

Essentials *of*
Pediatric Nursing



Essentials *of* Pediatric Nursing

Terri Kyle, MSN, CPNP
Assistant Professor, Nursing Pediatrics
University of Central Florida
Orlando, Florida

 Wolters Kluwer | Lippincott Williams & Wilkins
Health

Philadelphia • Baltimore • New York • London
Buenos Aires • Hong Kong • Sydney • Tokyo

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Indexer: Kathy Pitcoff
Compositor: Circle Graphics

ISBN-13: 978-0-7817-5115-2

ISBN-10: 0-7817-5115-2

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9 8 7 6 5 4 3 2 1

Printed in China

Library of Congress Cataloging-in-Publication Data

Kyle, Terri.

Essentials of pediatric nursing / Terri Kyle.

p. ; cm.

Includes bibliographical references and index.

ISBN-13: 978-0-7817-5115-5 (hardcover : alk. paper)

ISBN-10: 0-7817-5115-2 (hardcover : alk. paper) 1. Pediatric nursing. I. Title.

[DNLM: 1. Nursing Care—methods. 2. Child. 3. Infant. 4. Nursing Assessment—methods. 5. Pediatric Nursing. WY 159 K99e 2008]

RJ245.K95 2008

618.92'00231—dc22

2007025968

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*This book is dedicated to my incredible family, without whom I could never have accomplished this monumental task. My husband John has unfailingly stood by my side, providing continuous positive affirmation and infinite support for this project. My son Christian and my daughter Caitlin have blessed me with their patience and faith in me, as well as the opportunity for me to experience all the stages of growth and development first-hand. The book is also dedicated to the wonderful babies born during this project:
Natalie, Ben, Grace, and Ella.*



ACKNOWLEDGMENTS

The thrilling and challenging experience of authoring this textbook would not have been possible without the tremendous support of the Lippincott Williams & Wilkins family. In particular I want to thank Michelle McIlvain (Regional Sales Manager) for initially querying me about this idea that had long been a secret goal of mine; Elizabeth Nieginski (Senior Acquisitions Editor) for believing so strongly in my ideas and never letting me give up; and Danielle DiPalma (Senior Development Editor) for her vision and organization, but especially for her patience with me. I would like to express immense gratitude to Sarah Kyle (Development Editor) for so clearly being able to see what I wanted and her tireless attention to detail even up through the ninth month of pregnancy and while moving her family across continents. Thank you to Maryann Foley (Development Editor) for stepping in and filling the gaps, Erin Sweeney for assisting

with transmission of the manuscript, Brett MacNaughton (Art Director) and the entire art team for the beautiful illustrations, as well as Tom Gibbons (Senior Production Editor) and the production team for their diligent efforts. My good friend and colleague, Susan Carman, deserves special thanks for her significant contribution not only to writing chapters and case studies as well as being involved in the development of the online study guide, but also for always listening to, supporting, and encouraging me. Special thanks to Amy Gellerman (Producer), Gus Freedman (Photographer), Newton-Wellesley Hospital pediatric department, and Boston Shriners' Hospital for the beautiful photography they contributed. I would also like to thank all of the pediatric nurses who contributed their wealth of knowledge and expertise to developing chapters for this book. This would not have been possible without all of you.



ABOUT THE AUTHOR

Terri Kyle earned a Bachelor of Science in Nursing from the University of North Carolina at Chapel Hill and a Master of Science in Nursing from Emory University in Atlanta, Georgia. She is a certified pediatric nurse practitioner and is currently enrolled in the Doctor of Nursing Practice program at the University of Florida. Practicing pediatric nursing for over 20 years, Terri has had the opportunity to serve children and their families in a variety of diverse settings.

