

The purpose of this continuing education series is to increase the pediatric nurse's awareness and understanding of selected issues regarding adolescents.

Adolescence, the period of transition between childhood and adulthood, involves numerous biological, social, and psychological changes. It is a time when children's bodies, their families, their schools, and the larger society demand that they change. Although all adolescents strive to master the same psychosocial crisis of this stage—Identity vs. Role Confusion, some teens face additional challenges, such as poor family or social circumstances or chronic health conditions.

Keeping updated on current adolescent issues will increase the pediatric nurse's ability to incorporate sound concepts of care into his or her practice setting.

This continuing education series features three articles of importance to pediatric nurses. The first article discusses common problem behaviors in adolescents. The second article describes the ways in which parenting styles can affect the treatment of adolescents with obesity. The third article presents findings of an evaluation of a PNP Care Coordinator model for hospitalized children, adolescents, and young adults with cystic fibrosis.

ASSIGNMENT

Bartlett, R., Holditch-Davis, D., & Belyea, M. (2007). Problem behaviors in adolescents. *Pediatric Nursing*, 33(1), 13-18.

Regber, S., Berg-Kelly, K., & Marild, S. (2007). Parenting styles and treatment of adolescents with obesity. *Pediatric Nursing*, 33(1), 21-28.

Rideout, K. (2007). Evaluation of a PNP care coordinator model for hospitalized children, adolescents, and young adults with cystic fibrosis. (2007). *Pediatric Nursing*, 33(1), 29-34, 48.

Earn 2.1 Contact Hours

Objectives:

1. Discuss the importance of tailoring nursing practice to meet the unique needs of adolescents.
2. List four problem behaviors in which adolescents might engage.
3. Describe four parenting styles and the ways in which these styles may affect treatment for an adolescent with obesity.
4. List three positive outcomes of a Pediatric Nurse Practitioner-Care Coordinator (PNP-CC) model for hospitalized children, adolescents, and young adults with cystic fibrosis (CF).
5. Identify opportunities for pediatric nurses to keep current on adolescent issues.

This offering for 2.1 contact hours is provided by Anthony J. Jannetti, Inc.

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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.

Questions

1. **Asking adolescents directly about risky sex behaviors, violence, or substance use likely will be embarrassing and prevent the adolescent from ever discussing any of these behaviors with the nurse.**
 - a. True
 - b. False
2. **Signs of intoxication include all of the following EXCEPT**
 - a. lack of coordination and lethargy.
 - b. changes in social interactions and mood.
 - c. muscular stiffness and tactile hallucinations.
 - d. increased anxiety and poor judgment.
 - e. lack of coordination and euphoria.
3. **More than 40% of adolescents in the National Longitudinal Study of Adolescent Health (Add Health) reported alcohol use in the past month. What percentage across both the Add Health study and the Youth Risk Surveillance Survey reported even more problematic alcohol use?**
 - a. Between 0% and 5%
 - b. Between 5% and 10%
 - c. Between 15% and 20%
 - d. Between 25% and 30%
 - e. Between 35% and 40%
4. **According to Bartlett and colleagues, what is the most correct description of how to manage confidentiality in a school setting when addressing sensitive issues with an adolescent, such as illegal drug use and sexuality?**
 - a. All information gathered from an adolescent about these topics must be reported to a parent/guardian.
 - b. All information gathered from an adolescent about these topics must be reported to a local school official.
 - c. No information gathered from an adolescent about these topics can be reported to a parent/guardian.
 - d. No information gathered from an adolescent about these topics can be reported to a local school official.
 - e. Federal and state laws, local guidelines, and agency/system policies and procedures should be the guide.
5. **Consequences of marijuana use include**
 - a. heart attacks and immune system problems.
 - b. infertility problems and gynecostasia.
 - c. dyskinesia and gastric ulcerations.
 - d. increased intracranial pressure and cholecystitis.
 - e. asthma and dysrhythmias.
6. **The most severe health consequence of obesity from the perspective of the adolescent is**
 - a. asthma.
 - b. hyperlipidemia.
 - c. flat feet.
 - d. poor self-esteem and stigmatization.
 - e. musculoskeletal disorders.
7. **The most characteristic trait of the adolescent in a family with authoritarian parenting style is being**
 - a. obedient.
 - b. interactive.
 - c. able to follow own rules.
 - d. independent.
 - e. free to argue and discuss.
8. **The most characteristic trait of the adolescent in a family with authoritative parenting style is being**
 - a. obedient.
 - b. able to follow own rules.
 - c. interactive.
 - d. dependent on others.
 - e. unable to control emotions.
9. **The parent with a permissive parenting style is characterized as**
 - a. demanding.
 - b. controlling their child by rules.
 - c. consistent.
 - d. not empathetic.
 - e. avoiding control.

