborn is stroked, which causes fanning of the toes while the great toe pulls upward. This is a normal finding in an infant.

2 The Babinski reflex occurs when the sole of the foot on a newborn is stroked, which causes fanning of the toes while the great toe pulls upward. This is a normal finding in an infant.

3 The Babinski reflex occurs when the sole of the foot on a newborn is stroked, which causes fanning of the toes while the great toe pulls upward. This is a normal finding in an infant.

4 The Babinski reflex occurs when the sole of the foot on a newborn is stroked, which causes fanning of the toes while the great toe pulls upward. This is a normal finding in an infant.

PTS: 1 CON: Pregnancy| Development| Nursing| Assessment| Nursing Roles

17. ANS: 3
Objective: 4. Describe the stages of physiological development through the life span.
Page: 174-175
Feedback
1. The health-care provider does not need to be notified because this is a normal assessment finding. Fontanels are the spaces between the bones of the skull that are not yet fused together, sometimes called the soft spots. The brain is not protected by bone in these areas during the first year of life. The posterior fontanel, a triangular-shaped soft area found on the top of the head toward the back, closes first, at about the age of 4 months. The anterior fontanel, a diamond-shaped soft area found on the top of the head toward the forehead, closes last, at about 1 to 1 years of age.

2. The neonate's vital signs do not need to be assessed because this is a normal assessment finding. Fontanels are the spaces between the bones of the skull that are not yet fused together, sometimes called the soft spots. The brain is not protected by bone in these areas during the first year of life. The posterior fontanel, a triangular-shaped soft area found on the top of the head toward the back, closes first, at about the age of 4 months. The anterior fontanel, a diamond-shaped soft area found on the top of the head toward the forehead, closes last, at about 1 to 1 years of age.

3. The nurse would document this assessment finding as normal. Fontanels are the spaces between the bones of the skull that are not yet fused together, sometimes called the soft spots. The brain is not protected by bone in these areas during the first year of life. The posterior fontanel, a triangular-shaped soft area found on the top of the head toward the back, closes first, at about the age of 4 months. The anterior fontanel, a diamond-shaped soft area found on the top of the head toward the forehead, closes last, at about 1 to 1 years of age.

4. This is a normal, not an abnormal, assessment finding. Fontanels are the spaces between the bones of the skull that are not yet fused together, sometimes called the soft spots. The brain is not protected by bone in these areas during the first year of life. The posterior fontanel, a triangular-shaped soft area found on the top of the head toward the back, closes first, at about the age of 4 months. The anterior fontanel, a diamond-shaped soft area found on the top of the head toward the forehead, closes last, at about 1 to 1 years of age.
Feedback

1. Erikson’s developmental task for toddlers is autonomy versus shame and doubt. Toddlers struggle to establish their sense of self. Toddlers need the opportunity to make decisions with limited choices. Too many choices will be overwhelming for a young child. It is important that toddlers be able to make choices without the parent questioning the decision. This helps them develop autonomy. Another way to help toddlers master this developmental task is to allow them to perform and practice skills such as dressing themselves. Even though it would be easier and faster for a caregiver to do this, the child needs to be encouraged to accomplish these skills and to be praised for doing so. If a toddler gets his or her shirt on backward or his or her shoes on the wrong feet, he or she should receive gentle guidance rather than be shamed or ridiculed.

2. Erikson’s developmental task for toddlers is autonomy versus shame and doubt. Toddlers struggle to establish their sense of self. Toddlers need the opportunity to make decisions with limited choices. Too many choices will be overwhelming for a young child. It is important that toddlers be able to make choices without the parent questioning the decision. This helps them develop autonomy. Another way to help toddlers master this developmental task is to allow them to perform and practice skills such as dressing themselves. Even though it would be easier and faster for a caregiver to do this, the child needs to be encouraged to accomplish these skills and to be praised for doing so. If a toddler gets his or her shirt on backward or his or her shoes on the wrong feet, he or she should receive gentle guidance rather than be shamed or ridiculed.

