Chapter 23
Life Span Development

Health Promotion Across the Life Span

- Life expectancy
  - This is the average number of years an individual will probably live
  - Life expectancy in the United States at the beginning of the twentieth century was 47.3 years
  - Today, average life expectancy at birth in the United States is 77 years

Health Promotion Across the Life Span (Cont.)

- Infant mortality
  - This is the number of deaths before the first year of life
  - The infant mortality rate for African-American infants is more than double that of white infants
### Growth and Development

- **Growth**
  - Refers to an increase in size of the whole or its parts

- **Development**
  - Refers to function or the gradual process of change and differentiation from simple to complex

- **Cephalocaudal**
  - Growth and development that proceed from the head toward the feet

- **Proximodistal**
  - Growth and development that proceed from the center toward the outside

### Growth and Development (Cont.)

- **Patterns of growth**
  - Growth patterns appear to be genetically controlled
  - Nutrition, heredity, and environment play an important role in the patterns
  - The blueprint for all inherited traits is contained in the chromosomes
  - At conception, the individual is endowed with a complex set of biologic potentials involving characteristics such as height and skin, hair, and eye color

### Growth and Development (Cont.)

- **The beginnings**
  - Development begins with conception
  - After fertilization, the zygote has 23 pairs of chromosomes, for a total of 46 chromosomes
  - One of each pair has been contributed by the mother and one by the father
  - **Teratogen**
    - Any substance, an agent, or a process that interferes with normal prenatal development, causing the formation of one or more developmental abnormalities in the fetus
The Family

- The family is the basic unit of society
- Families are composed of two or more people who are united by marriage, blood, adoption, emotional bonds, and/or social roles
- The individuals of the family usually share ties that often last a lifetime
- Types of families
  - Nuclear, extended, single-parent, blended, social contract family, cohabitation, homosexual, adoptive, and foster

The Family (Cont.)

- Family patterns
  - Refers to the way in which family members relate to each other
  - Types of family patterns
    - Autocratic
    - Patriarchal
    - Matriarchal
    - Democratic

The Family (Cont.)

- Stages of family development
  - Engagement/commitment stage
  - Establishment stage
  - Expectant stage
  - Parenthood stage
  - Disengagement stage of parenthood
  - Senescence stage
The Family (Cont.)

- Causes of family stress
  - Chronic illness
  - Working mothers
  - Abuse
  - Divorce

Stages of Growth and Development

- Infancy: 1 to 12 months
  - Physical characteristics
    - Gains about 1.5 lb per month until 5 months
    - Doubles birth weight by 4-6 months
    - By 1 year of age, birth weight triples
  - Vital signs
    - At 2 months, the average apical rate is about 120 beats per minute. At 12 months, average resting respiration rate is about 30 breaths per minute and blood pressure will gradually increase to 90/60 mm Hg

Stages of Growth and Development (Cont.)

- Infancy: 1 to 12 months
  - Motor development
  - Dentition
  - Psychosocial development
  - Cognitive and intellectual development
Stages of Growth and Development (Cont.)

- Infancy: 1 to 12 months
  - Communication and language
  - Nutrition
  - Sleep, play activity, and safety

Stages of Growth and Development (Cont.)

- Toddler: 1 to 3 years
  - Physical characteristics
  - Vital signs
  - Toilet training
  - Psychosocial development

Stages of Growth and Development (Cont.)

- Toddler: 1 to 3 years
  - Cognitive and intellectual behavior
  - Communication and language
  - Nutrition
  - Sleep, play activity, and safety
Stages of Growth and Development (Cont.)

- Preschooler: 3 to 5 years
  - Physical characteristics
  - Vital signs
  - Psychosocial development
  - Cognitive and intellectual development

Stages of Growth and Development (Cont.)

- Preschooler: 3 to 5 years
  - Communication and language
  - Nutrition
  - Sleep, play activity, and safety

Stages of Growth and Development (Cont.)

- School Age: 6 to 12 years
  - Physical characteristics
  - Vital signs
  - Psychosocial development
Question 1
The nurse is instructing a parent on actions to prevent sudden infant death syndrome. Which statement made by the parent indicates that teaching has been successful?

1. “I will keep my child’s room well ventilated.”
2. “It’s important for my child to sleep on her back.”
3. “I will only provide bedding and pillows that are soft.”
4. “I only need to bring my child to the doctor if she is sick.”

Question 2
What is an example of a blended family?

1. A family comprised of members of more than one race
2. A same-sex couple recently married with no children
3. A family comprised of both biologic and adopted children
4. A married couple with children from previous marriages
Question 3

● How does a family pattern differ from a family type?
  1. Type refers to the composition and pattern refers to the interactions.
  2. Type refers to interactions and pattern refers to the composition.
  3. Type refers to the composition and pattern refers to the reproductive habits.
  4. There is no difference.

Stages of Growth and Development (Cont.)

● Adolescence: 12 to 19 years
  ➢ Physical characteristics
  ➢ Vital signs
  ➢ Psychosocial development

Stages of Growth and Development (Cont.)

● Adolescence: 12 to 19 years
  ➢ Cognitive development
  ➢ Moral development
  ➢ Nutrition
## Stages of Growth and Development (Cont.)

- **Early adulthood: 20 to 40 years**
  - Physical characteristics
  - Psychosocial development
  - Physical health
  - Safety

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## Stages of Growth and Development (Cont.)

- **Middle adulthood: 40 to 65 years**
  - Physical characteristics
  - Psychosocial development

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## Stages of Growth and Development (Cont.)

- **Middle adulthood: 40 to 65 years**
  - Nutrition
  - Physical and dental examinations
  - Sleep and rest

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Stages of Growth and Development (Cont.)

- Late adulthood: 65 years and older
  - Ageism—a form of discrimination and prejudice against older adults—definitely exists
  - Theories of aging

Stages of Growth and Development (Cont.)

- Late adulthood: 65 years and older
  - Physical characteristics
  - Psychosocial development
  - Family roles change with time

Question 4

Which is a developmental task of an early adult?

1. Assume responsibility for own behavior
2. Refine social skills
3. Achieve financial and social independence
4. Develop philosophy of life
Question 5

Which theory on aging is considered biologic?

1. Free radical theory
2. Activity theory
3. Continuity theory
4. Disengagement theory