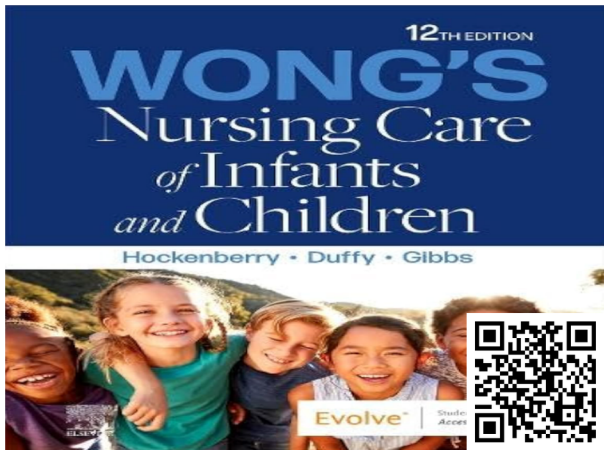


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Nursing Care *of* Infants *and* Children

Hockenberry • Duffy • Gibbs



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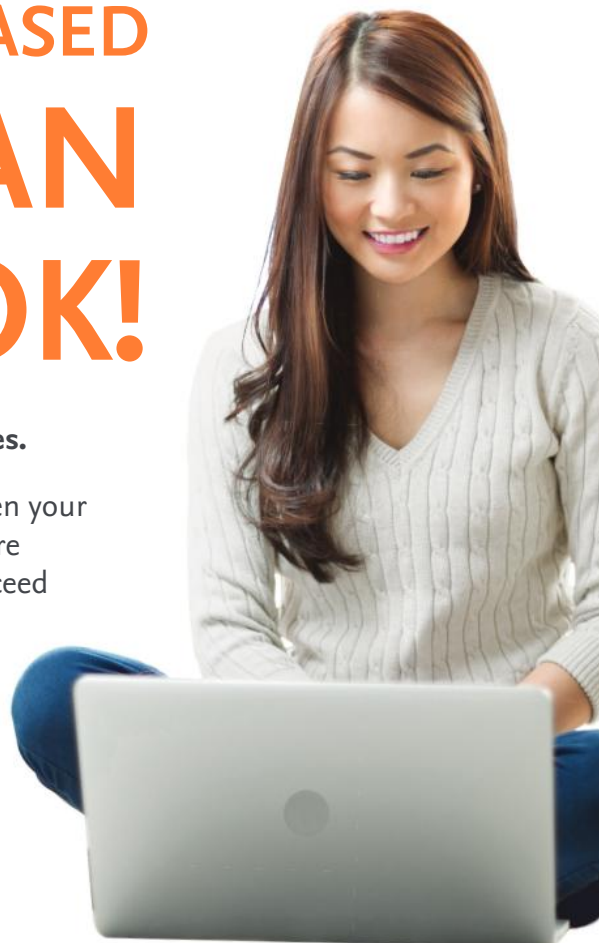
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Nursing Care *of* Infants *and* Children

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WONG'S NURSING CARE OF INFANTS AND CHILDREN, TWELFTH EDITION

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With this twelfth edition of *Wong's Nursing Care of Infants and Children*, we welcome Elizabeth Duffy and Karen Gibbs, who join Marilyn Hockenberry as coeditors. Together, we continue the Wong legacy. Looking back on the first edition, published in 1979, it was the first textbook to integrate important principles from the biologic, physical, and behavioral sciences into a pediatric nursing textbook (Whaley & Wong, 1979). With the first edition, the principles and concepts of nursing practice were conceptualized to allow both beginning students and experienced nurses an opportunity to expand and refine nursing care; this proves true with this twelfth edition.

The first edition, compared with the twelfth edition, clearly reflects state-of-the-art changes in pediatric nursing and demonstrates how scientific evidence has had a significant impact on the specialty. In the first edition, there is no mention of the Human Genome Project, human immunodeficiency virus, autism disorders, respiratory syncytial virus, acute respiratory distress syndrome, acute lung injury, and cystic fibrosis-related diabetes mellitus; they had yet to be discovered or named. The first edition of this text was the first to recognize the impact of illness and hospitalization on the child and her or his family. It was also first to introduce the concept of family-centered care in an era when the focus of care was centered on the diagnosis and treatment of the disease process.

