

NR577 Midterm Exam Study Guide for Weeks 1-4

If you understand the concepts below and how to diagnose, treat, and manage, you will be successful on the midterm exam.

Week 1: Health Promotion for Adolescents and Adults

- Principles of primary care- Two most important outcomes of primary care – Reduction of risk factors & mortality rates in vulnerable populations. Primary care focuses on -Health Promotion- Prevention of illness- Management of those who become sick- Advocacy for all patients- Community involvement. Primary care should be **-accountable; acceptable; appropriate; continuous; accessible; affordable; adequate; complete; available**
- Adolescence- is a period when individuals pass from childhood into adulthood.
 1. **Goals of adolescence- Completion of puberty & growth- social, emotional & cognitive development- development of abstract thinking; establishment of independent identity- preparation for career or life work.**
 2. **Bright Futures- Tool resource kit, includes core forms, supplemental visit documentation forms, screening tools, and supplemental educational handouts. Materials are broken down by age so that documentation and assessments are appropriate to age and development. Guidelines for Health supervision of infants, children and adolescents, available to providers**
 3. **Morbidity and mortality- Morbidity- any physical or psychological state considered to be outside the realm of normal well-being. Mortality- The state of being subject to death.**
- Adolescent assessments
 1. **Tanner Stages for Males and Females –**

STAGES	FEMALE	BOTH	MALE
STAGE I	NO BREAST	NO PUBIC HAIR	NO GENITAL GROWTH
STAGE II	BREAST BUDDING	DOWNY HAIR	Enlarged of testes and increased scrotal pigmentation
STAGE III	Enlarged of areola and breast tissue	Scant hair; increase in amount and pigment	Enlarged of penis and testes
STAGE IV	Separation of areola and nipple from breast mound; most girls experience menarche	Adult type; incomplete distribution	Elongation of penis and enlargement of testes; development of axillary and facial hair
STAGE V	Fully developed breast; single breast contour with nipple protrusion	Adult distribution	Adult size; increase in body and facial hair; increase in muscle

2. **HEADSS assessment**- An interview approach used to quickly obtain historical psychosocial data from an adolescent. **H=Home environment; E= Education/employment; A= Activities; D= Drugs; S= Sexuality/ Suicide/ Depression; S= Safety**
- **Health promotion for adolescents and adults**
 1. **Vaccines**-An immunization is a suspension of microorganism that can be inactivated, partially inactivated, or attenuated. The purpose is to create an antigen-antibody response within the body for recognition in future exposure and either reduced disease or no disease symptoms.
 2. **Screen guidelines- Screen guidelines:**
 - a. **Screening Guidelines for men and women ages 13-64:**
The U.S. Preventive Services Task Force (USPSTF) and Centers for Disease Control and Prevention (CDC) provide guidelines for preventive health screenings for men and women ages 13 to 64. These guidelines may include:
Blood pressure screening
Cholesterol screening
Colorectal cancer screening
Diabetes screening
HIV testing
Lung cancer screening (for current or former smokers)
Depression screening
It's important to note that screening recommendations may vary based on individual risk factors, such as age, family history, lifestyle, and personal health history.
 - b. **Immunizations for patients ages 13-64:**
The CDC recommends that all individuals ages 13 to 64 receive certain immunizations to protect against vaccine-preventable diseases. These may include:

Influenza (flu) vaccine
Tetanus, diphtheria, and pertussis (Tdap)
vaccine Human papillomavirus (HPV) vaccine
Measles, mumps, and rubella (MMR)
vaccine Herpes zoster (shingles) vaccine
Meningococcal vaccine
Again, immunization recommendations may vary based on individual risk factors and previous vaccination history. It is important to discuss with your healthcare provider what immunizations are right for you.

Week 2: Reproductive Health Part 1