She has experience in inpatient pediatrics in pediatric and neonatal intensive care units, newborn nursery, specialized pediatric units, and community hospitals. She has worked as a pediatric nurse practitioner in pediatric specialty clinics and primary care. She has been involved in teaching nursing for over 15 years with experience in both undergraduate and graduate nursing education. Terri is a fellow in the National Association of Pediatric Nurse Practitioners and a member of Sigma Theta Tau International Honor Society of Nursing, the National League for Nursing, the Society of Pediatric Nurses, and the Association of Camp Nurses.

With the limited time allotted in schools to the topic of pediatric nursing, Terri recognized the need for a textbook that “got to the point.” She strongly believes in a concepts-based approach for learning nursing—that is, to teach the basics to students in a broad contextual format so that they can apply that knowledge in a variety of situations. The concepts-based approach to nursing education is time-efficient for nursing educators and fosters the development of critical thinking skills in student nurses.





CONTRIBUTORS

Kathie Aduddell, EdD, MSN, RN

Associate Professor
Kennesaw State University, School of Nursing
Kennesaw, Georgia

CHAPTER 1 • Perspectives of Pediatric Nursing

CHAPTER 2 • Factors Influencing Child Health

CHAPTER 11 • Nursing Care of Children During Illness and Hospitalization (co-authored with Kathy Ordelt)

CHAPTER 14 • Medication Administration, Intravenous Therapy, and Nutritional Support

CHAPTER 15 • Pain Management

CHAPTER 20 • Nursing Care of the Child with a Cardiovascular Disorder (co-authored with Carol Holtz)

CHAPTER 28 • Nursing Care of the Child with an Endocrine Disorder

Barbara Browning, RN, MS, CPNP

Clinical Assistant Professor
Georgia State University
Atlanta, Georgia

CHAPTER 8 • Growth and Development of the Adolescent

Susan Carman, BSN, MSN, MBA

Hubertus, Wisconsin

CHAPTER 12 • Nursing Care of the Child in the Community

CHAPTER 16 • Nursing Care of the Child with an Infectious Disorder

CHAPTER 30 • Nursing Care of the Child with a Genetic Disorder

Myra Carmon, EdD, CPNP, RN

Director for the Health and Wellness Nursing
Collaborative
Georgia State University
Atlanta, Georgia

CHAPTER 7 • Growth and Development of the School-Age Child

Kim Hamilton

Atlanta, Georgia

CHAPTER 21 • Nursing Care of the Child with a Gastrointestinal Disorder

Carol Holtz, RN, PhD

Professor of Nursing
Kennesaw State University, School of Nursing
Kennesaw, Georgia

CHAPTER 20 • Nursing Care of the Child with a Cardiovascular Disorder (co-authored with Kathie Aduddell)

Maeve Howett, RN, PhD(c), CPNP, IBCLC

Assistant Professor
Emory University
Atlanta, Georgia

CHAPTER 10 • Health Assessment of Children

Randall Johnson, RN, M.S.N, ARNP

Associate Professor
Florida Hospital College of Health Sciences
Orlando, Florida

CHAPTER 24 • Nursing Care of the Child with a Musculoskeletal Disorder

Kathy Ordelt, RN, CPN, CRRN

Patient and Family Education Coordinator
Children's Healthcare of Atlanta
Atlanta, Georgia

CHAPTER 11 • Nursing Care of Children During Illness and Hospitalization (co-authored with Kathie Aduddell)

Marie Oren-Sosebee, RN, BSN, CWOCN

Wound, Ostomy and Continence Nurse
Children's Healthcare of Atlanta
Atlanta, Georgia

CHAPTER 14 • Medication Administration, Intravenous Therapy, and Nutritional Support

Maggie Payne-Orton, RN, PNP

Clinical Instructor
Emory University
Atlanta, Georgia

CHAPTER 32 • Nursing Care During a Pediatric Emergency

Gayle Wetzel, BSN, MSN, ARNP, CPNP

Professor, Advanced Placement Nursing Program
Coordinator
Edison College
Fort Meyers, Florida

