

Children in Difficult Circumstances

The purpose of this continuing education series is to increase the pediatric nurse's awareness and understanding of selected family psychosocial issues that can have an impact on children's development and physical and mental health.

Parental circumstances can have profound effects – positive or negative – on their children. In some situations, for example with fetal alcohol spectrum disorders (FASD), negative consequences are set into motion when the child is in utero. Children also may be affected by circumstances that result in living away from the family home, whether with a parent or in foster care. Keeping updated on current psychosocial issues affecting children will help pediatric nurses provide appropriate care for children and offer suitable anticipatory guidance to parents and other caregivers.

This continuing education series features three articles of importance to pediatric nurses. The first article describes a service model designed to address the needs of children and families affected by FASD. The second article presents findings of a study about sleep-related behaviors of children of abused women living in a transitional housing program. The third article reports the results of informal observations of pediatric public health nurses practicing health case management in a child welfare agency.

ASSIGNMENT

- Wilton, G., & Plane, M. (2006). The family empowerment network: A service model to address the needs of children and families affected by fetal alcohol spectrum disorders. *Pediatric Nursing*, 32(4), 299-306.
- Humphreys, J., & Lee, K. (2006). Sleep of children of abused women in transitional housing. *Pediatric Nursing*, 32(4), 311-316.
- Schneiderman, J. (2006). Innovative pediatric nursing role: Public health nurses in child welfare. *Pediatric Nursing*, 32(4), 317-321.

Objectives:

1. Describe selected family psychosocial issues and their impact on children.
2. Discuss a service model to address the needs of children and families affected by FASD.
3. List three sleep-related behaviors of children of abused women living in a transitional housing program.
4. Describe the pediatric nurse's role as a health case manager for children in foster care.
5. Identify opportunities for pediatric nurses to keep current on the impact of family psychosocial issues on children's development and physical and mental health.

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Articles accepted for publication in the continuing education series are refereed manuscripts that are reviewed in the standard *Pediatric Nursing* review process with other articles appearing in the journal.

This test was reviewed and edited by Judy A. Rollins, PhD, RN, *Pediatric Nursing* associate editor, and Veronica D. Feeg, PhD, RN, FAAN, *Pediatric Nursing* editor.

Earn 4.0 Contact Hours

Questions

1. **The following criteria are necessary to diagnose fetal alcohol syndrome:**
 - a. Mental retardation, small head circumference
 - b. Small size and weight, small head circumference, specific facial features, history of prenatal alcohol exposure
 - c. Alcohol withdrawal following delivery, low birth weight, history of prenatal alcohol exposure
 - d. Heart defect, mental retardation, alcohol withdrawal, prenatal alcohol exposure
 - e. Any delays associated with prenatal alcohol exposure can be called Fetal Alcohol Syndrome.
2. **The facial features most closely associated with FAS are:**
 - a. small ears, wide set eyes, large chin.
 - b. short eye openings, thin upper lip, flattened philtrum.
 - c. small chin, high-set ears, pointed nose.
 - d. epicanthal folds, elongated chin, flat midface.
 - e. There are no specific facial features associated with FAS.
3. **Which of the following characteristics is *not* closely associated with any of the fetal alcohol spectrum disorders?**
 - a. Failure to thrive
 - b. Distractibility/hyperactivity
 - c. Sleep disturbances
 - d. Binge eating
 - e. Poor habituation
4. **The incidence estimate of FAS in the United States is approximately**
 - a. 0.5-2.0 cases per 1,000 births.
 - b. 15-20 cases per 1,000 births.
 - c. 20-40 cases per 1,000 births.
 - d. 40-60 cases per 1,000 births.
 - e. 60-80 cases per 1,000 births.
5. **Which of the following services should be incorporated into family programs addressing FASD?**
 - a. Advocacy
 - b. Education
 - c. Support
 - d. Referrals
 - e. All of the above
6. **Research has described which of the following as children's responses to intimate partner violence directed at their mothers?**
 - a. Problems in school
 - b. Headaches and stomach aches
 - c. Lapses in bowel control
 - d. Substance abuse
 - e. All of the above
7. **Persistent disturbed sleep can have which of the following effects in children?**
 - a. Vomiting
 - b. Altered growth
 - c. Shortness of breath
 - d. Pain
 - e. Neurologic disorders
8. **In the Humphreys and Lee study, the most commonly reported (40%) problematic sleep-related behavior in children of abused women was failure to go to bed willingly.**
 - a. True
 - b. False
9. **Comprehensive assessment of children of abused women is an appropriate initial step in determining if sleep problems can be dealt with in primary care settings or if referral to specialized care is required. Comprehensive assessment should include determination of which of the following?**
 - a. Achievement of developmental milestones
 - b. Degree of parental concern
 - c. Degree and severity of symptoms
 - d. Impairment of child's activities
 - e. All of the above
10. **According to Christophersen and Mortweet (2001), after 6 months of age which of the following should cause parents to be concerned about their child's sleep?**
 - a. Child awakens many times during the night.
 - b. Putting child to bed is often a struggle.
 - c. Child does not get enough sleep.
 - d. Most nights child does not sleep though the night.
 - e. All of the above

