AGE APPROPRIATE CARE

12 – 17 Years Adolescents

Physical

♦ Rapid growth
♦ Onset of menarch for females
♦ Onset of nocturnal emission in males
♦ Attains physical maturity
♦ Vital signs equal adults
♦ Eating disorders may be a concern

Motor/Sensory Adaptations

♦ Improves fine motor skills
♦ Capable of performing any skill an adult can perform
♦ Easily fatigued

Cognitive

♦ Fear loss of self concept and body image
♦ Developing an identity
♦ May have emotional swings
♦ May be self-conscious about body image
♦ Pain- have a good understanding of pain and its causes

Psychosocial

♦ Adolescents want to be in control
♦ Smiling and laughing mask frustrations and fear
♦ Peer opinions are important
♦ May face peer pressure
♦ Lives for the here and now
♦ Maturing physically and compare their own body growth and development with their peers
♦ Interested in the opposite sex
♦ Dependence vs independence
♦ Become interested in close relationships
♦ Privacy is extremely important

Interventions/Ways to Provide Age-specific Care

♦ Develop a relationship of trust and mutual respect
♦ Be open, honest and straight forward
♦ Do not take sudden mood swings personally
♦ Allow them to maintain as much control as safely possible
♦ Encourage involvement in care and decisions
♦ Provide privacy for procedures and teaching