CHAPTER 9 • Health Supervision



REVIEWERS

Marguerite Aube, BS, MS, CAS

Assistant Professor
University of New England
Portland, Maine

Michele Avila-Emerson, RN, BA, MSN

Fresno City College
Lucille Packard Children's Hospital at Stanford
University
Fresno, California

Marty Bachman, RN, PhD

Associate Professor of Nursing
Front Range Community College at Larimer
Fort Collins, Colorado

Vicky Becherer, MSN, RN

Pediatric Clinical Instructor
University of Missouri at St. Louis
St. Louis, Missouri

Jody Bivona, RN, MSN

Nursing Instructor
State University of New York at Ulster
Stone Ridge, New York

Sally Boyster, RN, MS

Professor, Nursing Science Program
Rose State College
Midwest City, Oklahoma

Susan Brillhart, RN, MSN, CPNP

Assistant Professor
Borough of Manhattan Community College
New York, New York

MarJo Buntin, RN, MSN

Assistant Professor
Bradley University
Morton, Illinois

Grace Buttriss, RN, FNP

Nursing Instructor
Queens University of Charlotte
Concord, North Carolina

Karen Carpenter, APRN, BC, FNP, JD

Professor
Quinsigamond Community College
Worcester, Massachusetts

Donna Curry, RN, PhD

Associate Professor
Wright State University
Dayton, Ohio

Dianne DeLong, MSN, RN

Professor, Dean of Professional Accreditation and
Curriculum
Leigh Carbon Community College
Schnecksville, Pennsylvania

Bernadette Dragich, PhD, APRN, BC

Professor
Bluefield State College
Bluefield, West Virginia

Pat Durham-Taylor, RN, PhD

Professor of Nursing
Truckee Meadows Community College
Reno, Nevada

Alison Fisher, RN, MSN, CPN

Instructor
Del Mar College
Corpus Christi, Texas

Lois Griffin, MSN, CFNP

Nursing Instructor
Shelton State Community College
Tuscaloosa, Alabama

Anna Gryczman, MSN, RN, PHN, HNC

Professor
Century College
White Bear Lake, Minnesota

Melanie Hamilton, MN, BN, RN

Nursing Instructor
Grand Prairie Regional College
Alberta, Canada

Carol Hargate, BS, MPH, CPNP

Assistant Professor
Minnesota State University at Mankato
Mankato, Minnesota

Pat Hendrix, MSN, RN

Director of Nursing
Motlow State Community College
Tullahoma, Tennessee

Jackie Hils-Williams, MSN, RN

Instructor
Golden West College
Huntington Beach, California

Judith Hold, MSN, RN

Nursing Instructor
Chattanooga Technical Institute
Marietta, Georgia

Carol Holtz, RN, PhD

Professor
Kennesaw State University
Kennesaw, Georgia

Carolyn Hulsen, MSN, RN

Professor
Black Hawk College
Eldridge, Iowa

Carrie Huntsman-Jones, MSN, RN, CPN

Assistant Professor
Davis Applied Technical College
Kaysville, Utah

Jean Ivey, DSN, RN, CRNP

Associate Professor
University of Alabama at Birmingham
Birmingham, Alabama

Lynn Jordan, MSN, RN

Professor
Carolinas College of Health Sciences
Charlotte, North Carolina

Katherine Kniest, RN, MSN

Professor
William Rainey Harper College
Palatine, Illinois

Sherry Knoppers, RN, PhDc

Pediatric Nursing Instructor
Grand Rapids Community College
Grand Rapids, Michigan

