

## Children health

**Childhood:** state of time of being a child, especially the period from infancy to puberty.

A child is a person aged 1 day to 12 years (WHO 2013).

### **Developmental characteristics of early childhood:**

Physical, Social, Language, Emotional, intellectual development.

### **Developmental characteristics of later childhood:**

Physical, Speech & language, Motor, Emotional, Social, Intellectual, development.

Health problem of the infant, toddler, and preschool, School-age period.

The Infant period (birth to 1 year), Toddler period (age 1 and 2 years), and preschool population (age 3 and 4 years), School-age Period (6-12 years).

### **Health problems in children:**

**A-Accident and injuries:** such as those caused by unsafe toys, falls, burns, drowning, homicide, automobile crashes and poisoning, injury from many sources may result in death.

**B-Communicable Diseases:** (measles, mumps, rubella, chickenpox).

**C-Chronic diseases:**(Asthma, Food allergy, Muscular dystrophy, Cystic fibrosis, DM, Epilepsy)

**D- Behavioral and Learning problems:** (attention deficit hyper activity disorder, attention deficit disorder, Oppositional deficit disorder, learning difficulties).

**E-Dental hygiene:** dental caries

**G- Nutrition problems:** imbalanced nutrition (obesity, poor nutrition).

**H-Delayed growth and development.**

**I-Abuse and neglect.**

### **Health service for Children**

**1.Preventive health program:** (Immunization program, quality day care program, parental support service).

**2. Health protection programs:** (safety and injury protection, protection from communicable diseases, protection from dental caries, protection from abuse and neglect).

**3. Health promotion programs:** (early childhood developmental program, nutritional program, physical fitness programs, program for children with special need).

### **The needs of children**

- 1- Good nutrition. 2- Sleeping 6 years need 11-12 hours, 12 years need 10 hours.
- 3- Bathing.
- 4- Dressing.
- 5- Maintain the health.

### **Roles of community health nurse in childhood health**

- 1- Provide health assessment.
- 2- Participate in health education programs.
- 3- Participate in home visits to assess family of the student.
- 4- Ensure that children have their basic needs met such as, enough rest, proper clothing, and good nutrition.
- 5- Assistng the control of communicable diseases.
- 6- Provide health counseling.

### **Adolescent health**

**Adolescent:** stage of human development encompassing the transition from childhood to adulthood.

**An adolescent** is a person aged 10 to 19 years (WHO 2013).

**Adolescent:** is the critical link between childhood and adulthood, it is characterized by significant (physical, psychological, social) transitions.

### **Classification of age group for the adolescent**

- 1- Early adolescence (10-13)years
- 2- Middle adolescence (14-16)years
- 3- Late adolescence (17-19)years
- 4- Youth (15-24)years

## **Adolescent growth and development**

**1. physical growth:** (skeletal growth, increase body composition, maturation of reproductive system).

**2. psychosocial development:** (mood swings, increased cognition, increased need for privacy, risky taking behavior).

**3. Other developmental characteristics of adolescence:** (Physical, motor, emotional, intellectual, social, sexual development).

### **Adolescent health problems:**

- 1.Acne.
- 2.Anemia.
3. Psychological problems (depression, bipolar disorder).
4. Nutritional problems (obesity, anorexia).
6. Menstruation problems (amenorrhea, dysmenorrhea).
- 7.Accident and injury (cars, drowning, and fire arms).
8. Smoking and alcohol abuse.
9. Sexually transmitted infection. 10. Complicated pregnancy.
- 11.Thinking and studying problems. 12.Homicide. 13.Influenza &pneumonia.

### **Prevention of Adolescent Health Problem:**

**1-Primary prevention:** (promote adequate nutrition, promote physical activity, promotion of safety, promote dental care, Immunization).

**2-Secondary prevention:** (screening for health problem, caring for minor illness, caring for chronic illness).

**3-Tertiary prevention:** treatment and rehabilitation.

### **- Population or community health nursing care of child and adolescent:**

**1. Assessing the health of child and adolescent** (Biophysical, Psychological, Sociocultural, Behavioral, Health System, and Environmental Considerations).

### **2. Planning and implementing health care for child and adolescent:**

#### **2.1. Health Promotion:**

- Providing adequate nutrition.
- Preventing illness and injury.
- Preventing communicable diseases and chronic conditions.

**2.2. Resolution of existing health problems:** screening, diagnosis, and treatment.

**2.3. Health Restoration:** Preventing consequences & promoting adjustment

**3. Evaluating health care for child and adolescent:**

The population health nurse would assess the client's health status and the effects of interventions at each level of health care (promotion, resolution, and restoration) in improving health status.

**Adult Health:**

**An adult is a person older than 19 years of age (WHO 2013).**

**Men's health** is concerned with identifying, preventing, and treating conditions that are most common or specific to men.