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PTS: 1 CON: Development| Nursing| Nursing Roles

19. ANS: 1
Objective: 11. Explain nursing implications for each developmental stage.
Page: 178-179
Heading: Stages of Child Development > Adolescents
Integrated Processes: Teaching and Learning
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Development: Nursing: Nursing Roles Difficulty: Easy

Feedback
1. School-age children and adolescents may regress when they see a needle or if they have to be separated from a parent or caregiver for tests. At this age, it is important for the nurse to give a brief explanation of what the child will see, hear, and feel. The nurse should be honest about whether the procedure may hurt, but reassure the child about what it feels like and that the discomfort will be brief.

2. School-age children and adolescents may regress when they see a needle or if they have to be separated from a parent or caregiver for tests. At this age, it is important for the nurse to give a brief explanation of what the child will see, hear,
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PTS: 1 CON: Development| Nursing| Nursing Roles

20. ANS: 1
Objective: 9. Identify specific safety issues at each developmental stage.
Page: 175-176
Heading: Stages of Child Development > Toddlers
Integrated Processes: Teaching and Learning
Client Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Analysis [Analyzing]
Concept: Development: Nursing: Nursing Roles: Safety Difficulty: Easy

Feedback
1 Infants and toddlers can drown in as little as 2 inches of water. A caregiver should never leave an infant or toddler alone in a bathtub. Toddlers should never be left unsupervised around bathtubs or swimming pools, even small, child-sized pools.

2 Examples of healthy finger foods for a toddler to choose from include small pieces of fruits such as banana, cheese pieces, pieces of cooked vegetables, and a small peanut butter sandwich.

3 Toddlers tend to put things in their mouths as a means of exploration. Choking is an ever-present concern. Small objects should never be left within reach of infants and toddlers.

4 Toddlers like to climb, so side rails should be kept up to avoid falls.

PTS: 1 CON: Development| Nursing| Nursing Roles| Safety
21. ANS: 3
Objective: 5. Describe the psychological development through the life span according to Erikson.
Page: 175-176
Heading: Stages of Child Development > Toddlers
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Development: Critical Thinking: Nursing Difficulty: Easy
Feedback
1. Toddlers are famous for throwing “temper tantrums” when they do not get their way or get their needs and wants met immediately. These tantrums are due to the child’s frustration at not being in control. When such tantrums occur, it is best to remove the toddler to a quiet place away from the situation.

2. Toddlers are famous for throwing “temper tantrums” when they do not get their way or get their needs and wants met immediately. These tantrums are due to the child’s frustration at not being in control. When such tantrums occur, it is best to remove the toddler to a quiet place away from the situation.

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PTS: 1 CON: Development| Critical Thinking| Nursing

22. ANS: 2
Objective: 7. Explain cognitive development through the life span according to Piaget.
Page: 174-175
Heading: Stages of Child Development > Infants
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Piaget describes the cognitive development of a toddler and preschooler as being in the preoperational stage. The child at this age uses trial and error to master new skills and to achieve learning. During this stage of cognitive development, the child is the center of his or her world, or is egocentric. Toddlers have no concept of the needs or feelings of others. Their behavior is impulsive with no thought of how it will affect others. The child in this question, however, is an infant.

Cognitive development in the infant occurs through sensorimotor experiences. For learning to occur, the infant must be allowed to have both sensory experiences, such as touching, tasting, seeing, and hearing, and motor experiences, such as moving, rolling, crawling, cruising, and walking. Putting items in one’s mouth is an example of a sensory experience.

According to Piaget, adolescents are shifting from concrete operational thinking to formal operational thinking. This means that teens are beginning to think logically with problem-solving skills. The child in this question, however, is an infant.

According to Piaget, young school-age children, up to age 7 years, are making the transition to concrete operational thought. By age 7, for example, the child no longer believes that an adult dressed in a mouse suit is a giant mouse. Now he or she knows it is just a person in a costume. The child in this question, however, is an infant.
Cognitive development in the infant occurs through sensorimotor experiences. For learning to occur, the infant must be allowed to have both sensory experiences, such as touching, tasting, seeing, and hearing, and motor experiences, such as moving, rolling, crawling, cruising, and walking.

