



NR577 Midterm Cram Sheet (Weeks 1–4)

AGPCNP Primary Care – Chamberlain University

🇨🇵 C Week 1: Health Promotion – Adolescents & Adults

1. n± Primary Care Principles

- **Goals:** Health promotion, illness prevention, advocacy, coordination of care
- **Attributes:** Accessible, Accountable, Appropriate, Affordable, Adequate, Continuous, Acceptable

★ " = Adolescents

- **Developmental Goals:** Puberty, identity, abstract thinking, career prep
- **Healthy People 2030:** ↑ access to adult support, med homes, ↓ trauma, ↑ school attendance

n• - † Bright Futures Topics

- Mental health, nutrition, exercise, safety, sexuality, screen use

i Top Adolescent Morbidities

- Depression, iron-deficiency anemia, asthma, back/neck pain, anxiety

i Risky Behaviors

- Early puberty → early sex
- Nicotine addiction starts <18
- Self-injury → negative emotions → relief
- Mortality: road injury > HIV > suicide

+ = Assessments

- Tanner Staging
- HEADSS: Home, Education, Activities, Drugs, Sexuality/Suicide, Safety