



AGE SPECIFIC TRAINING



Learning agenda

- Introduction
- Definition
- Purposes
- Various age groups
- How age matters
- Importance
- Prerequisite skills
- Age Specific Training-nurse's role.
- Conclusion



Introduction

Age-specific training are skills for nurses that use to give care to meet each patient's unique needs.



Definition

It is the ability to communicate with each patient appropriate to his or her particular age and other characteristics.



Purposes



To provide information about different age groups

To identify age-specific differences

To identify nursing actions that differ among age groups

To reduce risks to vulnerable age groups

To explain about culture or work role

Various age group





Infants



Toddler



Pre School age



School age



Adolescents



Young Adults



Middle Adult



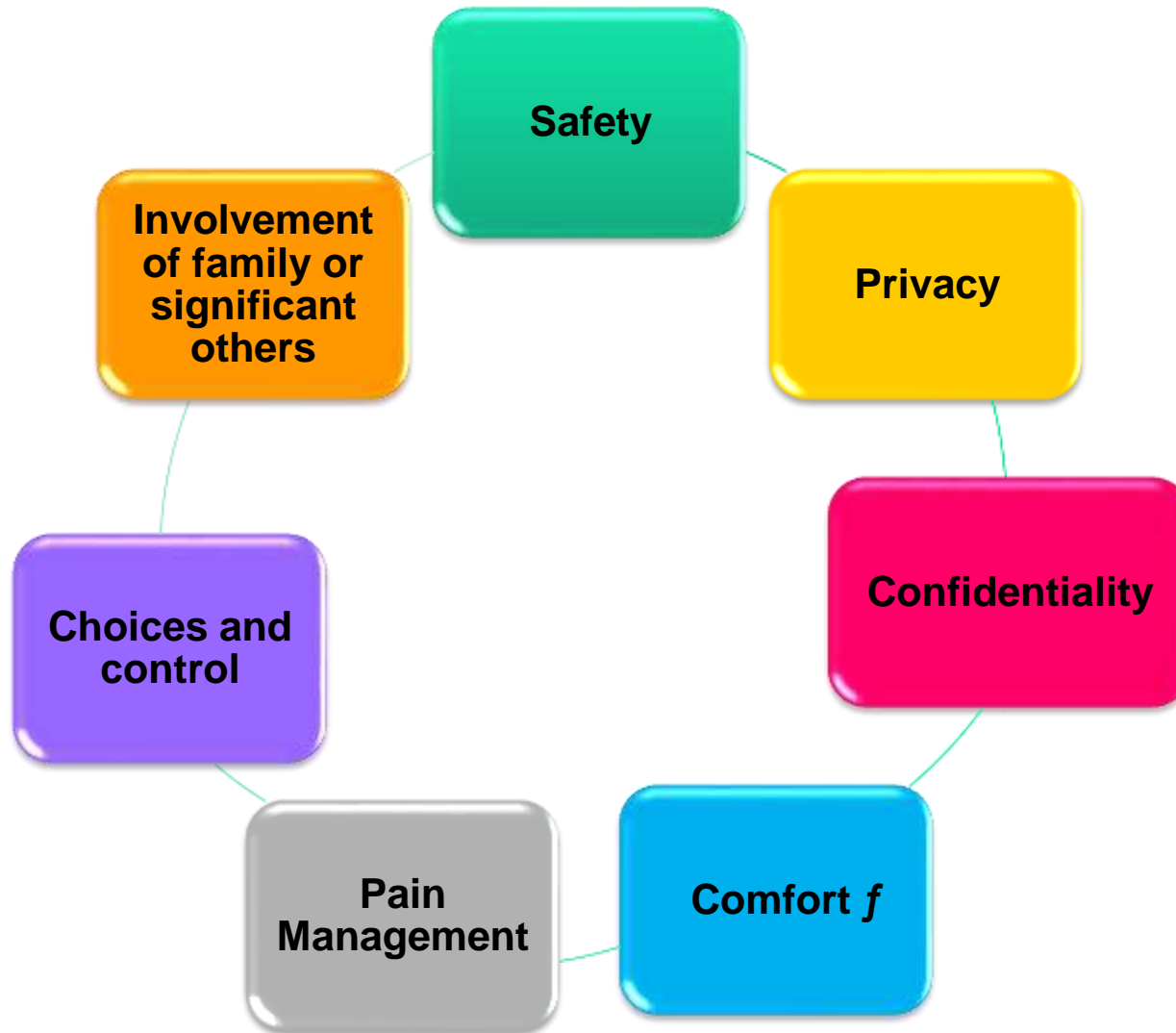
Older Adult



Elderly

How age matters

fff



Importance



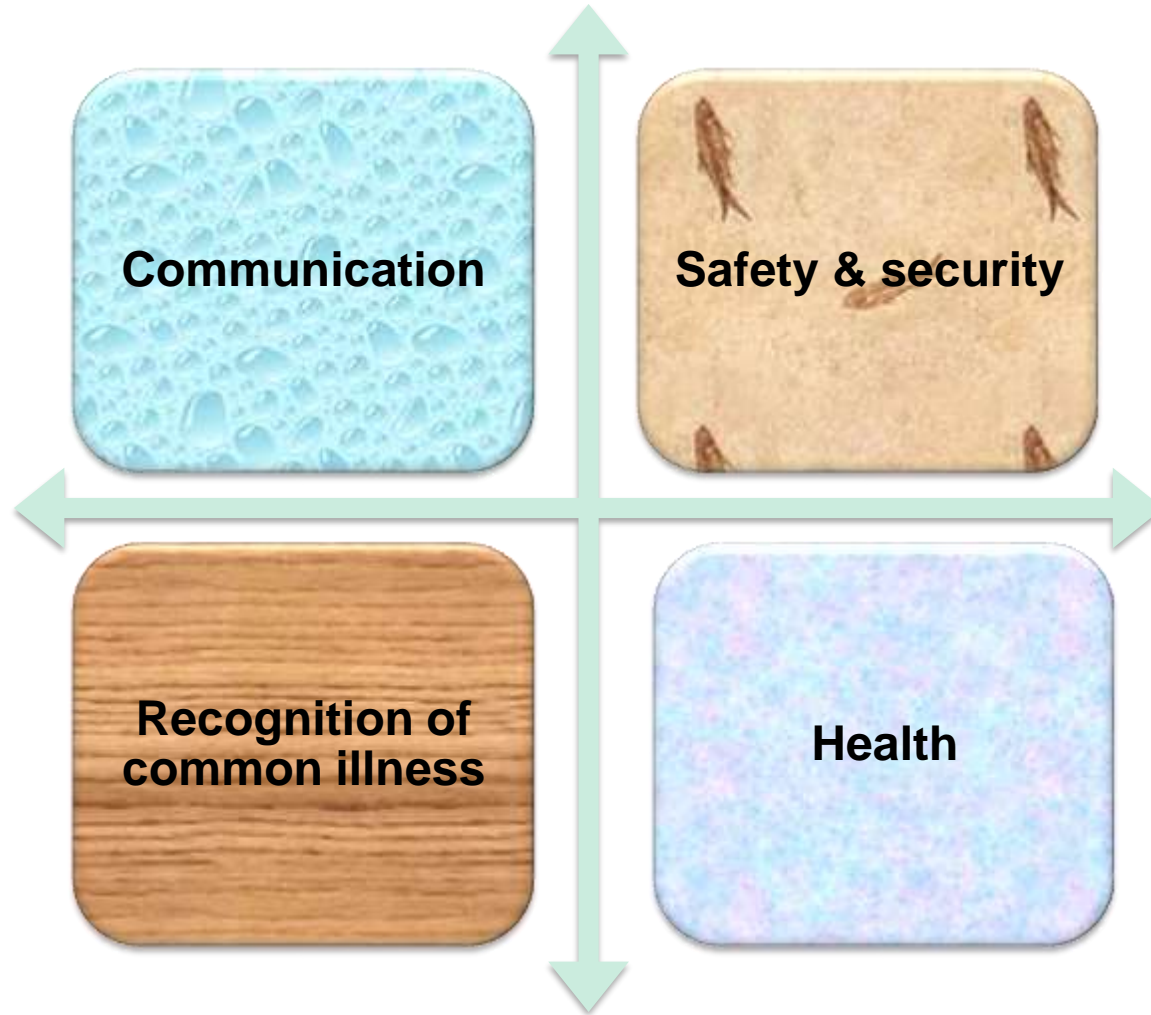
**Better
understanding**

**Appropriate
Communication**

**Response to a
patient's
concerns**

**Assessing
educational
needs**

Pre requisite skills



Age Specific Training- Nurses role

Neonates(0-1months) & infants
(1months-1yr)



Characteristics

- Fear of strangers (begins 6-8 months of age)

Caregiver Implications

- Talk to baby before touching
- Involve parents in procedure if possible

Cont..

Characteristics

- Communicate discomfort by crying, facial expressions, body movement
- Prefer to be held in familiar positions

Caregiver Implications

- Imitate how parent holds baby
- Explain procedure to parents before hand



Cont..



Characteristics

- Likes established routines
- Understand simple commands

Caregiver Implications

- Remove unnecessary equipment
- Keep infant clothed as much as possible



Cont..



Characteristics

- Are fearless
- Need to consistently have needs met.

Caregiver Implications

- Do not leave infant unattended
- Allow parent to hold infant while waiting



Toddlers (1yr -3yr)



Characteristics

- Views uncomfortable procedures as punishment
- Needs security objects

Caregiver Implications

- Reassure that treatment is not a punishment
- Simple explanations

Cont..



Characteristics

- Curious, unaware of danger
- Comprehension greater than ability to verbalize
- Short attention span

Caregiver Implications

- Speak at eye level, maintain eye contact
- Remove unnecessary equipment



Cont..