According to Piaget, young school-age children, up to age 7 years, are making the transition to concrete operational thought. By age 7, for example, the child no longer believes that an adult dressed in a mouse suit is a giant mouse. Now he or she knows it is just a person in a costume.

At this age, the child is learning by imitation, watching a parent, caregiver, or older sibling and then imitating what they do. Toddlers like to pretend to cook, vacuum, and work with tools.

Adolescents do want guidance and advice from their parents, but at the same time they want to be independent and make their own decisions. This is a time of conflict even in the best of situations. Wise parents expect older adolescents to pull away, to be somewhat critical of them, and to feel ambivalent, or to have opposing feelings, about their parents.

24. ANS: 3
Objective: 5. Describe the psychological development through the life span according to Erikson.
Page: 177
Heading: Stages of Child Development > Preschoolers
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Development: Nursing
Difficulty: Easy

Feedback
1 Cognitive development refers to how a person learns.
2 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.
3 The major development issue for preschoolers according to Erikson is initiative versus guilt. Children at this age need to be allowed to pretend, role-play, and explore an identity in the world and develop a sense of independence. They learn from parents and other adults about roles and initiative. Children in preschool
often learn from adults in various positions, such as nurses, doctors, teachers, police, firefighters, and others who serve as role models.

4 Physical development refers to the physical size and functioning of a person. Influences on physical development include genetics, nutrition, and function of the endocrine and central nervous systems.

25. ANS: 1
Objective: 4. Describe the stages of physiological development through the life span.
Page: 178-179
Heading: Stages of Child Development > Adolescents
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Female Reproduction: Male Reproduction: Development Difficulty: Easy
Feedback
1 Physical development refers to the physical size and functioning of a person. Influences on physical development include genetics, nutrition, and function of the endocrine and central nervous systems.
2 For adolescents, Erikson’s developmental task is identity versus role confusion. The teen begins establishing his or her own identity apart from parents and family. It is important that teens test their values and compare them with those of others, then decide what they truly value and believe. 3 Cognitive development refers to how a person learns.
4 Moral development is the ability to think at higher levels and develop a value system that differentiates right from wrong.

26. ANS: 2
Objective: 9. Identify specific safety issues at each developmental stage.
Page: 180-181
Heading: Health Concerns for Infants, Children, and Adolescents > Preschoolers and School-Age Children
Integrated Processes: Teaching and Learning
Client Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Application [Applying]
Concept: Development: Nursing: Nursing Roles: Safety Difficulty: Easy
Feedback
Preschoolers may not think through the consequences of their actions and are therefore at risk for playground accidents. For example, they may walk in front of a swing while another child is swinging and be hit. Supervision is necessary to prevent them from attempting unsafe tricks such as jumping from the top of a slide. School-age children are very active and beginning to participate in sports. They must understand safety rules to prevent injury.

When caring for infants and toddlers, it is extremely important to keep choking prevention in mind. Children at these ages tend to put everything in their mouths as a means of exploration. Choking is an ever-present concern. The age group of concern in this question, however, is that of preschoolers and school-age children, not infants and toddlers.

Preschoolers must be taught to avoid talking to or trusting strangers. At this age, they believe what they are told and will often talk to anyone, sharing all kinds of information. It is important to teach this safety concept without making the preschooler fearful of everyone all the time. Be sure the preschooler knows it is acceptable to talk to a policeman or fireman to get help.

Preschoolers need to learn to swim to prevent accidental drowning. They still should not be left alone in water that is deeper than they are tall. School-age children may participate in water sports and should be aware of safety rules to protect themselves and others in the water.

