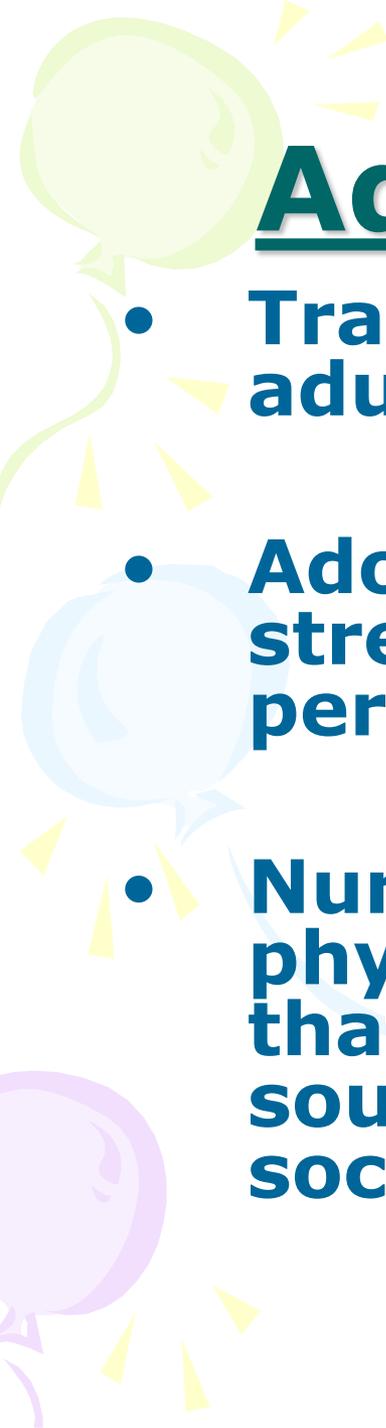


Adolescent Period



3/1/2023



Adolescent Period

- **Transitional period from childhood to adulthood.**
- **Adolescents often feel a sense of stress and anxiety throughout this period.**
- **Nurses must understand the types of physical and psychological changes that face the adolescent and the sources of frustration they meet in society.**

- **During this period , the person becomes physically and psychologically mature and acquires a personal identity.**
- **At the end of this critical period in development, the person is ready to enter adulthood and assume its responsibilities.**
- **The length of adolescence is extending to 18 to 20 years of age.**

Puberty سن البلوغ

It is the first stage of adolescence in which sexual organs begin to grow and mature.

For girls 10 and 14 years.

For boys 12 and 16 years.

Phases of adolescent:

- 1. Early Adolescence: Age from 12 to 14 years.**
 - 2. Middle Adolescence: Age 15 to 17 years.**
 - 3. Late Adolescence: Age 18 to 20 years.**
- N.B: Late adolescence is a more stable stage than the other two.**
 - In this phase, adolescents are involved mostly with planning their future and economic independence.**

Physical Development:

- During puberty, **growth is markedly accelerated** compared to the slow, steady growth of the child.
- This period is marked by sudden and dramatic physical changes.
- This sudden growth is referred to as the adolescent growth spurt. **طفرة**
- Because the growth spurt begins earlier in girls, many girls surpass (exceed) boys in height at this time.

