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Child Health NURSING

Practical Record Book



Name of the Candidate: _____

_____

Name of the Institution: _____

Nitin Devadiya
Jayesh Jain

3rd Edition

JAYPEE

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GROWTH AND DEVELOPMENT ASSESSMENT

OVERVIEW

Growth and development as a unit expresses the sum of numerous changes that take place during the life cycle of an individual. The entire course is a dynamic process that encompasses several interrelated dimensions.

Growth

Growth is the increase in the size and mass of body and organs due to multiplication, differentiation and expansion of cells and increase in intracellular substances.

Growth refers to an increase in physical size of the whole or any of its parts and can be measured in inches (") and centimeter (cm) and in pound/kilograms.

Development

Development is the progressive increase in the intellectual, psychological, social and emotional, physical and functionary abilities of a child. It causes qualitative changes in the child's functioning.

Maturation is the factor which to functions at a higher level. It depends on child's hereditary constituent.

STAGES OF GROWTH AND DEVELOPMENT

1. Prenatal period : Time between conception to birth.
2. Neonatal period/newborn : Neonatal period from day of delivery to 28 days.
3. Infancy/Infant : From 1 month to 1 year.
4. Toddler or early childhood : From 1 year to 3 years.
5. Preschool/play age/early children : From 3 to 6 years.
6. School age or late children : From 6 years to 12 years.
7. Adolescent : From 13 years to adulthood.

Purposes

1. To know what to expect of a child at any age
2. To teach mother and father how to observe and to use their knowledge so that it may help in the development of their children to achieve optimal growth
3. To know certain behaviors that are likely to emerge in mature forms
4. To assess the sequence and norms of G and D of a child
5. To know how to influence G and D favorably
6. To diagnose undernutrition, infectious and other diseases affecting G and D
7. To recognize the potential problems and strengths of individual children and their parents
8. To plan for comprehensive care of the child
9. To work with children effectively in health and disease.

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GUIDELINES FOR ASSESSMENT OF GROWTH AND DEVELOPMENT

Age Group: Birth to 5 Years

I. **Identification data:** It includes—name of the child, age, sex, date of admission, diagnosis, type of delivery: Normal/instrumental/lower segment cesarean section (LSCS), place of delivery: Hospital/home, any problem during birth: Yes/no, order of birth.

II. **Growth and development of child and comparison with normal:** It includes anthropometry in the normal child (weight, height, chest circumference, head circumference, midarm circumference).

III. **Milestones of development:** It includes developmental milestones in child comparison with the normal (responsive smile, responds to sound, head control, grasps object, rolls over, sits alone, crawls or creeps, thumb-finger coordination, stands with support, stands alone, walks with support, walks alone, climbs steps, runs).

IV. **Social, emotional and language development:** It includes social and emotional development in child comparison with the normal (responds to closeness when held smiles in recognition, recognizes mother coos and gurgles, seated before a mirror, regards, image, discriminates strangers, wants more than one to play, says mamma, papa, responds to name, no or give it to me, increasingly demanding, offers cheek to be kissed, can speak single word, use pronouns like (i, me, you) asks for food, drinks, toilet, play with a doll, gives full name, can help to put things away, understands difference between boy and girl, washes hands, feeds himself/herself, repeats with number, understands under, behind, inside, and outside, dresses and undresses).

V. **Play habits**: It includes child's favorite toy and play and types of play?

VI. **Toilet training**: It includes (is the child trained for bowel movement? has the child attained bladder control? does the child use the toilet?)

VII. **Nutrition**: It includes breastfeeding (as relevant to age), has weaning started for the child: Yes/no, if yes, at what age and specify the weaning diet. Any problems observed during weaning. Meal pattern at home (sample of a day's meal: Daily requirements of chief nutrients: Breakfast, lunch, dinner, snacks).

VIII. Immunization status and schedule of completion of immunization.

IX. **Sleep pattern**: It includes (how many hours does the child sleep during day and night? Any sleep problems observed and how it is handled).

X. **Schooling**: It includes (does the child attend school?, if yes, which grade and report of school performance).

XI. **Parent-child relationship**: It includes (how much time do the parents spend with the child? Observation of parent-child interaction)

XII. Explain parental reaction to illness and hospitalization.

XIII. **Child's reaction to the illness and hospital team**.

XIV. **Identification of needs on priority**.

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Child Health NURSING
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Salient features

- Written as per Indian Nursing Council (INC) syllabus.
- Student-friendly pattern as an outline of learning concern giving synopsis and instruction.
- Execution as tutorial to direct how to update clinical task and easy to follow.
- Uses standard format of all assignments laid out as per the clinical need.
- Will help the students to document the necessary information in a systematic and scientific manner.
- Boost the students in gaining practical skills and providing comprehensive care while dealing with sick children.
- Guide for the entire nursing professionals globally.

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