PTS: 1 CON: Development| Nursing| Nursing Roles| Safety

27. ANS: 2
Objective: 4. Describe the stages of physiological development through the life span.
Page: 173-178
Heading: Stages of Child Development > School-Age Children
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Development: Nursing: Promoting Health: Nursing Roles Difficulty: Easy

Feedback
1 School-age children between the ages of 5 and 12 have slow, steady growth of about 2 to 3 inches per year. They gain approximately 4 to 6 pounds per year. 2 School-age children between the ages of 5 and 12 have slow, steady growth of about 2 to 3 inches per year. They gain approximately 4 to 6 pounds per year. 3 School-age children between the ages of 5 and 12 have slow, steady growth of
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PTS: 1 CON: Development| Nursing| Promoting Health| Nursing Roles

28. ANS: 3

Objective: 7. Explain cognitive development through the life span according to Piaget.
Page: 173-178

Heading: Stages of Child Development > School-Age Children

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Development: Nursing

Difficulty: Moderate

Feedback

1 Preschoolers can respond to only one aspect of a stimulus rather than understand a whole situation. At this stage, preschoolers can grasp concepts based on their previous experiences rather than on their ability to formally reason. An example of this might be when a preschooler hears a parent arrange for a babysitter and becomes upset because it means his or her parents are going to leave for the evening.

2 This is an example of the moral and spiritual development of toddlers.

3 According to Piaget, young school-age children, up to age 7 years, are making the transition to concrete operational thought. By age 7, for example, the child no longer believes that an adult dressed in a mouse suit is a giant mouse. Now he or she knows it is just a person in a costume.

4 According to Piaget, adolescents are shifting from concrete operational thinking to formal operational thinking. This means that teens are beginning to think logically with problem-solving skills. One example is being able to understand and apply the scientific process to problem-solving. Adolescents can begin to predict outcomes: if this happens, that will result. In addition to this higher level of thinking, teens begin to have a wider view of the world. They may become interested in politics, environmental issues, and social justice. PTS: 1 CON: Development| Nursing

29. ANS: 1

Objective: 1A. Explain nursing implications for each developmental stage.
Page: 182-185

Heading: Stages of Adult Development > Older Adults
In aging women, estrogen production decreases. The pelvic organs decrease in size and elasticity, and breast tissue decreases. In aging men, testosterone production decreases. Testicles diminish in size. Sperm count decreases, and the prostate gland may enlarge. However, there is still a need for sexual intimacy and companionship for both men and women.

2 With age, the blood flow and oxygen use in the brain decrease. There are fewer neurons in the brain. Increased time is required to perform tasks that require speed, coordination, fine motor skills, and balance. Sleep disturbances occur. Short-term memory may decrease.

3 With age, muscles decrease in mass and tone. There is decrease in bone density. Degeneration of joints occurs because of “wear and tear” from use.

4 With age, there is a decrease in the ability to filter waste from the blood. Bladder capacity decreases, and due to decrease of muscle tone, there is difficulty emptying the bladder completely and stress incontinence.

PTS: 1
CON: Female Reproduction| Male Reproduction| Promoting Health| Nursing| Nursing Roles
30. ANS: 3
Objective: 12. Discuss information found in the Connection features of this chapter.
13. Identify specific safety features.
Motor vehicle accidents are one cause of injury and death among toddlers. A nurse should encourage parents to use car seats correctly and teach them about the importance of vigilance when driving in areas where toddlers may be playing. It is very difficult to see a small child when backing up or pulling into a driveway. In addition, a child this age may dart out in front of a car without realizing it is dangerous.

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Motor vehicle accidents are one cause of injury and death among toddlers. A nurse should encourage parents to use car seats correctly, including past the infant stage, and teach them about the importance of vigilance when driving in areas where toddlers may be playing. It is very difficult to see a small child when backing up or pulling into a driveway. In addition, a child this age may dart out in front of a car without realizing it is dangerous.