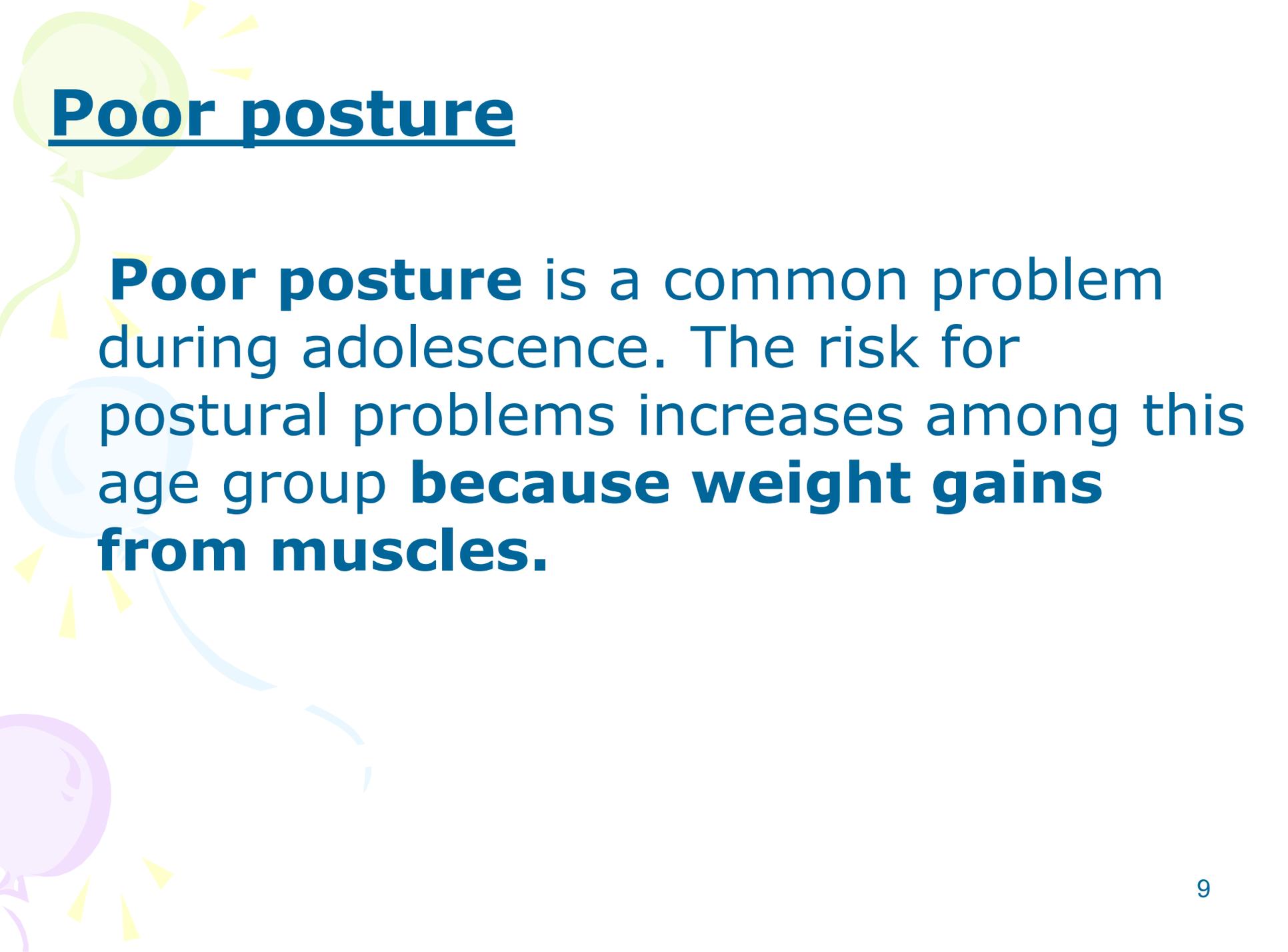
Physical Growth

- It continues throughout adolescence.
- For boys *Growth is fastest at about 14 years, and the maximum height is often reached at about 18 or 19 years. Some men add another 1 or 2 cm to their height during their 20s.
- For girls *Growth is fastest at about age 12, they reach their maximum height at about 15 to 16 years.
- Factors that influence *Physical growth during adolescence are numerous, such as **heredity, nutrition, medical care, illness, physical and emotional environment, family size, and culture.**

- **Growth is noted first in the musculoskeletal system.**

This growth follows a sequential pattern:

- **The head, hands, and feet are the first to grow to adult status.**
- **Next, the extremities reach their adult size.**
- **Because the extremities grow before the trunk, the adolescent looks leggy, awkward, and uncoordinated.**
- **Skull and facial bones also change proportions. The forehead become more prominent and the jawbones develop.**