Although the differences in content between the first *Nursing Care of Infants and Children* textbook and this twelfth edition are evident, the founding principles on which the first edition was established hold true today. This twelfth edition continues to be about families with children, and it emphasizes the philosophy of family-centered care. This book has retained the theme that Donna Wong so passionately advocated: providing atraumatic care—care that minimizes the psychologic and physical stress that health promotion and illness can inflict. The first edition's preface stated, "This book truly embodies the concept of [family-centered] care." We are proud to note that with this new edition, this foundation remains true. Features such as Family-Centered Care, Community Focus, and Atraumatic Care boxes bring these philosophies to life throughout the text. We believe strongly that children and families need consistent caregivers. Establishing therapeutic relationships with the child and family is explored as the essential foundation for providing high-quality nursing care.

This twelfth edition has been revised to keep pace with new innovations in pediatric nursing care. We feel a unique accountability and responsibility to continue to strive to provide students with the latest information they need to become competent critical thinkers and to attain the sensitivity necessary to become caring pediatric nurses. As editors for the Wong textbooks, we have developed an expert panel of more than 60 nurses and multidisciplinary specialists who assisted in reviewing, revising, rewriting, and authoring portions of the text on areas undergoing rapid and complex change, such as immunizations, genetics, high-risk newborn care, adolescent health issues, and numerous diseases. We have included the latest information on the COVID-19 virus and how it effects children. We have carefully preserved aspects of the book that have met with such universal acceptance—its state-of-the-art evidence-based information; strong, integrated focus on the family and community; logical and user-friendly organization; and easy reading style. We have placed additional emphasis on research, with concise reviews of important evidence in Research Focus boxes. With this twelfth edition we emphasize the importance of care evaluation and have added quality indicator boxes throughout the book to demonstrate how quality of care can be assessed among the pediatric

population. This format allows students to review new evidence and quality indicators on important topics in a concise way.

Throughout the chapters the reader will find quality patient outcomes that focus on serious health problems. Because nurses are the principal caregivers within health care institutions, quality patient outcomes are used as an assessment of the ability to provide excellence in patient care. Pathophysiology review figures throughout the text provide a concise evaluation of major health care diseases in children. With an understanding of the pathophysiologic process, the nurse is better prepared to develop evidence-based nursing interventions for patient care. In addition, more than 130 figures are color enhanced to focus on the importance on visual learning. In this edition, over 35 new figures are added. This provides the visual learner with a tangible connection to the content of the text for application to clinical practice.

A new feature for this edition is the Next-Generation NCLEX® Unfolding Case Studies provided for many commonly encountered situations and disorders. The case studies present a brief clinical situation to help students conceptualize how to individualize patient care. Review questions at the end of each chapter are also revised using the new NCLEX® format.

We have tried to meet the increasing demands of faculty and students to teach and to learn in an environment characterized by rapid change, enormous amounts of information, fewer traditional clinical facilities, and less time to teach. To help students quickly locate essential information, most of the features used in the previous edition have been retained. We continue to use Evidence-Based Practice boxes incorporating the PICOT approach and GRADE evidence quality assessment criteria. Most important, this text continues to encourage students to *think critically*.

This text serves as a reference manual for the practicing nurse. The latest recommendations have been included from authoritative organizations such as the American Academy of Pediatrics, Centers for Disease Control and Prevention, Agency for Healthcare Research and Quality, American Pain Society, American Nurses Association, and National Association of Pediatric Nurse Associates and Practitioners. To expand the universe of available information, websites and e-mail addresses have been included for hundreds of organizations and other educational resources.

