

Lifespan Nursing Consideration

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In the field of nursing, care and safety are two areas that need not to be ignored at all cost. Health promotion can be achieved accordingly when a nurse is aware of the lifespan of a patient. It will be of great importance for a nurse trainee to be well conversant with the life span of the patients at their disposal. The following are some of the stages of life span consideration a nurse can apply.

For infants, infants are greatly in danger of accidents and infections such as rubella which require timely vaccination to be done. A nurse should be aware of the avenues of infections such as ingestion of dirty poisonous substances and caution parents accordingly on how to provide safety measures to the newborns. Similarly, infants have weak immune system, and all the immunization schedule should be observed strictly (Potter et al., 2016). However, they should be administered with drugs that they can easily metabolize and excrete since their body organs especially the kidney and the liver are not fully developed.

School age going children are in three stages, the preschool, school age and the adolescent. The health concerns of the preschool are accidents and speech disorder. The adolescents on the other hand have adverse challenges, however, the most common is engagement in sexual activities. Therefore, it is of great importance for health care providers to encourage these individuals to be immunized against microorganisms such as human papilloma virus.

The young adults have their physical growth completed that is late teens to mid-30s. The nurse should consider the challenges in this group before caring and giving advice on the wellness. Some of the challenges violence, stress, and lifestyle challenges. The nurse should advise on the regular health screening and maintenance of health lifestyle.

Ageism is a great concern the health sector. Health interest to a nurse are mainly chronic illness and depression. Nurses should, therefore, be gentle in handling them and advise appropriately on matters concerning aging and medication. More importantly, the organs of individuals within this age bracket have reduced function (In Edelman et al., 2014). This is a factor that health care providers should consider when managing elderly patients. For instance, they can administer liquid dosage forms which are easier for them to ingest unlike tablets and capsules.

In conclusion, the above life span should be put into high consideration to help nurses in executing their duties by recognizing relevant health needs, assessing the wellness and promoting health across the lifespan.

References

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