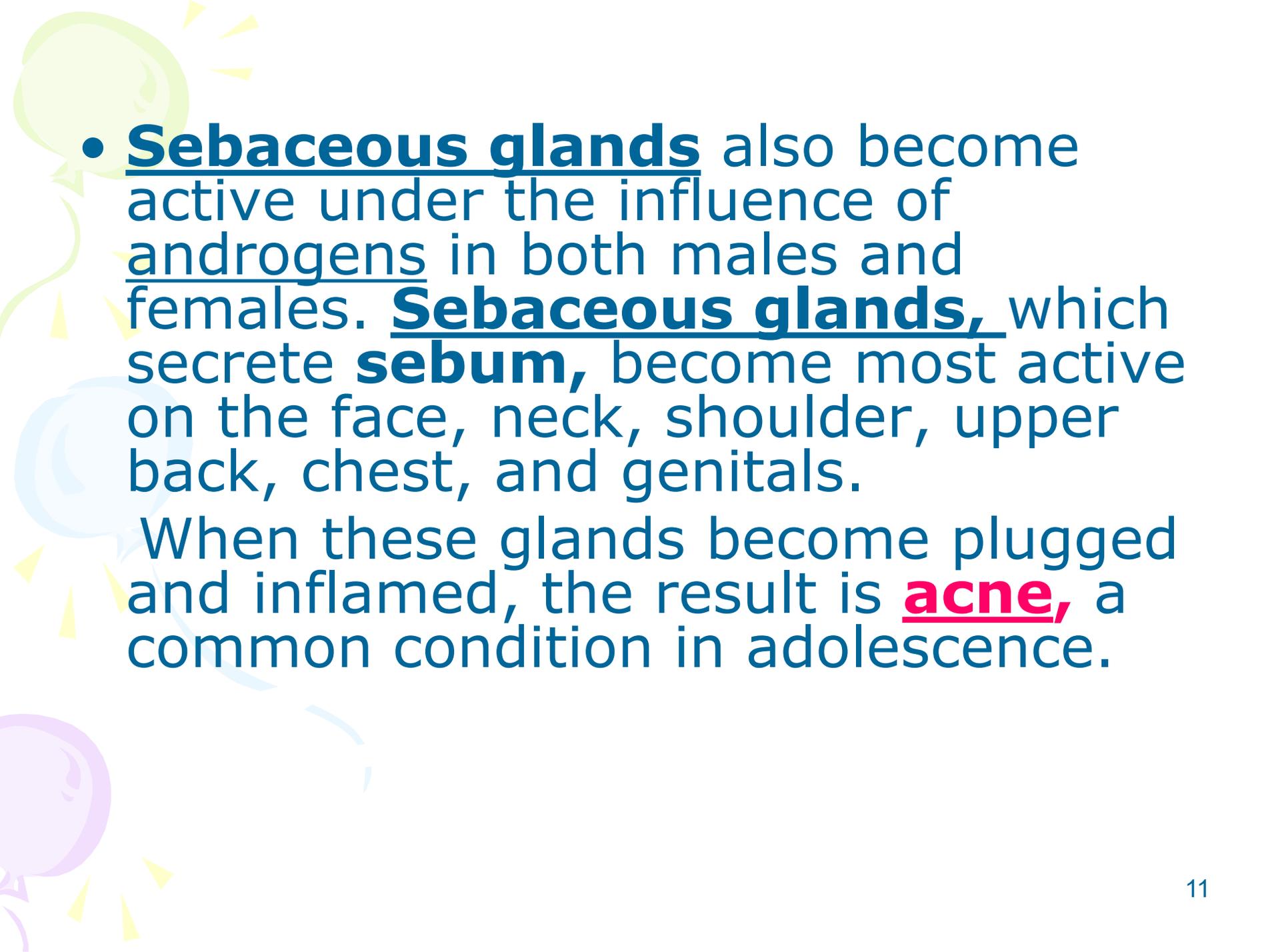


Poor posture

Poor posture is a common problem during adolescence. The risk for postural problems increases among this age group **because weight gains from muscles.**

Glandular Changes

- Eccrine glands increase their secretions and become fully functional during puberty. **These glands, are** found over most of the body, they produce sweat.
- Apocrine glands develop in the axillae, anal and genital areas, external auditory canals and around the umbilicus and the areola of the breasts. **Apocrine sweat** is released onto the skin in response to emotional stimuli only.



- **Sebaceous glands** also become active under the influence of androgens in both males and females. **Sebaceous glands**, which secrete **sebum**, become most active on the face, neck, shoulder, upper back, chest, and genitals.

When these glands become plugged and inflamed, the result is **acne**, a common condition in adolescence.