ORGANIZATION OF THE BOOK

The same general approach to the presentation of content has been preserved from previous editions, although much content has been added, condensed, and rearranged within this framework to improve flow, minimize duplication, and emphasize health care trends, such as home and community care. This edition has been revised and refined to minimize content duplication, resulting in 34 chapters. The book continues to be divided into two broad parts. The first part of the book, sometimes called the "age and stage" approach, considers infancy, childhood, and adolescence from a developmental context. It emphasizes the importance of the nurse's role in health promotion and maintenance and in considering the family as the focus of care. From a developmental perspective, the care of common health problems is presented, giving readers a sense of what normal problems can be expected in otherwise healthy children and demonstrating when during childhood these problems are most likely to occur. The second part of the book presents the more serious health problems not specific to

any particular age-group but that frequently require hospitalization or major medical and nursing interventions.

Unit I (Chapters 1 to 3) provides an overview of the multitude of influences on a child who is developing as a member of a family unit and maturing within a culture, community, and society. Chapter 1 includes a discussion of morbidity and mortality in infancy and childhood and examines child health care from a historical perspective. Because unintentional injury is one of the leading causes of death in children, an overview of this topic is included. The chapter presents the nursing process, with an emphasis on nursing diagnosis and outcomes and the importance of developing critical thinking skills. The critical components of evidence-based practice provide the template for exploring the latest pediatric nursing research and practice guidelines throughout the entire book. Discussion of high-quality patient outcomes and their importance in evaluating the quality of nursing care has been added.

Chapter 2 provides the opportunity to expand the discussion of social, cultural, religious, and family influences on child development and health promotion, including socioeconomic factors, customs, and health beliefs and practices. The content clearly describes the role of the nurse, with such content as guidelines for culturally sensitive interactions and a table discussing religious beliefs that affect nursing care. Chapter 3 has been revised by a leading genetics nursing expert, who focuses on heredity as it relates to health promotion and the influence of the Human Genome Project on future treatment strategies for inherited diseases.

Unit II (Chapters 4 to 6) is concerned with the principles of critical nursing assessment by keeping pace with the newest evaluation strategies in nursing. Chapter 4 contains guidelines for communicating with children, adolescents, and their families; telephone triage; and a detailed description of a health assessment, including an extensive discussion of family assessment and nutritional assessment. This chapter provides a comprehensive approach to physical examination and developmental assessment, using the latest literature on temperature measurement and the latest growth charts on how to assess a child's body mass index.

Chapter 5 addresses this concern by presenting detailed pain assessment and management strategies, including discussion of common pain states in children. The chapter has been updated to reflect the latest practices in pain management. Chapter 6 is an updated chapter for the twelfth edition that focuses on infection control and the various infectious diseases encountered in childhood. In addition, it details hospital-acquired infections, childhood communicable diseases, and childhood immunizations. A new section on COVID-19 has been added.

Unit III (Chapters 7 to 9) stresses the importance of the neonatal period, the time of greatest risk to a child's survival, and discusses several health concerns encountered in the vulnerable first month of life. Chapter 7 has been updated and revised to include the latest information on the benefits of breastfeeding and dietary intake of vitamin D. Atraumatic care sections have been revised to include the latest evidence-based recommendations for pain management in newborns. This chapter also discusses the impact of prebiotics and probiotics on infant nutrition and well-being. The sections on infant safety, newborn circumcision, and circumcision analgesia all have been revised and updated. Newborn screening guidelines also have been extensively updated. Chapter 8 has been revised and updated by a new contributor who is an expert in high-risk neonatal care. The latest guidelines for the management of hyperbilirubinemia in late-preterm and term newborns and for follow-up and management of hyperbilirubinemia in the breastfeeding pair are included in this edition. The chapter includes updated sections on care of the infant with cleft lip or palate and Pierre

Robin sequence. Updated management protocols for neonatal hypoglycemia are also included. Atraumatic care of the newborn remains an important concept in these chapters. Evidence-based practice and critical thinking exercises have been updated as well. Chapter 9, revised and updated by a new contributor, includes updated and revised sections on care of the preterm infant, including therapeutic positioning, preterm infant nutrition, revised guidelines for supplemental oxygen administration, noninvasive (gentle) mechanical ventilation, necrotizing enterocolitis, neonatal sepsis, discharge planning, retinopathy of prematurity, neonatal skin care guidelines, and neonatal/perinatal stroke. The most recent information regarding hypoxic ischemic reperfusion injury and therapeutic hypothermia are presented in this chapter. This chapter also contains information regarding maternal conditions that may adversely affect the fetus and newborn, including maternal viruses, maternal diabetes, fetal alcohol and tobacco exposure, and neonatal drug exposure.