Penny Leupold, RN, MS

Professor
Joliet Junior College
Joliet, Illinois

Debbie Lewis, RN, MSN, CPN

Instructor
Duquesne University
Pittsburgh, Pennsylvania

Kelli Lewis, BSN, MSN

Practical Nursing Instructor
Rend Lake College
Ina, Illinois

Shirley Mahan, MSN, RN

Assistant Professor
Lincoln Memorial University
Corbin, Kentucky

Larry Manalo, MSN, RN

Director of LVN Program
Allan Hancock College
Santa Maria, California

Barbara Maybury, RN, MsED, MSN

Associate Professor
Northwest Arkansas Community College
Bentonville, Arkansas

Teresa McNabb, RN

Nursing Instructor
South Plains College
Lubbock, Texas

Claire Meggs, MSN, RN

Associate Professor
Lincoln Memorial University
Knoxville, Tennessee

Sandy Olenniczak, RN

Practical Nursing Instructor
Northeast Wisconsin Technical College
Green Bay, Wisconsin

Susan Paterson, RN, MSN

Nursing Instructor
Davenport University Central Region
Midland, Michigan

Lori Peden, MSN, RN, CFNP

Professor
Hocking College
Nelsonville, Ohio

Mary Anne Peters, DNSc, RN

Director of Graduate Nursing Program
LaSalle University
Philadelphia, Pennsylvania

Linda Pina, MSN, RN

Associate Professor
California University of Pennsylvania
California, Pennsylvania

Gena Porter-Lankist, ARNP-C, MSN

Professor
Chipola Junior College
Cottondale, Florida

Susan Reardon, MSN, RN

Nursing Instructor
Allan Hancock College
Lompoc, California

Michelle Renaud, PhD, RN

Associate Professor
Pacific Lutheran University
Tacoma, Washington

Linda Rimer, MSE, RN

Professor
University of Arkansas at Little Rock
Little Rock, Arkansas

Julie Ritland, MSN, ARNP

Assistant Professor
Allen College
Waterloo, Iowa

Melodie Rowbotham, MSN, RN

Clinical Assistant Professor
University of Missouri at St. Louis
O'Fallon, Missouri

Judy Scott, RN

Instructor
Community College of Southern Nevada
North Las Vegas, Nevada

Molly Showalter, BS, RN

Nursing Instructor
North Central Texas College
Gainesville, Texas

Brian Skirvin-Leclair, RN, AS, BSN, MSN.

Lecturer in Nursing
Lawrence Memorial, Regis College
Medford, Massachusetts

Bonnie Webster, MS, RN, BC

Nursing Instructor
University of Texas Medical Branch School of Nursing
Galveston, Texas

Patti Witt, MA, CNP

Associate Professor
College of Saint Catherine
Minneapolis, Minnesota

Michele Woodbeck, MS, RN

Assistant Professor
Hudson Valley Community College
Troy, New York

Lisa Woodley, MSN, RN

Clinical Assistant Professor
University of North Carolina School of Nursing
Chapel Hill, North Carolina



PREFACE

Nursing education is founded upon the principle of mastering simpler concepts first and incorporating those concepts into the student's knowledge base. The student is then able to progress to problem solving in more complex situations. In pediatric nursing, the ability to apply previously learned concepts to new situations is critical. In today's educational climate, with reduced class time being devoted to specialty courses, it is particularly important for nursing educators to focus on key concepts, rather than attempting to cover everything within a specific topic.

The intent of *Essentials of Pediatric Nursing* is to provide the nurse with the basis needed for sound nursing care of children. The main objective is to aid the students in building a strong knowledge base as well as to assist with the development of critical thinking skills. The book covers a broad scope of topics, placing emphasis on common issues and pediatric-specific content. The text presents the important differences when caring for children as compared to caring for adults. Rather than repeating medical-surgical content that the student has already mastered, the text builds upon that knowledge base. A nursing process approach provides relevant information in a concise and non-redundant manner. In Unit IV, specific nursing process content is discussed as appropriate for a given disorder.

Organization

Each chapter of *Essentials of Pediatric Nursing* focuses on a different aspect of pediatric nursing care. The book is divided into four units, beginning with general concepts related to pediatric nursing and followed by normal growth and development and specifics related to caring for children. The fourth unit focuses on nursing management of alterations in children's health.