Characteristics

- Says “NO” trying to demonstrating independence
- Can be cooperative if trust is won

Caregiver Implications

- Give one direction at time
- Use distraction techniques
- Involve parents



Preschoolers(4yr -6yr)

Characteristics

- Seek explanations “Why?”

Caregiver Implications

- Use simple explanation



Cont..

Characteristics

- By age 5 speaks in 8 word sentences
- Increased speech skills, attention span and memory

Caregiver Implications

- Be truthful about pain and discomfort



Cont..

Characteristics

- Fear bodily injury, separation, death, punishment

Caregiver Implications

- Encourage questions regarding fears
- Show location of restrooms



Cont..

Characteristics

- Difficulty expressing needs
- Privacy important
- Accident prone

Caregiver Implications

- Include parents in teaching
- Plan procedure to minimize waiting time



School Age (7yr -12yr)

Characteristics

- Developing greater sense of self

Caregiver Implications

- Allow child to exercise some control



Cont..

Characteristics

- Start to negotiate for independence
- Need to fit in with peers

Caregiver Implications

- Allow to handle equipment as learning tool
- Respect privacy
- Include parent in teaching



Cont..



Characteristics

- Rules are very important
- Need to respect for privacy
- Fear mutilation

Caregiver Implications

- Reassure child it is okay to cry
- Guide in making choices that are healthy and safe



Adolescents (13yr -20yr)

Characteristics

- Transition stage & stress filled
- Continually striving for independence and control

Caregiver Implications

- Encourage questions
- Treat more as adult



Characteristics

- Appreciate being treated as adults
- Self-conscious about appearance
(body image)

Caregiver Implications

- Allow maintenance of control
- Talk directly to them
- Maintain privacy



Cont..

Characteristics

- Risk takers, strong sense of immortality
- Rapid growth

Caregiver Implications

- Establish trust to gain cooperation



Young Adult (21yr -39yr)

Characteristics

- Sets career goals, chooses lifestyle

Caregiver Implications

- Respect personal values, be honest & supportive



Cont..

Characteristics

- May start own family
- Developing responsible attitude

Caregiver Implications

- Consider significant others
- Encourage to pursue healthy lifestyle



Cont..

Characteristics

- Need to establish healthy lifestyle
- Mental abilities peak during 20s

Caregiver Implications

- Maintain privacy
- Encourage creativity
- Teach & encourage testicular & breast self-exam



Middle Adult (40yr -59yr)

Characteristics

- May develop chronic health problems

Caregiver Implications

- Encourage regular check-ups & preventative exams



Characteristics

- Decrease in bone and muscle mass, short term memory, skin elasticity
- Women experience menopause

Caregiver Implications

- Assist person to recognize risk factors related to health
- Focus on their strengths





Characteristics

- “Sandwich generation”
- Use life experiences to learn, solve problems
- Future oriented, has specific goals

Caregiver Implications

- Address worries about children & aging parents
- Treat with respect
- Provide explanations and educate

Older Adult (60yr -79yr)

Characteristics

- Continue to be active learner/thinker
- Takes on new roles, balances life

Caregiver Implications

- Promote mobility & ADL
- Consider needs related to diminished sight, hearing



Cont..

Characteristics

- Most elderly are not depressed
- May become isolated

Caregiver Implications

- Allow reminiscing about the past
- Promote physical, mental, social activities to prevent isolation



Characteristics

- Some decline in physical abilities, senses, memory skills

Caregiver Implications

- Allow more time for processing new information
- Educate about safety measures



Adult 80 & Older



Characteristics

- Decline in physical ability, increased risk for chronic illness
- Decline in memory & learning skills

Caregiver Implications

- Encourage as much mobility & ADL as possible
- Encourage healthy eating & monitor bowel function



Characteristics

- May need assistance in ADL
- May have diminished appetite, fluid intake



Caregiver Implications

- Avoid treating older adult like a child
- Respect & support end of life decisions

CONCLUSION

- Growth and development follow general patterns but individuals develop in their own way, at their own time.
- Everyone will not share the same values, beliefs, and practices.
- Patients may appear similar to you but still may be very different.



References

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- Aparasu, R. & Fliginger, S. (1997). Inappropriate medication prescribing for the elderly by office-based physicians. *Annals of Pharmacology*, 31(7-8): 823 – 829.
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True False questions

1. A safe environment is important when caring for infants and toddlers.
2. Guide older children in making lifestyle choices that are healthy and safe. †
3. It is not important to involve the teenager as partner in his or her care. †
4. Minimize separation from parents, involve parents in care for toddlers.
5. Recognizing commitments to family, career, community (time, money, etc) not necessary for older adults.
6. Ensure individual has adequate clothing and blankets, when cold for adults age above 80.

Answers

1. True
2. True
3. False
4. True
5. False
6. True F

Thank
You