Acne



Male puberty

- **The first noticeable sign that puberty** has begun in **male**, is the appearance of pubic hair.
- The **milestone** of male puberty is considered to be the **first ejaculation**, which **commonly occurs at about 14 years** of age.
- Fertility follows several months later. **Sexual maturity is achieved by age 18.**

Females puberty

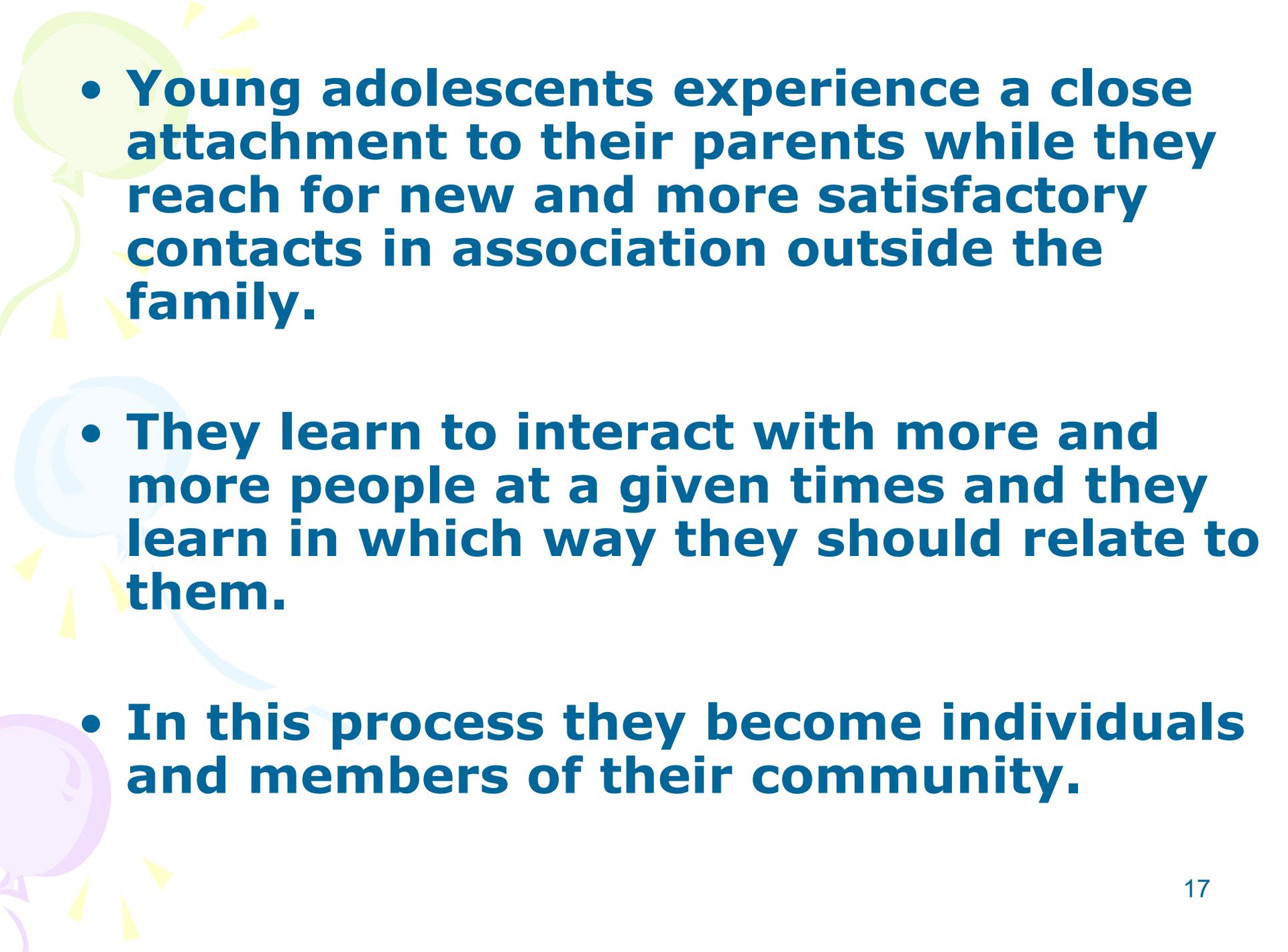
- **The first noticeable sign of puberty** in females is the appearance of the **breast buds**, although the appearance of hair along the labia may precede this. **This usually starts at 8-13 years.**
- **The milestone** of female puberty is **menarche**, which occurs about 2 years after the breast bud appears. At first menstrual periods are scanty
- **Ovulation** is usually established **1 to 2 years after menarche.**
- **Female** internal reproductive organs reach adult size about age 18 to 20.

Cognitive Development

- Adolescents are able to think abstractly as well as logically.
- They think about their future and the part they will play in society as adults.

