Chapter 29

Health Promotion for the Infant, Child, and Adolescent

Healthy People 2020

- Physical activity
  - Essential for the healthy growth and development of children and adolescents
  - Not all children expend the needed amount of physical energy
  - Regular physical activity lowers death rates in adults and reduces the risk for the development of heart disease, high blood pressure, diabetes mellitus, and colon cancer
  - Promote physical activity in the pediatric population by educating parents, teachers, school administrators, and daycare providers

Healthy People 2020 (Cont.)

- Overweight and obesity
  - Many factors contribute to the excess weight carried by children today
  - Lack of physical activity, increased fast-food consumption, working mothers, and poverty
  - Most important role the nurse can play related to overweight and obese children is in education of children and parents concerning dietary choices
Healthy People 2020 (Cont.)

- Tobacco use
  - Cigarette smoking continues to be the single most preventable cause of death and disease in the United States
  - Other factors of concern related to tobacco use include smokeless tobacco, cigar smoking, and environmental tobacco smoke, commonly referred to as *secondhand smoke*
  - Risks include lip, gum, throat, and stomach cancers; environmental tobacco smoke may result in increased risk of heart and lung disease

Healthy People 2020 (Cont.)

- Substance abuse
  - Associated with many social problems including domestic violence, sexually transmitted diseases, teen pregnancy, school failure, motor vehicle accidents, increased health care costs, decreased worker productivity, and increased homelessness
  - Adolescents are currently experimenting with marijuana, cocaine, crack, heroin, acid (LSD), inhalants, methamphetamines, "ecstasy," other street drugs, and misused prescription drugs

Healthy People 2020 (Cont.)

- Substance abuse
  - Encourage parents to talk with their children about the risks of substance abuse
  - Educate parents regarding signs of drug use that might be observed in their children
Healthy People 2020 (Cont.)

- Responsible sexual behavior
  - Major risks associated with irresponsible sexual behavior include unintended pregnancy, STDs, and human immunodeficiency virus (HIV) infection and acquired immunodeficiency syndrome (AIDS)
  - Abstinence is the only 100% effective protection, but proper use of condoms can help prevent unintended pregnancies and transmission of STDs
  - Adolescents must be taught about responsible sexual behavior; it can be a matter of life and death

Healthy People 2020 (Cont.)

- Mental health
  - Two areas related to adolescents and mental health are targeted
    - Decrease in the number of adolescents who attempt suicide
    - Reduction in the relapse rate for adolescents with eating disorders
  - The teenage years are among the most difficult times of a person’s life

Healthy People 2020 (Cont.)

- Mental health
  - Mental health issues are often considered less important than physical illness issues
  - Nurses may feel powerless related to matters concerning mental health
  - Pediatric nurses today must treat the patient holistically
  - Mental health issues include depression, suicide, eating disorders, and substance abuse
Healthy People 2020 (Cont.)

- Injury and violence
  - Common injuries of children and adolescents include motor vehicle accidents (MVAs), accidental poisonings, suffocation, drowning, falls, aspiration of foreign bodies, and burns
  - Accidental firearm injuries have occurred for decades in the pediatric population
  - Unfortunately, premeditated, intentional shootings are occurring more frequently among today’s adolescents
  - Goals include a reduction in pediatric deaths caused by MVAs and homicide

Healthy People 2020 (Cont.)

- Parents should be advised of the following guidelines
  - Use infant car seats designed according to federal safety guidelines
  - Teach the child pedestrian safety
  - Supervise children when playing outdoors
  - Insist that the child wear an approved helmet when riding tricycles, bicycles, scooters, mopeds, and skateboards
  - Reinforce the danger of using drugs or alcohol when driving
  - Emphasize rules for safe driving with the adolescent driver

Healthy People 2020 (Cont.)

- Immunization
  - Excellent way to prevent the occurrence and spread of certain infectious diseases
  - Goal related to immunizations states that 80% of all children in the United States will receive immunizations
  - Children who follow the recommended immunization schedule are protected against 10 vaccine-preventable childhood diseases by age 2
  - Barriers to proper immunization include lack of insurance, transportation, and education related to importance, and personal and cultural beliefs
Healthy People 2020 (Cont.)