A Selection of Adolescent Issues

- 10. The parent with indifferent parenting style is characterized as**
- not empathetic.
 - controlling.
 - demanding.
 - warm and involved.
 - consistent.

- 11. The Pediatric Nurse Practitioner Care Coordinator Model (PNP-CC) was developed to**
- facilitate the coordination of care for patients with CF admitted to the hospital.
 - decrease the cost of hospital admission for patients with CF.
 - eliminate the need for medical residents involved with patients with CF.
 - further identify needs of patients with CF admitted to the hospital.
 - support the needs of bedside nurses during the nursing shortage.

- 12. In the PNP-CC Model, the process outcome measured was**
- length of inpatient stay.
 - patient and health care provider satisfaction.
 - increased efficiency of consult services.
 - degree of weight change.
 - improvement in FEV1 .

- 13. In the PNP-CC model, satisfaction was measured for all the following EXCEPT**
- patients.
 - nursing staff.
 - medical residents
 - hospital administrators.
 - attending pulmonologists.

- 14. In the PNP-CC model, efficiency in length of time to consult improved for all care services but reached statistical significance for**
- Physical Therapy and Nutrition.
 - Nutrition and Social Work.
 - Social Work and PICC Team.
 - Physical Therapy and PICC Team.
 - Social Work and Physical Therapy.

- 15. For the PNP-CC model, the LOS between the two admissions was decreased by 1.35 days, which was not statistically significant but was clinically significant.**
- True
 - False



Answer Form: A Selection of Adolescent Issues

*PED J0701

Check the box next to the correct answer.

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

This test may be copied for use by others.

COMPLETE THE FOLLOWING:

Name: _____

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City: _____ State: _____ Zip: _____

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. Discuss the importance of tailoring nursing practice to meet the unique needs of adolescents. | | 1 | 2 | 3 | 4 | 5 | |
| b. List four problem behaviors in which adolescents might engage. | | 1 | 2 | 3 | 4 | 5 | |
| c. Describe four parenting styles and the ways in which these styles may affect treatment for an adolescent with obesity. | | 1 | 2 | 3 | 4 | 5 | |
| d. List three positive outcomes of a Pediatric Nurse Practitioner-Care Coordinator (PNP-CC) model for hospitalized children, adolescents, and young adults with cystic fibrosis. | | 1 | 2 | 3 | 4 | 5 | |
| e. Identify opportunities for pediatric nurses to keep current on adolescent issues. | | 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.
- Detach the answer form or a copy of the answer form and mail to: *Pediatric Nursing*, CE Series, Jannetti Publications Inc.; East Holly Avenue Box 56; Pitman, NJ 08071-0056 with a check or money order payable to Jannetti Publications Inc. for \$10.00 (subscriber) or \$15.00 (non-subscriber).
- Test returns **must** be postmarked by February 15, 2009. If you pass the test (70% or better), a certificate for 2.1 contact hours will be awarded by Anthony J. Jannetti, Inc.

Please allow 6–8 weeks for processing. For recertification purposes, the date that contact hours are awarded will reflect the date of processing.

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