Psychosocial Development:

- According to Erickson theory, Identity/ Identity diffusion is correct during the adolescent stage.
- A sense of identity means a sense of being at one with oneself as one grows and develops. Identity development is closely linked with the mastery of skills.
- Identity as well as overcoming a sense of identity diffusion represents the polarity **الاختلاف** of this developmental phase.
- Adolescents are usually concerned about their bodies, their appearances, and their physical abilities. Hair styling, skin care, and clothes become very important.

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- **Young adolescents experience a close attachment to their parents while they reach for new and more satisfactory contacts in association outside the family.**
 - **They learn to interact with more and more people at a given times and they learn in which way they should relate to them.**
 - **In this process they become individuals and members of their community.**

Peer groups during adolescence assume great importance.

The peer group has a number of functions:

It provides a sense of belonging, pride, social learning, and sexual roles.

In adolescence, the peer groups start as single-sex groups, evolve to mixed groups, and finally narrow to couples who share activities.

Health Promotion and Wellness:

Health maintenance visits and immunization:

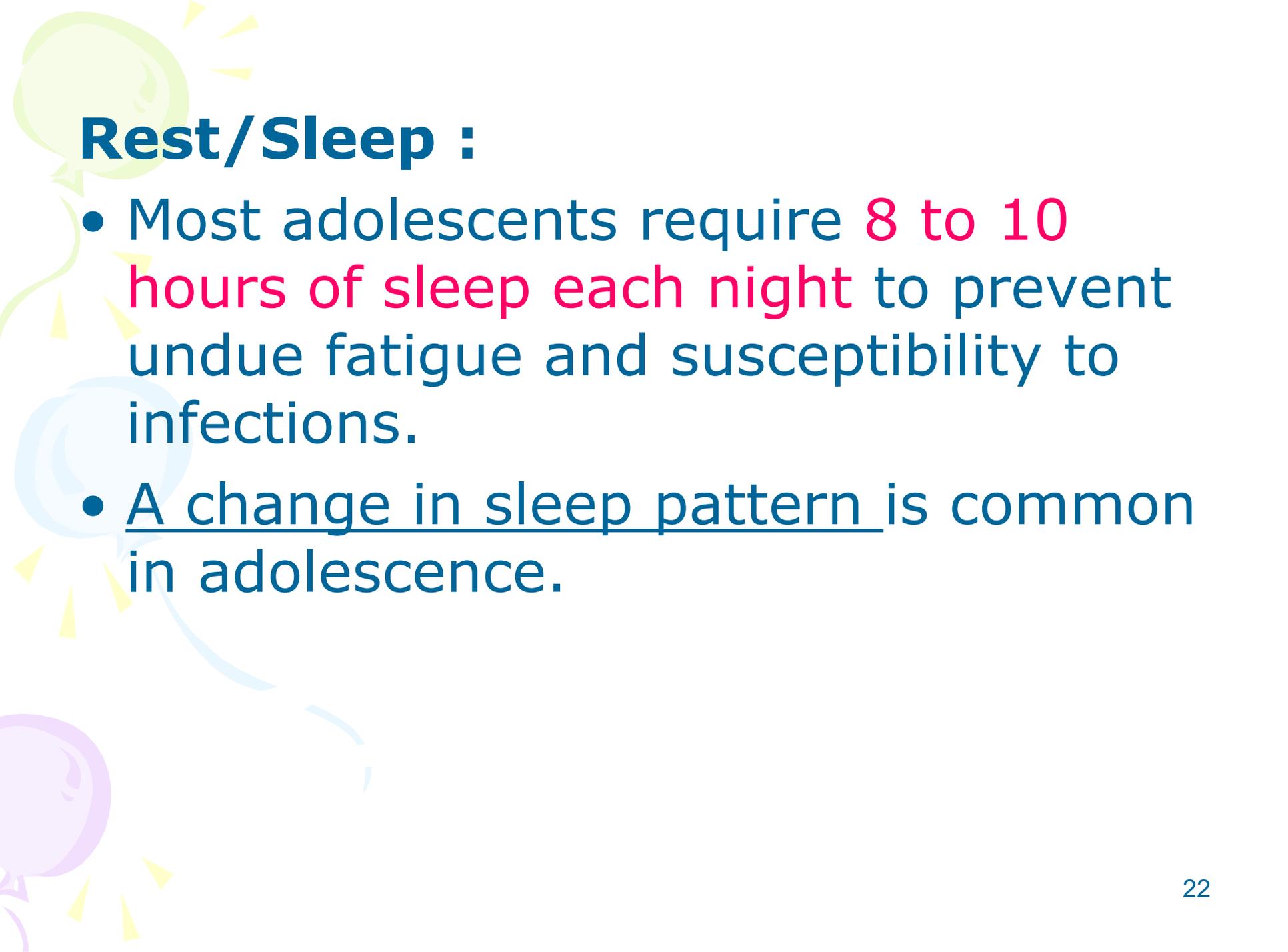
- **The adolescent should receive routine health assessments, appropriate laboratory screening, and periodic dental care.**
- **Immunization required for other age periods and were not received they should be given at this time.**