- Dental Health
  - Strategies to promote dental health
    - Early institution of good dental hygiene and practices to prevent dental caries should be part of the anticipatory guidance for all children and their parents
    - Educate parents on interventions to prevent bottle-mouth caries

Healthy People 2020 (Cont.)

- Environmental quality
  - Concerns include exposure to environmental tobacco smoke, ozone standards, and exposure to lead-based paint
  - Parents need to be aware of potential exposure to lead-based paint in older housing and possibly furniture
  - Nurse’s responsibilities related to ozone standards include being aware of area danger, preventive measures, and sharing this information with others

Healthy People 2020 (Cont.)

- Access to health care
  - Approximately 11 million children in the United States are uninsured
  - Common barriers include financial barriers, lack of primary care providers, cultural and spiritual differences, language barriers, discrimination, and concerns about confidentiality
  - Health care providers have a responsibility to improve health care access for all individuals
Injury Prevention

• Poisoning
  ➢ Ingestion of harmful or poisonous substances is a common cause of morbidity and mortality in children under age 5
  ➢ Children in the 1- to 2-year-old age group are at increased risk because of their natural curiosity to explore their environment
  ➢ Children can become poisoned from a variety of sources

Injury Prevention (Cont.)

• Poisoning
  ➢ Prevention
    • Never refer to medicine as candy
    • Store with childproof caps and keep out of reach or in a locked cabinet
    • Inspect homes for possible sources of lead contamination
    • Keep toxic plants out of the reach of children
    • Grandparents taking medications should keep them in a locked cabinet

Injury Prevention (Cont.)

• Poisoning
  ➢ Syrup of ipecac is no longer recommended for routine home treatment of poisoning and should only be used if advised by the poison control center
  ➢ Educate older children and adolescents about the dangers of drugs and alcohol
Injury Prevention (Cont.)

- Aspiration of a foreign body
  - In children under 1 year of age, the leading cause of fatal injury is asphyxiation through aspiration of foreign materials into the respiratory tract
  - Foods that pose the greatest danger are usually round foods such as hot dogs, round candy, nuts, grapes, popcorn, peanuts, and beans
  - Common objects that can be aspirated include buttons, beads, coins, balloons, pins, and barrettes

- Burn injuries
  - Burns are the second leading cause of accidental death in children 1-4 years of age and the third in children ages 5-14
  - Result of thermal damage to skin and tissues; severity is related to the temperature of the heat source and the length of time the skin is exposed
  - Burns can occur as a result of flames, chemicals, hot objects, radiation, and electricity

- Burn injuries
  - Prevention
    - Teach the following safety precautions
      - Keep the hot water heater set at no higher than 120° F
      - Keep all pot handles on the stove turned toward the back of the stove
      - Keep hot objects out of the reach of children
      - Remove hanging tablecloths and electrical cords
Burn injuries

Prevention

• Teach the following safety precautions
  • Teach older children safe cooking methods
  • Use guardrails or spaceguards around fireplaces, space heaters, and other heat sources
  • Use smoke detectors in the home
  • Keep electrical wires hidden and out of reach of children
  • Use plastic caps in electrical outlets

• Keep small, hot appliances such as curling irons and steam irons out of the reach of children
• Keep a fire extinguisher in the home and know how to operate it
• Use a cool mist, not a hot mist, vaporizer
• Use a hat and sunscreen on children when outdoors

• Teach older children the potential of burn hazards, such as gasoline, matches, barbecue grills, candles, and firecrackers
• Have parents map out an escape route in the home and practice fire drills with family members
• Keep telephone numbers of the fire and rescue departments near the telephone
Question 1
What percentage of American children is estimated to be overweight?
1. 5%
2. 15%
3. 25%
4. 10%

Question 2
Which of these is not a barrier to proper immunization in children?
1. Lack of insurance and funding
2. Lack of transportation
3. Personal and cultural beliefs
4. Lack of supply

Question 3
Which age group is at an increased risk of ingestion of harmful or poisonous substances?
1. Newborn
2. 5-7 years old
3. 1-2 years old
4. 10-12 years old
Question 4

Children under what weight should be in a rear-facing child safety seat in the back seat of a car?

1. 20 lbs
2. 5 lbs
3. 40 lbs
4. 10 lbs

Question 5

What percentage of burn injuries occur in the home?

1. 25%
2. 45%
3. 60%
4. 75%