Units IV through VII (Chapters 10 to 18) present the major developmental stages in childhood, expanded to provide a broader concept of the stages and the health problems most often associated with each age-group. Special emphasis is placed on the preventive aspects of care. The health promotion chapters follow a standard approach that is used consistently for each age-group.

The chapters on health problems primarily reflect typical and age-related concerns. The information on many disorders has been revised to reflect recent changes. Examples include the latest information on food sensitivity, severe acute malnutrition, colic, failure to thrive, child passenger safety, pacifier use, thumb sucking, lead poisoning, sexual abuse, attention-deficit/hyperactivity disorder, school-related violence, conduct disorders, tobacco use, contraception, teenage pregnancy, substance abuse, self-harm, and eating disorders such as anorexia nervosa and childhood obesity. This section presents the latest Dietary Reference Intake (DRI) guidelines, American Heart Association dietary guidelines for children, and US Department of Agriculture dietary intake guidelines for children (MyPlate), aimed at decreasing childhood obesity and cardiovascular disease. The sections on sudden infant death syndrome (SIDS) and apparent life-threatening events have been extensively updated to include the latest American Academy of Pediatrics considerations for recognized SIDS protective and risk factors. A common theme in these chapters is the recognition of the impact of accidental childhood injury on childhood morbidity and mortality and efforts for prevention of such injuries.

Childhood obesity information is now located in the chapter on the school-age child to emphasize the need for earlier assessment and intervention of this health problem. The chapters on adolescence include the latest information on the management of eating disorders and also recommendations for preventive health screening in adolescents. Sections on male and female reproductive health conditions and sexual orientation have been revised and updated. The chapter includes updates on the latest screening guidelines for adolescent hypertension and hyperlipidemia.

Unit VIII (Chapters 19 and 20) deals with children who have the same developmental needs as growing children but who, because of congenital or acquired physical, cognitive, or sensory impairment, require alternative interventions to facilitate development. Chapter 19 combines discussion of chronic illness, disability, and end-of-life care for the child and family. It reflects the latest trends in the care of families and children with chronic illness or disability, such as home care, normalizing children's lives, focusing on developmental needs, enabling and empowering families, and providing early intervention. The content in Chapter 20 on cognitive, sensory, and communication impairment includes the latest information on cognitive impairment and learning disorders.

Unit IX (Chapters 21 and 22) is concerned with the impact of hospitalization on the child and the family and presents a comprehensive overview of the stressors imposed by hospitalization and nursing interventions available to prevent or eliminate these stressors. Chapter 21 discusses the care of the hospitalized child and family with consideration for increasing care in ambulatory centers. Chapter 22 explores safe implementation of procedures in children, including emphasis on the use of therapeutic holding. This chapter also includes numerous Evidence-Based Practice boxes designed to provide rationales for the interventions discussed in the chapter. Recommendations for practice based on evidence have been updated and are concisely presented in Evidence-Based Practice boxes throughout the chapter.