Nutrition:

- **The adolescent's need for nutrients and calories increases should be recognized, particularly during growth spurt.**
- **In particular, the need for protein, calcium, vitamin D, iron, and B vitamins increases during adolescence.**
- **Explain factors that may lead to nutritional problems (e.g. obesity, anorexia nervosa, and bulimia)**

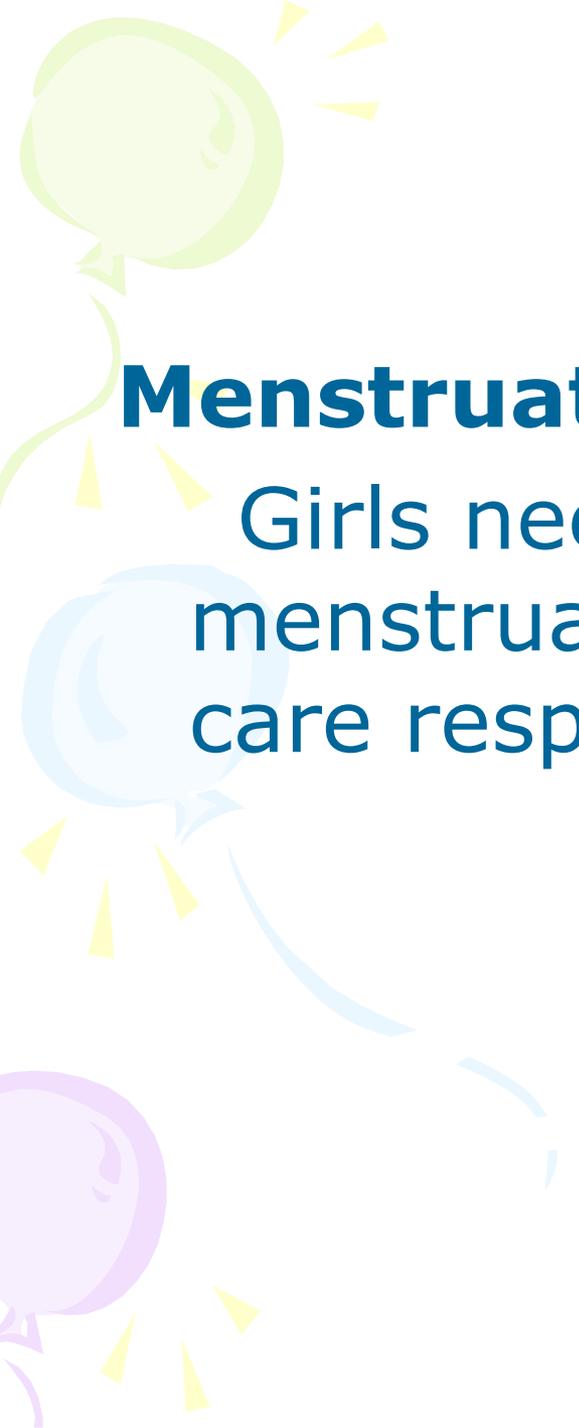
Skin care:

- Adolescents need teaching and guidance to help them deal with the changing needs of their bodies.
- Secretions from newly active sweat glands react with bacteria on the skin, causing **a pungent odor** (strong smelling).
- Teenagers need to practice good hygiene to be sure that clothes smell fresh and clean.



Rest/Sleep :

- Most adolescents require **8 to 10 hours of sleep each night** to prevent undue fatigue and susceptibility to infections.
- A change in sleep pattern is common in adolescence.

A decorative graphic on the left side of the slide features three balloons in shades of green, blue, and purple, each with yellow streamers and triangular flags. The balloons are arranged vertically, with the green one at the top, the blue one in the middle, and the purple one at the bottom. The streamers and flags are scattered around the balloons, creating a festive and celebratory feel.