**The 10 leading causes of death for men are:**

1. Heart disease. 2. Cancer. 3. Stroke. 4. Accidents. 5. Lung disease (including emphysema and chronic bronchitis). 6. Pneumonia. 7. Diabetes. 8. liver disease. 9. Homicides. 10. Suicide.

**Most men need to pay more attention to their health compared to women, men are more likely to.**

1. smoke and drink. 2. make unhealthy or risky choices. 3. put off regular checkups and medical care.

**Health care service:**

**All adults should visit their health care provider from time to time, even if they are healthy. The purpose of these visits is to:**

1. Screen for diseases.  
2. Assess risk of future medical problems.  
3. Help develop a healthy lifestyle. 4. Update vaccinations.  
5. Maintain a relationship with a doctor in case of an illness.

**Prevention of health problems:**

**A. Primary prevention:** 1- Education to promote healthy life style.

2- Routine health exams, healthy eating habits, adequate sleep, moderate drinking, no smoking. 3- STI prevention.

**B. Secondary prevention:** 1-screening for early detection of disease. 2-prompt treatment of disease).

**C. Tertiary prevention:** 1-rehabilitation. 2-prevention of further damage.

### **Women's Health:**

Women's health refers to health issues specific to human female 'anatomy  
Women's health issues include menstruation, contraception, Maternal health, child birth, menopause and breast cancer.

### **Top 10 leading causes of death among females:**

Heart disease, Cancer, Stroke, Chronic lower respiratory disease ,Alzheimer's disease, Unintentional injuries, Diabetes, Influenza and pneumonia , Kidney disease ,Septicemia.

### **Health screening include :**

- 1.Blood pressure screening.
- 2.Cholesterol screening.
- 3.Dental examination.
- 4.Eye exam.
- 5.Immunizations.
- 6.Colon cancer screening.
- 7.Osteoporosis screening.
- 8.preventive health visit.
- 9.Diabetic screening.
- 10.Physical examination.
- 11.Breast self-examination and mammogram.
- 12.pelvic examination.

### **Health promotion for women:**

- 1- Promoting healthy behaviors
- 2-Developing and maintaining healthy relationships and living conditions
- 3-Developing adequate coping strategies
- 4-Promoting healthy pregnancy outcomes

### **Injury Prevention:**

1. Promoting safe environments at home and work.
2. Promoting use of safety devices and practices.
- 3.Advocacy for policies and services that prevent abuse of women.

### **Prevention of Health Problem:**

**1-Primary prevention:** (promote adequate nutrition, promote physical activity, promotion of safety, promote dental care, Immunization).

**2-Secondary prevention:** (screening for health problem, caring for minor illness, caring for chronic illness).

**3-Tertiary prevention:** treatment and rehabilitation.

### **Elderly (Old age Health):**

An elderly person, is person 60 years of age or older who is suffering from infirmities of aging as manifested by advanced age or organic brain damage or other mental, physical, emotional dysfunction.

**Aging:** It is defined as “maturation and senescence of biological systems.

**Ageism:** “To be over sixty-five in an age like ours is to feel bad even when we feel good.”

### **Change occur in Elderly person**

1. Age related hearing loss.
2. Aging changes in body shape.
3. Aging changes in hair and nails.
4. Aging changes in hormone production.
5. Aging changes in immunity.
6. Aging changes in organs, tissue.
7. Aging changing in sleep.
8. Aging changes in the bones - muscles, joints.

### **Prevention of health problems:**

#### **A-Primary prevention:**

1-Health education, routine screening and Immunization.

2-Nutrition, Oral health, Exercise, safety need, dental exam

3-psychosocial need:(coping with multiple losses, maintaining independence, social interaction).

**B-Secondary prevention:** Education on preventive measure and positive health behavior

**C- Tertiary prevention:** follow up and rehabilitation.

## **Health screening for older adult**

1. Abdominal aortic aneurysm.
2. Colorectal cancer.
3. Depression.
4. Diabetes mellitus
5. Elder abuse.
6. Hearing impairment.
7. Hypertension.
8. Obesity.
9. Osteoporosis.
10. Prostate cancer.

## **Population or community health nursing care of adult and elderly:**

**1. Assessing the health of status adult:** (Biophysical, Psychological, Sociocultural, Behavioral, Health System , and Environmental Considerations).

### **2. Planning & implementation to meet the health needs of adult**

#### **2.1. Health Promotion.**

- Promoting healthy behaviors (nutrition, physical activity and rest)
- Developing adequate coping strategies
- Illness and injury prevention.

**2.2. Resolution of existing health problems focuses on:** Screening, diagnosis and treatment.

**2.3. Health Restoration:** Preventing consequences & promoting adjustment

### **3. Evaluating health care for adult:**

The population health nurse would assess the client's health status and the effects of interventions at each level of health care (promotion, resolution, and restoration) in improving health status.