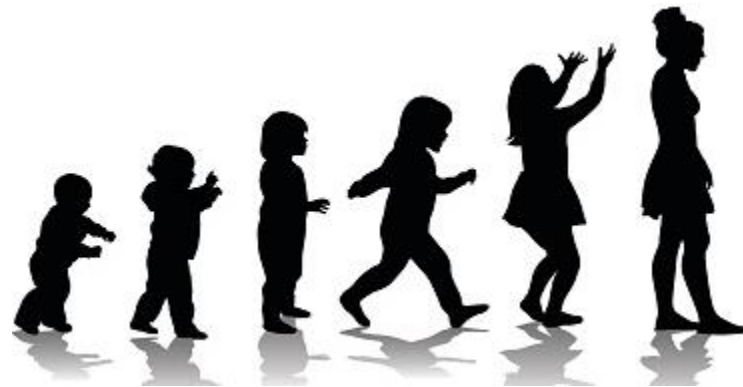


# **AGE SPECIFIC COMPETENCY:**

**0 - 18 YEARS**



# AGE SPECIFIC COMPETENCIES

**Age Specific Competencies means the ability to communicate with each specific patient in a way that is appropriate to his/her particular age, capabilities or disabilities, temporary impairments, emotions, stresses, culture, and individual station.**

**While we do not communicate with everybody in the same way, everybody receives the same respectful treatment.**



# AGE SPECIFIC COMPETENCIES

This will enable you to care for each person **at each stage of life.**

Each patient will get individual care, and can be a partner in their own care.



# INFANTS AND TODDLERS

**Approximate ages: 0-3 years      Are curious!**

## **Healthy Growth and Development:**

- Physical – rapid growth rate, especially the brain.
- Mental – senses, explores, plays, communicates by crying, facial expressions, babbling, then baby talk and simple sentences.
- Social / emotional – is trusting, dependent, beginning to develop a sense of self.



# INFANTS AND TODDLERS



## Communication

- Parents provide security and physical closeness, parent/child bonding; love and security are vital needs.

## Safety

- Needs safe environment for exploring, playing, and sleeping



## Health

- Immunizations, proper nutrition, sleep, skin care, oral health, routine screenings



# INFANTS AND TODDLERS

## Examples of age-specific care for infants and toddlers:

- Involve child and parents in care
- Cuddle and hug child
- Provide safe toys and opportunity for play
- Encourage child to communicate – smile, talk softly, laugh
- Help parents learn about proper care



# YOUNG CHILDREN

**Approximate Ages: 4-6 years**

**Active!**



## **Healthy Growth and Development**

- Physical – Grows at a slower rate, motor skills improve, dresses self, is toilet trained
- Mental – Symbols become important, memory improves, imagination is active
- Social / emotional – Identifies with parent(s), is more independent, sensitive to others' feelings; note: safeguard against drowning associated with becoming independent at this age; exhibits fears; likes stories; may be aloof with strangers.



# YOUNG CHILDREN



## Communication

- Parents and staff working with child, praise and give rewards, states rules as necessary, play with child; child loves to learn via games. In healthcare setting, staff may give toy stethoscope, and reassure child that procedures are not punishment.

## Safety

- Teach safety habits (bike /skate helmets, seat belts, swimming pools, and team sports)

## Health

- Continue immunizations, checkups, teach healthy nutritional habits and good personal hygiene, including the importance of hand washing

## Illness

- Immune system immature. Subject to onset of juvenile DM, colds, earaches, head lice, mumps, ringworm.





# YOUNG CHILDREN

## Examples of age specific care for young children

- Involve parent(s) and child in care – let child make some choices, like food or juice choices; let child feel he or she is helping.
- Use play techniques – toys, games, fun, etc. to teach child and reduce fear.
- Encourage child to ask questions, play with others if appropriate in the setting, and talk about feelings.
- Help parents teach child safety rules.



# OLDER CHILDREN

**Approximate Ages: 7-12 years**

**The Doers!**

## **Healthy Growth and Development**

- Physical - grows slowly until that spurt at puberty
- Mental - active, eager learner, understands cause and effect, can read, write and do math
- Social/emotional - focuses on school activities and "fitting in," while also developing a greater sense of self, negotiates for greater independence; needs to learn to cope with peer pressure



# OLDER CHILDREN

## Communication:

- Encourage them, and give them the opportunity to feel competent and useful; build their self-esteem - ask them to help and praise them for helping; give them tasks they can do successfully (if they can't mow the whole yard, give them half the yard to mow for now); they need a measure of privacy

## Safety:

- Continue to promote safety habits (school safety, etc.): encourage them to resolve conflicts peacefully instead of hitting; etc.

## Health:

- Continue to keep up immunizations and checkups; continue to teach healthy nutritional habits, and good personal hygiene, including the importance of hand washing; provide information on smoking, drugs alcohol, and sexuality.

## Illnesses:

- Mumps and measles are common for this age group. If they're not vaccinated, they can still get these diseases; also sore throats, head lice, ringworm, etc.





# OLDER CHILDREN



## Examples of age-specific care for older children:

- Allow the child to make some care decisions ("In which arm do you want the vaccination?")
- Help build self-esteem - ask the child to help you do a task, and recognize his/her achievements
- Guide child in making healthy, safe lifestyle choices (choosing apple juice over a carbonated beverage)
- If appropriate to the situation, help parents talk with child about peer pressure, sexuality, alcohol, tobacco, other drugs (make appropriate referrals to social workers in the case of management department)



# ADOLESCENTS

**Approximate ages 13-18**

**Transitional Phase**

## **Healthy growth and development**

- Physical – Grows in spurts, matures physically, is able to reproduce
- Mental – Can think abstractly, goes by simple solutions, considers many options, able to make independent decisions, can consider consequences, chooses own values, is idealistic, thinks about the future.
- Social / emotional – develops own identity, builds close relationships, tries to balance desire to be part of peer group with family interests, concerned about appearances, challenges authority, may set career goals and lifestyle, likes to feel in control.

# ADOLESCENTS



## Communication

- Need for privacy, respect, and acceptance. Need to learn teamwork.

## Safety

- Discourage risk-taking, promote safety habits (safe driving, violence prevention, hazards of gangs, etc.)

## Health

- Continue regular checkups and immunizations, promote sexual responsibility, advise against substance abuse.

## Illnesses

- Viruses, acne, athlete's foot, mononucleosis, hepatitis

# ADOLESCENTS



## Examples of age specific care for adolescents

- Treat more as adult than child, respect their opinions, avoid authoritarian approach
- Show respect and patience. Be considerate of how needing medical care is affecting them. Friendships and friends' opinions are important to them.
- Provide guidance in making positively healthy choices, correct misinformation.
- Encourage communication between health care team and adolescent.
- Encourage them to ask questions regarding any fears they may have.
- Involve them in decision making.



# DOMAINS OF CHILD DEVELOPMENT