Menstruation:

Girls need to be taught about the menstrual cycle and necessary self-care responsibilities.

Common health hazards

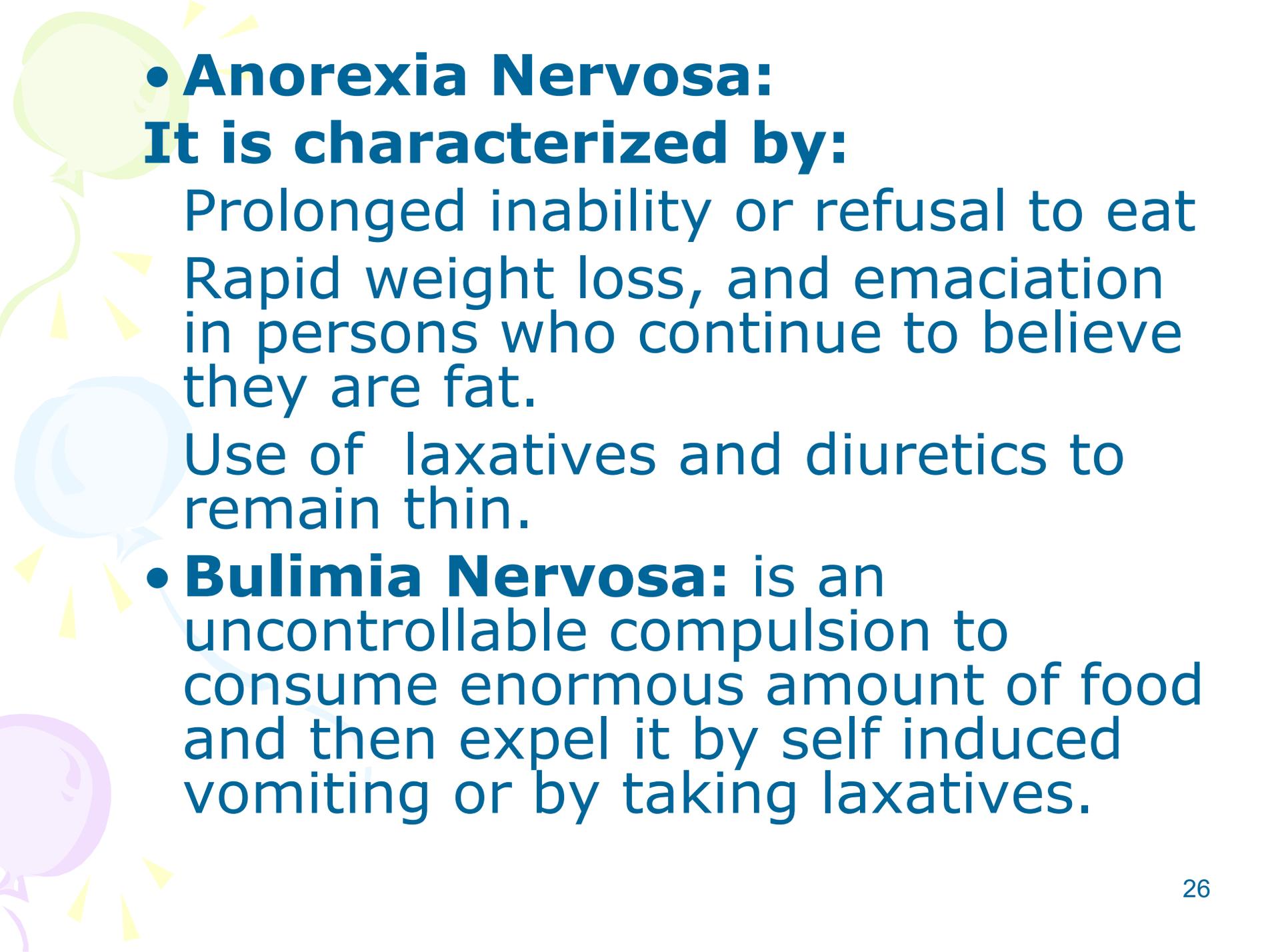
- **Physical Fitness:**
- Many boys and girls become less active during adolescence. Lack of exercise affects both mental and physical health.
- moderate physical activity, such as brisk walking, bicycling, swimming, or yard work has health benefits if done regularly for at least 30 minutes at most, and preferably all days of the week.