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PTS: 1 CON: Development| Nursing| Nursing Roles| Safety

31. ANS: 1
Objective: 9. Identify specific safety issues at each developmental stage.
11. Explain nursing implications for each developmental stage.
Page: 182-186
Heading: Stages of Adult Development > Health Concerns for Young, Middle, and Older Adults
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Feedback

1. Adults in this age group may be abused by caregivers. A nurse should always be alert for signs of abuse and report them immediately. Such signs would include unexplained bruises, unexplained fractures or old fractures that appear on x-ray films that were never treated, burns that do not match the explanation of how they happened, and an overall fearful attitude by the older adult toward a caregiver.

2. Adults in this age group may be abused by caregivers. A nurse should always be alert for signs of abuse and report them immediately. Such signs would include unexplained bruises, unexplained fractures or old fractures that appear on x-ray films that were never treated, burns that do not match the explanation of how they happened, and an overall fearful attitude by the older adult toward a caregiver.

3. Middle adults may have more concerns about workplace safety. They know that they should follow all safety guidelines, but sometimes they neglect to do so, even when serious injury can occur. Adults in this age group may be abused by caregivers. A nurse should always be alert for signs of abuse and report them immediately. Such signs would include unexplained bruises, unexplained fractures or old fractures that appear on x-ray films that were never treated, burns that do not match the explanation of how they happened, and an overall fearful attitude by the older adult toward a caregiver.

4. Adults in this age group may be abused by caregivers. A nurse should always be alert for signs of abuse and report them immediately. Such signs would include unexplained bruises, unexplained fractures or old fractures that appear on x-ray films that were never treated, burns that do not match the explanation of how they happened, and an overall fearful attitude by the older adult toward a caregiver.

PTS: 1 CON: Violence| Assessment| Critical Thinking| Nursing| Safety

32. ANS: 2
Objective: 10. Describe health-promotion activities for the nurse to use at each developmental stage.
Page: 182-186
Heading: Stages of Adult Development > Health Concerns for Young, Middle, and Older Adults
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Assessment: Promoting Health: Nursing Roles Difficulty: Easy
Feedback
1. A nurse should encourage young adults to have yearly physical examinations and screenings for tuberculosis and other diseases.

2. A nurse should encourage young adults to have yearly physical examinations and screenings for tuberculosis and other diseases.

3. A nurse should encourage young adults to have yearly physical examinations and screenings for tuberculosis and other diseases.

4. A nurse should encourage young adults to have yearly physical examinations and screenings for tuberculosis and other diseases.

PTS: 1 CON: Assessment| Promoting Health| Nursing Roles

MULTIPLE RESPONSE

1. ANS: 1, 2, 4, 5

Objective: 2. Differentiate between the principles of growth and development.

Page: 171-173

Heading: Concepts of Growth and Development > Theories of Development

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Development: Nursing Roles

Difficulty: Moderate

Feedback

1. This is correct. Growth occurs in an orderly and predictable pattern, progressing from the center of the body outward (proximodistal pattern) and from the head downward (cephalocaudal pattern).

2. This is correct. Growth occurs in an orderly and predictable pattern, progressing from the center of the body outward (proximodistal pattern) and from the head downward (cephalocaudal pattern).

3. This is incorrect. Growth occurs in an orderly and predictable pattern, progressing from the center of the body outward (proximodistal pattern) and from the head downward (cephalocaudal pattern).

4. This is correct. Growth occurs in an orderly and predictable pattern, progressing from the center of the body outward (proximodistal pattern) and from the head downward (cephalocaudal pattern).
5. This is correct. Growth occurs in an orderly and predictable pattern, progressing from the center of the body outward (proximodistal pattern) and from the head downward (cephalocaudal pattern).

PTS: 1 CON: Development| Nursing Roles

2. ANS: 2, 3
Objective: 1A. Explain nursing implications for each developmental stage.
Page: 173-182
Heading: Stages of Child Development > Adolescents
Integrated Processes: Caring
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Development: Nursing Roles
Difficulty: Moderate

Feedback

1. This is incorrect. The nurse should treat adolescents with respect and dignity, and avoid talking down to them.

2. This is correct. The nurse should treat adolescents with respect and dignity, and avoid talking down to them.

3. This is correct. It is important to allow hospitalized adolescents to have some control over their schedules and environment. The nurse should keep in mind that the peer group is the most important to a teen, so the visitors they will want to see are other adolescents.