Units X through XIV (Chapters 23 to 34) consider serious health problems of infants and children primarily from a biologic system orientation, which has the practical organizational value of permitting health care problems and nursing considerations to relate to specific

pathophysiologic disturbances. Important additions and revisions include discussion of hepatitis, all blood disorders, influenza management recommendations, acute respiratory distress syndrome/acute lung injury (ARDS/ALI), respiratory syncytial virus (RSV), tuberculosis, the latest classification for asthma, effects of tobacco exposure, seizures, chemotherapy, acquired immunodeficiency syndrome, diabetes mellitus, and burns. Examples of the updates and revisions for these units include the following: Chapter 27 on the child with cardiovascular dysfunction has major revisions to the latest guidelines for assessment and management of the most common heart disorders in children. Chapter 30 contains significant updates on seizures and epilepsy and cerebral abnormalities, including Chiari I and II malformations. Chapter 34 includes updates on Guillain-Barré syndrome, cerebral palsy, infant botulism, and respiratory management of neuromuscular conditions such as spinal muscular atrophy and muscular dystrophy.

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TEACHING AND LEARNING PACKAGE

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Next-Generation NCLEX® (NGN)-Style Case Studies for Pediatric Nursing

For Students

Key points

Answer Keys for Next-Generation NCLEX® (NGN)-Style Questions in Text

Case Studies

NCLEX® style review questions

UNIFYING PRINCIPLES

Several unifying principles have guided the organizational structure of this book since its inception. These principles continue to strengthen the book with each revision to maintain a consistent approach throughout each chapter.

The Family as the Unit of Care

The child is an essential member of the family unit. Nursing care is most effective when it is delivered with the belief that *the family is the patient*. This belief permeates the book. The family is seen as a myriad of structures; each has the potential to provide a caring, supportive environment in which the child can grow, mature, and maximize his or her human potential. In addition to family-centered care being integrated into every chapter, an entire chapter is devoted to understanding the family as the core focus in children's lives. Another chapter discusses the social, cultural, and religious influences on family beliefs. Separate sections in yet another chapter deal in depth with family communication and family assessment. The impact of illness, hospitalization, home care, and the death of a child are covered extensively in three additional chapters. The needs of the family are emphasized throughout the text under Nursing Care Management, with a separate section on family support. Numerous Family-Centered Care boxes are included to assist nurses in understanding and providing helpful information to families.

An Integrated Approach to Development

Children are not small adults but rather are special individuals with unique minds, bodies, and needs. No book on pediatric nursing is complete without extensive coverage of communication, nutrition, play, safety, dental care, sexuality, sleep, self-esteem, and, of course, parenting. Nurses promote the healthy expression of development and need to understand how this is observed in children at different ages and stages. Effective parenting depends on the parents' knowledge of development, and it is often the nurse's responsibility to provide parents with a developmental awareness of their children's needs. For these reasons, coverage of the many dimensions of childhood is integrated within each developmental-stage chapter, rather than being presented in a separate chapter. Safety concerns, for instance, are very different for a toddler than for an adolescent. Sleep needs change with age, as do nutritional needs. As a result, the units on each stage of childhood contain complete information on these subjects as they relate to the specific age. Using the integrated approach, students gain an appreciation for the unique characteristics and needs of children at every age and stage of development.

Focus on Wellness and Illness: Child, Family, and Community

In a pediatric nursing text, a focus on illness is expected. Children become ill, and nurses typically are involved in helping children get well. However, it is not sufficient to prepare students to care primarily for sick children. First, health is more than the absence of disease. Being healthy is being whole in mind, body, and spirit; therefore the majority of the first half of the book is devoted to discussions that promote physical, psychosocial, mental, and spiritual wellness. Much emphasis is placed on anticipatory guidance of parents to prevent injury or illness in the child. Second, more than ever, health care is prevention focused. The objectives set forth in *Healthy People 2030* clearly establish a health care agenda in which solutions to medical/social problems lie in preventive strategies. Competent nursing care flows from this knowledge and is enhanced by an awareness of childhood development, family dynamics, and communication skills.

Nursing Care

Although this text incorporates information from numerous disciplines (e.g., medicine, pathophysiology, pharmacology, nutrition, psychology, sociology), its primary purpose is to provide information on the nursing care of children and families. Discussions of disorders conclude with a section on Nursing Care Management. Although many aspects of the nursing care of children and families have changed significantly over the last few decades, the focus must continue to be on the quality of care. For the quality of care to be maintained, pediatric nurses must be proactive in staying informed about the strength of evidence that supports specific nursing practices. The Nursing Care Management sections are designed to provide the latest evidence for the implementation of evidence-based nursing practice. In addition, all of the nursing care plans have been updated to current practices and include case studies to provide students with real examples to demonstrate critical thinking skills as they develop their own care plans.