CE POSTTEST

11. The public health nurses who work in child welfare practice case management. This case management role includes
- referrals for needed care.
 - hands-on care.
 - treatment of communicable diseases.
 - administration of immunizations.
 - All of the above
12. According to the Minnesota Public Health Interventions Model (the Wheel), interventions practiced at the systems level need to
- be practiced within a family context.
 - include surveillance and disease investigation.
 - stress policy development and enforcement.
 - focus on counseling and consultation.
 - a and b
13. What is the final goal of child welfare agencies?
- Foster care for children at risk
 - When possible, reunification with families
 - Termination of parental rights
 - Keeping children healthy
14. While in foster care, children often do not receive comprehensive medical care because
- Medicaid funds are not available to pay for care.
 - there is a lack of coordination between health care and child welfare.
 - complete and up-to-date health passports are used.
 - there are no medical standards for children in foster care.
 - None of the above
15. How can the public health nurses in child welfare encourage foster parents to get more involved in meeting the health needs of their foster children?
- Interface with health care providers on behalf of the child
 - Collaborate with the child's social worker to assure health care utilization
 - Provide surveillance to identify health care problems early
 - Involve the foster parent in health care decision-making



Answer Form: Children in Difficult Circumstances

*PED J605

Check the box next to the correct answer.

1. A 2. A 3. A 4. A 5. A 6. A 7. A 8. A 9. A 10. A 11. A 12. A 13. A 14. A 15. A
 B
 C
 D
 E E E E E E E E E E E E E E E E E E E E

This test may be copied for use by others.

COMPLETE THE FOLLOWING:

Name: _____

Address: _____

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Evaluation	Strongly disagree	1	2	3	4	5	Strongly agree
1. The objectives relate to the overall purpose/goals of the education activity.	1	2	3	4	5		
2. The activity met the stated objectives.							
a. Describe selected family psychosocial issues and their impact on children.	1	2	3	4	5		
b. Discuss a service model to address the needs of children and families affected by FASD.	1	2	3	4	5		
c. List three sleep-related behaviors of children of abused women living in a transitional housing program.	1	2	3	4	5		
d. Describe the pediatric nurse's role as a health case manager for children in foster care.	1	2	3	4	5		
e. Identify opportunities for pediatric nurses to keep current on the impact of family psychosocial issues on children's development and physical and mental health.	1	2	3	4	5		
3. Home study format was appropriate.	1	2	3	4	5		
4. The content was relevant to my practice.	1	2	3	4	5		
5. The content met my needs.	1	2	3	4	5		
6. How much time was used to complete reading assignment and posttest:							
a. Less than 1 hour _____							
b. 1-2 hours _____							
c. 2-3 hours _____							
d. 3 hours or more _____							
Comments _____							
Signature _____							

POSTTEST INSTRUCTIONS

- Select the best answer and check the corresponding box on the answer form. Retain the test questions as your record.
- Complete the information requested in the space provided.
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