Nutrition and Eating Disorders:

- **Obesity:**

Too little physical activity and poor eating habits are causes of obesity within a person's control.

It Is a common problem of the preadolescent period and continues to be a problem in the adolescent period.



- **Anorexia Nervosa:**

- It is characterized by:**

- Prolonged inability or refusal to eat

- Rapid weight loss, and emaciation in persons who continue to believe they are fat.

- Use of laxatives and diuretics to remain thin.

- **Bulimia Nervosa:** is an uncontrollable compulsion to consume enormous amount of food and then expel it by self induced vomiting or by taking laxatives.

Use and Abuse of Drugs:

- **Substance abuse**

It is repeated, harmful use of a substance, usually alcohol or other drugs.

Abuse can lead to **substance dependence:** Addiction, which may be physiological or psychological, or both, and is likely to continue to a harmful substance.

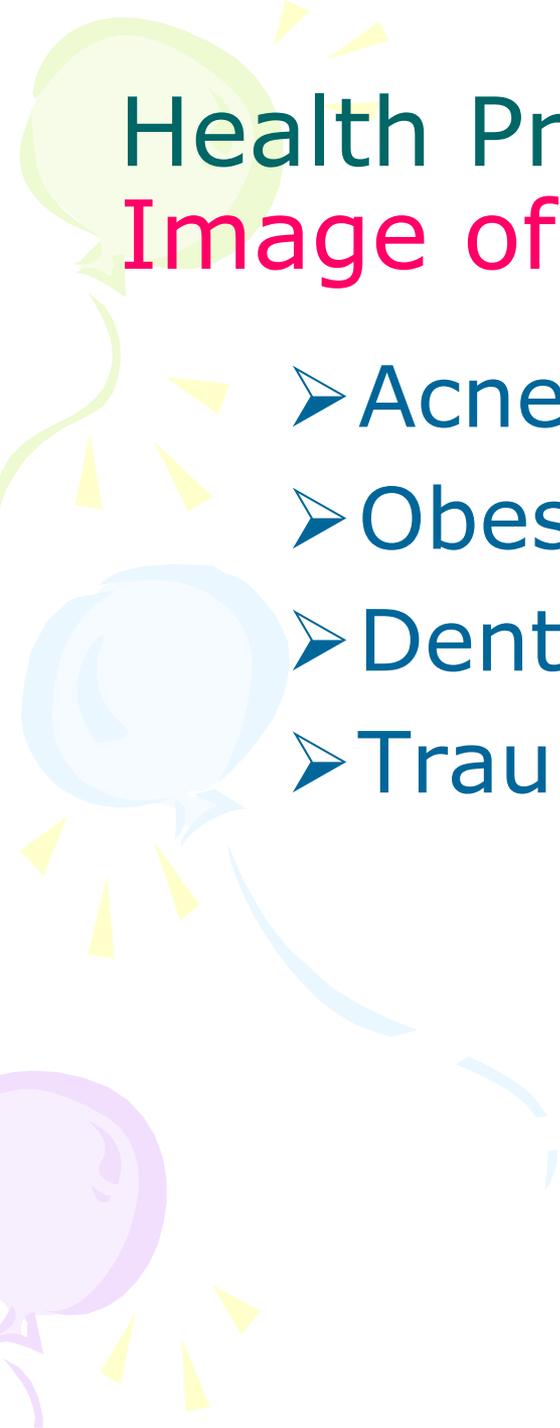
- **Gateway Drugs:**

(Alcohol, Marijuana, and Tobacco): The three drugs are sometimes called Gateway Drugs because their use often leads to more addictive substances, such as cocaine and heroin.

Sexually Transmitted Diseases:

Specific STDs that are greatly increasing among adolescents are

- **Gonorrhea**
- **Chlamydia**
- **Genital herpes infections**
- **Genital warts**
- **Papilloma virus (HPV)**
- **HIV.**



Health Problems Affecting **Body Image** of the Adolescent

- Acne
- Obesity
- Dental or vision problems
- Trauma

Nursing Care of the Adolescent in a Health Care Facility

- Provide supportive nursing care sensitive to the adolescent's needs
- Clearly and honestly explain all procedures and treatments
- Protect privacy by providing screening and covering
- Provide a telephone and recreational areas to keep up social contacts with peers

ORGANISE YOUR LIFE
start by knowing where are
you heading

**Have a nice
DAY**

