ACTIVITY TITLE: **Overview of Age Specific Training Material**

OBJECTIVES LIST OBJECTIVES IN OPERATIONAL/BEHAVIORAL TERMS	CONTENT (TOPICS) LIST EACH TOPIC AREA TO BE COVERED AND PROVIDE A DESCRIPTION OR OUTLINE OF THE CONTENT TO BE PRESENTED	TIME FRAME STATE THE TIME FRAME FOR THE TOPIC AREA.	FACULTY LIST THE FACULTY PERSON OR PRESENTER FOR EACH TOPIC	TEACHING METHODS DESCRIBE THE TEACHING METHODS USED FOR EACH
1. Each employee will review independently and with an instructor Overview of Age Specific Assessment *2. Each employee will retain policy and procedure manuals for resourcing.* *3. Each employee will successfully complete a written test.*	*1. Definitions of key terminology and overview of the following: Physical, Mental, & Social development of birth through > 80 years of age; key issues; & Nursing implementation Test provided.*	*1. 30 minutes* *2. 5 minutes* *3. 10 minutes*	*1. Assist DON or designee and employee self study*	*1. Training packet* *2. Module 1 Presentation and policy manual.* *3. Written test, Question & Answer*

Evaluation Methods: Objectives will be evaluated through written tests, verbal simulation of entire process, and demonstration of skills in a lab using durable medical equipment, supplies, and mannequins.

Evaluation Level/Category: Alspach's Evaluation Model.

Overview: Age Specific Assessment

Definitions

Developmental Theory: doctrine that supports progressing through successive stages from a lower to a higher state of organization

Piaget's Theory: the principle that cognitive development occurs in a series of four distinct, universal stages, each characterized by increasingly sophisticated and abstract levels of thought. Stages: Sensorimotor stage, Pre-operational stage, Concrete operational stage, Formal operational stage.

Erikson's Theory: stages of psychosocial development as articulated explain eight stages through which a healthily developing person should pass from infancy to late adulthood. Stages: Trust versus Mistrust, Autonomy versus Doubt, Initiative versus Guilt, Industry versus Inferiority, Identity versus Role Confusion, Intimacy versus Isolation, Generativity versus Stagnation, Ego versus Despair

Training Program Overview

Age specific approach to service provision allows the client to receive care as expected and acknowledges the abilities or limitations of the client. Remember, each client is unique and may not follow the typical growth and development patterns. Despite similarities between clients, the healthcare providers must consider all factors that may affect the client's specific healthcare needs.

1. Infant and toddlers are 0-3 years of age.
   a. Physical development is rapid
   b. Mental development is expressed through sensory learning
   c. Social development is focused on trust and dependency
   d. Key issues: safety, communication, immunizations, nutrition, sleep
   e. Nursing implementation methods: parental education regarding healthcare services such as routine checkups & immunizations, use safety devices such as car seats & rails, allow the child to play with equipment if appropriate
2. Young children are 4-6 years of age.
   a. Physical development is slower with improved motor skills, toilet trained
   b. Mental development reveals vivid imagination and improved memory
   c. Social development is identified with parents and is sensitive to feelings
   d. Key issues: safety, communication, immunizations, nutrition, safety promotion
   e. Nursing implementation methods: allow child to dress self, remain cognizant of feelings such as fear from separation from family, support play with other children, converse and encourage imagination play, explain procedures, reassure healthcare services are not a punishment, use visual aids
3. Older children are 7-12 years of age.
   a. Physical development is slower until puberty induced growth "spurt"
   b. Mental development reveals cause and effect understanding; literate
   c. Social development reveals sense of self and peer interaction is a priority
   d. Key issues: promote competence; provide information on smoking alcohol…
   e. Nursing implementation methods: talk with child about friends, accomplishments, and interests; explain procedures in advance using correct terms and provide visual aids; allow the child to help or independently perform tasks; teach the child about health and safety while encouraging avoidance of tobacco or alcohol

4. Adolescents are 13-20 years of age.
    a. Physical development is maturing an reproduction is possible
    b. Mental development reveals abstract thought process and values
    c. Social development reveals a personal identity and challenges authority
    d. Key issues: advice regarding substance use/abuse, safe driving, violence…
    e. Nursing implementation methods: provide privacy; discuss concerns; encourage active participation in healthcare decisions; teach healthy habits such as exercise; discuss issues such as pregnancy, sexually transmitted disease, substance abuse; encourage child to communicate with parents
5. Young adults are 21-39 years of age.
    a. Physical development is mature
    b. Mental development focuses on acquiring new skills and issue resolution
    c. Social development focuses on career, lifestyle, relationships, and family
    d. Key issues: communication, healthy lifestyle with the risk identification and safety
    e. Nursing implementation methods: encourage health screenings; discuss new adult role and stressors; encourage discussion of feelings or finances; educate regarding injury prevention and healthy lifestyle; encourage support groups and involvement
6. Middle adults are 40-64 years of age.
    a. Physical development is mature with signs of aging
    b. Mental development focuses on using life lessons for issue resolution
    c. Social development focuses on contribution to family/society and productivity
    d. Key issues: hopeful communication, regular exams, age specific changes
    e. Nursing implementation methods: encourage and support self care; allocate time for discussion of frustrations and accomplishments; educate regarding healthy lifestyle such as weight management & stress management; support family involvement in decisions and discuss advance medical directives
7. Older adults are 65-79 years of age.
    a. Physical status declines with decreased senses
    b. Mental development active thoughts with declines memory
    c. Social development is related to new roles and review of life
    d. Key issues: respectful communication, monitor health closely, prevent falls
    e. Nursing implementation methods: stress healthcare checkups; educate regarding safety measures; provide a comfortable environment with time allocated for rest; support reminiscing; maintain clear communication; avoid rushing; listen
8. Adults 80 and older.
    a. Physical status declines and major health risks
    b. Mental speed declines and confusion is usually related to health issues
    c. Social issues regarding personal loss and attempts for independence
    d. Key issues: Stay positive, reduce stress, ensure nutrition, prevent injury
    e. Nursing implementation methods: support medical checkups; encourage physical & social activities; assist with end of life planning; plan for age related risks; educate with family participation without rushing

The RN is available to assist with questions and obtain answers.

Additional Resources Regarding Age Specific Assessment:

http://www.nursingcenter.com

PHI: See Operational Policy Manual for Age Specific Assessment and Related Policies

Test Your Knowledge

Check true or false after each statement below:	True	False
1. Involving family in care can be helpful with patients of all ages.		
2. Older children are not concerned with body changes or image.		
3. It is important to provide adolescents with privacy during teaching and procedures.		
4. Always discourage activity in adults age 80 or older.		
5. Middle age adults have no change in their life.		

Key: 1. T; 2. F; 3. T; 4. F; 5. F