Clinical Judgment and Reasoning

A systematic thought process is essential to a profession. In recognition of the importance of clinical judgment, case studies throughout the book present the importance of clinical judgment of nursing care. Nursing Care Plans are revised to integrate clinical judgment into nursing decisions through unfolding case studies. The National Council of State Boards of Nursing (NCSBN) developed a Clinical Judgment Measurement and Action Model. Six cognitive (thinking) skills, called cognitive processes, were identified as essential for nurses to make appropriate clinical judgment. Judgment skills help nurses identify changes in a client's clinical condition and know what actions to take and why. Numerous learning opportunities using the Clinical Judgment Measurement and Action Model are found throughout the text.

Critical Role of Research and Evidence-Based Practice

This twelfth edition is the product of an extensive review of the literature published since the book was last revised. In addition, Research Focus boxes provide the student with a concise discussion of the latest research on a given topic. So that information is accurate and current, most citations are less than 5 years old, and almost every chapter has entries within 1 year of publication. Examples of current cutting-edge information include recommendations from the American Academy of Pediatrics on immunizations and media use. The chapter on pain reflects the latest guidelines from the Agency for Healthcare Research

and Quality (AHRQ), formerly known as the Agency for Health Care Policy and Research (AHCPR), and the American Pain Society. The discussions on skin care reflect the AHRQ's guidelines on pressure ulcers. The American Diabetes Association's classification of diabetes mellitus is included, as are the most recent treatment guidelines for asthma.

• • •

Just as children and their families bring with them a value system and unique background that affect their role within the health care

system, so too must each nurse bring to each child and family an individual set of characteristics and values that will affect their relationship. Although we have attempted to present a total picture of the child in each age-group, both in wellness and in illness, no one child, family, or nurse will be found in this book. We hope that each page, chapter, and unit build a foundation on which the nurse can begin to construct an ideal of comprehensive, atraumatic, and individualized nursing care for infants, children, adolescents, and their families.

SPECIAL FEATURES

Much effort has been directed toward making this book easy to teach from and, more important, easy to learn from. In this edition, the following features have been included to benefit educators, students, and practitioners.

APPLYING EVIDENCE TO PRACTICE

Applying Evidence to Practice boxes are new specialty boxes throughout the text outlining up-to-date procedures to show best practice and focus on applying evidence.

ATRAUMATIC CARE

Atraumatic Care boxes emphasize the importance of providing competent care without creating undue physical and psychologic distress. Although many of the boxes provide suggestions for managing pain, atraumatic care also considers approaches to promote self-esteem and prevent embarrassment.

CONCEPTS

Concepts have been added to the beginning of each chapter to focus student attention on unique principles found in each chapter as well as aid students using concept-based curriculum, system-focused curriculum, or a hybrid approach.



COMMUNITY AND HOME HEALTH CONSIDERATIONS

Community and Home Health Considerations boxes address issues that expand to the community, such as increasing immunization rates, preventing lead poisoning, or decreasing smoking among teens.



CULTURAL CONSIDERATIONS

Cultural Considerations boxes integrate concepts of culturally sensitive care throughout the text. Their emphasis is on the clinical application of the information, whether it focuses on toilet training or on male or female circumcision.



DRUG ALERT

Drug Alert boxes highlight critical drug safety concerns for better therapeutic management.



EMERGENCY TREATMENT

Emergency Treatment boxes enable the reader to quickly learn interventions for crisis situations.



FAMILY-CENTERED CARE

Family-Centered Care boxes present issues of special significance to families who have a child with a particular disorder. This feature is another method of highlighting the needs or concerns of families that should be addressed when family-centered care is provided.

