

NURS 629 exam 2

Weight changes in 1st year of life Ans- Weight increases 6-8lbs, up to 20lbs in the 1st year of life

When does the posterior fontanelle close? Anterior? Ans- posterior- 2 months, anterior- 9-18 mo

when do the abdominal muscles close? Ans- 3 years

When are the testicles descended? Ans- usually descended at birth, but spontaneous descent may occur in the first year after birth. (usually 6 months)

what do you assess for with infants musculoskeletal system? Ans- leg fold symmetry
hip abduction- no clicks

Ortolani maneuver Ans- check hips for congenital dislocation, done until 1 yr old, should be smooth with no sounds
, abnormal= feels like a clunk as head of femur pops back into place- positive ortolani sign

Barlow maneuver Ans- place your index and middle finger over the greater trochanter. Gently push both knees together at midline downwards.
Positive:"Clunk" sounds or palpating trochanter being displaced by the index/middle finger

Infantile eczema Ans- atopic dermatitis is an inflammation of genetically hypersensitive skin

- local vasodilation in affected areas
 - spongiosis or breakdown of dermal cells and formation of intradermal vesicles
 - rarely seen in breastfed infants until they begin to eat additional food
 - it is a symptom rather than a disorder
 - infant is oversensitive to certain substances
- Worse in winter

why is acid reflux common in infants? Ans- their sphincters are not mature, break up feedings ~15mL, burp, then return.

When does colic usually resolve? Ans- by 6 months

Toddler weight gain per year Ans- 4-6lbs per year, grow 3 inches per year

In toddler always assess for? Ans- anterior fontanel (should be closed by 18 m-2 yrs. screen for strabismus

tooth eruption- if no teeth by 18 mo= xray
assess for hip dysplasia, gait, bowlegged

-DTRs

-Babinski + (dorsiflex) normal in infant less than 24 mo

what age do you screen for hearing and vision? Ans- at 3 years

School age children grow more steadily? Ans- 2 in/year
4-6lbs/ year

In adolescence when does puberty begin in girls? Ans- 9-13 years

when does puberty begin in boys? Ans- 11-14 years

At what ages do puberty changes develop in girls? Ans- breast enlargement 8-13 yr
axillary hair 11-13 yrs

pubic hair 10-12 years
menarche 10-16 years

at what ages do puberty changes develop in boys? Ans- genital enlargement 9-13 yrs
axillary hair 12-14 yrs
facial hair 11-14 yrs
pubic hair 12-15 yrs

Tanner Stages Girls Ans- 1. Preadolescent breasts, breast papilla elevated above breast wall. no pubic hair.
2. *puberty starts* Breast buds with areolar enlargement, papilla forms small mound. scant pubic hair, light pigment.
3. Breast and areola grow together in one mound. no separation. pubic hair more abundant.
4. Areola and nipple project as secondary mound. pubic hair abundant but smaller area than adult. menstruation starts.
5. Adult breast: Areola recedes, nipple retracts

Tanner stages boys Ans- 1 prepubertal- no pubic hair, scrotum and penis are childhood size
2 enlargement of scrotum- puberty starts. age 11-13. increased testicular size, pubic hair scant and lightly pigmented. scrotum reddened and textured
3 (age 13-14) enlargement of penis (length). testicular growth. increase in pubic hair and pigment
4 (14-15) enlargement of penis (breadth). acne. voice changes.
5 (15-16) adult genitalia, mature pubic hair distribution.

Red flags of neonate? Ans- Jaundice at birth (hemolysis). High-pitched cry. Irritable. "Floppy" (hypotonic). Poor reflexes

red flags of 3 month Ans- inability to hold head. avoids eye contact, floppy.

red flags at 6 months Ans- lack of babbling. does not laugh. inability to turn head past 180 degrees

Red flags at 9 months Ans- Cannot sit without support, not indicating wants (Niner needs recliner, but doesn't want it)
if infantile reflexes remain strong.
does not bable
does not bear weight on legs

2 year red flags Ans- Unable to speak meaningful two-word "sentences." Does not understand simple commands. Loss of speech, social skills, previously learned behaviors and/or does not say words by 16 months (autism).