4. This is incorrect. It is important to allow hospitalized adolescents to have some control over their schedules and environment. The nurse should respect the teen’s wishes to either have a parent present or not during examinations and procedures.

5. This is incorrect. The nurse should treat adolescents with respect and dignity, and avoid talking down to them. The nurse should ask what the adolescent patient knows about his or her illness before beginning any patient teaching.

PTS: 1 CON: Development| Nursing Roles

3. ANS: 1, 3, 5
Objective: 9. Identify specific safety issues at each developmental stage.
Page: 179-182
1. This is correct. Teens may be willing to experiment with alcohol, tobacco, street drugs, and the prescription drugs of others as a way to demonstrate their independence. All of these activities put them at risk for life-threatening consequences.

2. This is incorrect. Water safety is a topic that should be addressed with the parents of small children.

3. This is correct. Adolescents often meet others over the Internet. Many times they are simply meeting other teens when they strike up friendships over the Internet, but the possibility that they are communicating with predators cannot be ruled out. It is extremely important that adolescents not arrange to leave home to meet someone they have communicated with in this venue, especially if no one knows where they are going or why.

4. This is incorrect. Stranger Danger is a topic that should be addressed with the parents of small children.

5. This is correct. Even adolescents who have grown up around firearms for hunting and sport can be at risk for injury or death due to accidental or malicious shootings. Adolescents need to know how to handle firearms if those are kept in the home, and how to check that the “safety” is on before handling them. Alcohol and drug use with firearms is a lethal combination.

PTS: 1 CON: Development| Nursing Roles| Safety

COMPLETION

1. ANS: ambivalent
Rationale: Adolescents do want guidance and advice from their parents, but at the same time they want to be independent and make their own decisions. This is a time of conflict even in the best of situations. Wise parents expect older adolescents to
pull away, to be somewhat critical of them, and to feel ambivalent toward them, or to have opposing feelings about them.

Heading: Stages of Child Development > Adolescents
Integrated Processes: Teaching and Learning
Client Need: Psychosocial Integrity
Cognitive Level: Application [Applying]
Concept: Development: Nursing Roles Difficulty: Easy

PTS: 1 CON: Development| Nursing Roles

2. ANS: menarche
Rationale: Puberty, the onset of the development of sexual characteristics and functions, occurs between the ages of 11 and 14 years. Girls develop breasts and experience menarche, or the beginning of menstrual periods.

Heading: Stages of Child Development > Adolescents
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)
Client Need: Psychosocial Integrity
Cognitive Level: Analysis [Analyzing]
Concept: Female Reproduction: Development
Difficulty: Moderate
PTS: 1 CON: Female Reproduction| Development

3. ANS: regression
Rationale: Regression, or returning to earlier behaviors, may occur in school-age children when they feel insecure and threatened by treatments. A nurse may see an 8- or 10-year-old crying, clinging to his or her parent, or having a temper tantrum. Nurses should remember to consider the illness and treatment from the child’s view to understand the reaction.

Objective: 11. Explain nursing implications for each developmental stage.
12. Discuss information found in the Connection features of this chapter.
Page: 179-181
Heading: Health Concerns for Infants, Children, and Adolescents > Preschoolers and School-Age Children
4. ANS: reflexes
Rationale: Newborns possess several reflexes to help them survive. Reflexes are automatic responses by the central nervous system. These reflexes slowly disappear as the child develops, all decreasing or disappearing by 6 months of age.

Objective: 1. Define various terms associated with growth and development of humans.
3. Identify factors that affect growth and development.

Page: 173-175
Heading: Stages of Child Development > Infants
Integrated Processes: Teaching and Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Development: Nursing Roles
Difficulty: Easy

PTS: 1 CON: Stress| Development| Nursing Roles