NEXT-GENERATION NCLEX EXAMINATION-STYLE® UNFOLDING CASE STUDY

Next-Generation NCLEX® Unfolding Case Studies are provided for many commonly encountered situations and disorders. The case studies present a brief clinical situation to help students conceptualize how to individualize patient care.



NURSING ALERT

Nursing Alert boxes call the reader's attention to considerations that, if ignored, could lead to a deteriorating or emergency situation. Key assessment data, risk factors, and danger signs are among the kinds of information included.



NURSING CARE GUIDELINES

Nursing Care Guidelines boxes summarize important nursing interventions for a variety of situations and conditions.

NURSING TIP

Nursing Tip boxes present handy information of a nonemergency nature that makes patients more comfortable and the nurse's job a little easier.

PATHOPHYSIOLOGY REVIEW

Pathophysiology Review boxes have been revised in this edition to provide the student with a visual representation of the effects of the disease process on the child. These illustrations provide knowledge required for the nurse to implement appropriate evidence-based nursing interventions and provide independent care, as well as collaborative care with other health care professionals.

QUALITY PATIENT OUTCOMES

Quality Patient Outcomes boxes are added throughout the text to provide a framework for measuring nursing care performance. Nursing-sensitive outcome measures are integrated into the outcome indicators used throughout the book.



RESEARCH FOCUS

Research Focus boxes review new evidence on important topics in a concise way.

TRANSLATING EVIDENCE INTO PRACTICE

Translating Evidence into Practice boxes have been completely revised in this edition to focus the reader's attention on application of both research and critical thought processes to support and guide the outcomes of nursing care and to provide measurable outcomes that nurses can use to validate their unique role in the health care system.

Numerous pedagogic devices that enhance student learning have been retained from previous editions:

- More than 100 **COLOR PHOTOGRAPHS** are included in this edition to reflect the latest in nursing care. Anatomic drawings are easy to follow, with color appropriately used to illustrate important aspects, such as saturated and desaturated blood. New figures reflecting a **PATHOPHYSIOLOGY REVIEW** of various disorders have been added throughout the book. As an example, the full-color heart illustrations in Chapter 27 clearly depict congenital cardiac defects and associated hemodynamic changes.
- A functional and attractive **FULL-COLOR DESIGN** visually enhances the organization of each chapter, as well as the special features.
- An **INDEX**, detailed and cross-referenced, allows readers to quickly access discussions.
- **KEY TERMS** are highlighted throughout each chapter to reinforce student learning.
- **BLOOD PRESSURE LEVELS** on the inside back cover provide information nurses refer to often.
- Hundreds of **TABLES** and **BOXES** highlight key concepts and nursing interventions.
- **CLINICAL JUDGMENT AND NEXT GENERATION NCLEX® QUESTIONS** are review questions found at the end of each chapter that allow students to practice clinical judgment and NCLEX® review questions related to content in each chapter.

ACKNOWLEDGMENTS

This twelfth edition of *Wong's Nursing Care of Infants and Children* brings with it two new associate editors to the book. As senior editor, I am pleased to introduce you to Dr. Elizabeth Duffy and Dr. Karen Gibbs, who join me to carry on the Wong legacy. I am excited as we join together to produce the best textbook possible for pediatric nurses around the world.

To continue promoting excellence in nursing education, we have joined together numerous contributors with diverse expert nursing backgrounds to continue the commitment to providing the latest state-of-the-art information on pediatric nursing practice. We are grateful to the many nursing faculty members, practitioners, and students who have offered their comments, recommendations, and suggestions. We are grateful to the many reviewers who brought constructive criticism, suggestions, and clinical expertise to this edition. We could not have completed the enormous task of updating and adding information without the dedication of these special people.

No book is ever a reality without the dedication and perseverance of the editorial staff. Although it is impossible to list every individual at Elsevier who has made exceptional efforts to produce this text, we are especially grateful to **Elsevier**, whose commitment to pediatric nursing education over the years is reflective of their outstanding editorial staff. We want to thank **Sandra Clark** for all her support, and a special thanks also to **Elizabeth McCormac** and **Rachel McMullen** for their commitment to excellence.

Finally, we thank our families and children for the unselfish love and endless patience that allows us to devote such a large portion of our lives to our careers. Our children—**Andrew (Marilyn)**, **Andrew, Ryan, Jack (Elizabeth)**, and **Molly and Kate (Karen)** have taught us the essence of pediatric nursing. We are grateful for the many learning experiences they have provided us over the years.

Marilyn J. Hockenberry
Elizabeth A. Duffy
Karen DiValerio Gibbs

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Perspectives of Pediatric Nursing

Marilyn J. Hockenberry

CONCEPTS

- Family-Centered Care
- Atraumatic Care
- Clinical Reasoning
- Nursing Process
- Research and Evidence-Based Practice
- Quality Outcome Measures

HEALTH CARE FOR CHILDREN

The major goal for pediatric nursing is to improve the quality of health care for children and their families. Almost 74 million children 0 to 17 years old live in the United States, making up 23% of the population (*Forum on Child and Family Statistics, 2021*). The health status of children in the United States has improved in a number of areas, including increased immunization rates for all children, decreased adolescent birth rate, and improved child health outcomes. The 2021 *America's Children in Brief—Indicators of Well-Being* shows the percentage of infants born preterm (less than 37 weeks of gestation) declined from 10.4% in 2007 to 9.6% in 2014 and then stabilized through 2017. In 2017, 9.9% of infants were born preterm.

Overall, the number of children living in poverty is at 17.5% (*Forum on Child and Family Statistics, 2021*). Millions of children and their families have no health insurance, which results in a lack of access to care and health promotion services. Most uninsured individuals have at least one worker in the family, and families with lower incomes tend to be uninsured (Tolbert, Orgera, & Damico, 2020). In addition, disparities in pediatric health care are related to race, ethnicity, socioeconomic status, and geographic factors (*Forum on Child and Family Statistics, 2021*). Patterns of child health are shaped by medical progress and societal trends. Urgent priorities for health and health care of children in the United States are the focus for action toward new policy priorities (Box 1.1).

Child health promotion provides opportunities to reduce differences in current health status among members of different groups and to ensure equal opportunities and resources to enable all children to achieve their fullest health potential. The Healthy People 2030 Leading Health Indicators (Box 1.2) provide a framework for identifying essential components for child health promotion programs designed to prevent future health problems in our nation's children. Bright Futures is a national health promotion initiative with a goal to improve the health of our nation's children (Bright Futures, 2021). Major themes of the

Bright Futures guidelines are promoting family support, child development, mental health, and healthy nutrition that lead to healthy weight, physical activity, oral health, healthy sexual development and sexuality, safety and injury prevention, and the importance of community relationships and resources. Throughout this book, developmentally appropriate health promotion strategies are discussed. Key examples of child health promotion themes essential for all age-groups include promoting development, nutrition, and oral health. Bright Futures recommendations for preventive health care during infancy, early childhood, and adolescence are found throughout the book.

HEALTH PROMOTION

Child health promotion provides opportunities to reduce differences in current health status among members of different groups and to ensure equal opportunities and resources to enable all children to achieve their fullest health potential. The Healthy People 2030 Leading Health Indicators (Box 1.2) provide a framework for identifying essential components for child health promotion programs designed to prevent future health problems in our nation's children. Bright Futures is a national health promotion initiative with a goal to improve the health of our nation's children (Bright Futures, 2021). Major themes of the Bright Futures guidelines are promoting family support, child development, mental health, and healthy nutrition that lead to healthy weight, physical activity, oral health, healthy sexual development and sexuality, safety and injury prevention, and the importance of community relationships and resources.^a Throughout this book, developmentally appropriate health promotion strategies are discussed. Key examples of child health promotion themes essential for all age-groups include promoting development, nutrition, and oral health. Bright Futures

^aBright Futures is supported by the American Academy of Pediatrics (see <http://brightfutures.aap.org/about.html>).

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