Unit 1: Introduction to Pediatric Nursing

Unit 1 presents the foundational material the nursing student needs in order to understand how nursing care of the child differs from that of the adult. The unit provides information about general concepts relating to child health. Perspectives on pediatric nursing, the nursing process, factors influencing child health, the family-centered approach, atraumatic care, and communication are key concepts covered in this unit.

Unit 2: Health Promotion for the Growing Child and Family

Unit 2 provides information related to growth and development expectations of the well child from the newborn through adolescence. Though not exhaustive in nature,

this unit provides a broad knowledge base related to normal growth and development that the nurse can draw upon in any situation. Common concerns related to growth and development and client/family education are included in each age-specific chapter.

Unit 3: Foundations of Pediatric Nursing

Unit 3 covers broad concepts that provide the foundation for providing nursing care to children. Rather than reiterating all aspects of nursing care, the unit focuses on specific details needed to provide nursing care for children in general. The content remains focused upon differences in caring for children as compared with adults. Topics covered in this unit include anticipatory guidance and routine well-child care (including immunization and safety), health assessment, nursing care of the child in the hospital as well as in the community, concerns common to special-needs children, pediatric variations in nursing procedures, and pain management in children.

Unit 4: Nursing Care of the Child With a Health Disorder

Unit 4 focuses on children's responses to health disorders. This unit provides a comprehensive coverage of illnesses affecting children. It is arranged according to broad topics of disorders organized with a body systems approach and also includes infectious, genetic, and mental health disorders as well as pediatric emergencies. Each chapter follows a similar format in order to facilitate presentation of the information as well as reduce repetition. The chapter begins with a nursing process overview for the particular broad topic, presenting differences in children and how the nursing process applies. The approach provides a general framework for addressing disorders within the chapter. Individual disorders are then addressed with attention to specifics related to pathophysiology, nursing assessment, nursing management, and special considerations. Common pediatric disorders are covered in greater depth than less common disorders. The format of the chapters allows for a strong knowledge base to be built and encourages critical thinking. Additionally, the format is nursing process driven and consistent from chapter to chapter, providing a practical and sensible presentation of the information.

Recurring Features

In order to provide the student and educator with an exciting and user-friendly text, a number of recurring features have been developed.

Key Terms

Each chapter includes a list of key terms that are considered to be vital to understanding the content in the chapter. Each key term appears in boldface, with the definition included in the text. The key terms may also be accessed on thePoint.

Learning Objectives

The provision of learning objectives for each chapter helps to guide the student toward prioritizing information for learning. The objectives also provide a method for the student to evaluate understanding of the presented material.

WOW

Each chapter opens with inspiring Words of Wisdom, which offer helpful, timely, or interesting thoughts. These WOW statements set the stage for the chapter and give the student valuable insight into the nursing care of children and their families.

Case Studies

Real-life scenarios present relevant child and family information that is intended to perfect the student's caregiving skills. Questions about the scenario provide an opportunity for the student to critically evaluate the appropriate course of action.

Watch and Learn Icon

A special icon **WATCH & LEARN** throughout the book directs students to free video clips that highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.

Healthy People 2010

Throughout the textbook, Healthy People 2010 objectives related to children's health and well-being are outlined in box format. Nursing implications or guidance related to working toward achievement of these objectives is provided.

Teaching Guidelines

Teaching Guidelines, presented in most of the chapters, serve as valuable health education tools. The guidelines raise the student's awareness, provide timely and accurate information, and are designed to ensure the student's preparation for educating children and their families about various issues.

Drug Guides

The drug guide tables summarize information about commonly used medications. The actions, indications, and sig-

nificant nursing implications presented assist the student in providing optimum care to children and their families.

Common Laboratory and Diagnostic Tests

The Common Laboratory and Diagnostic Tests tables in each chapter of Unit 4 provide the student with a general understanding of how a broad range of disorders is diagnosed. Rather than reading the information repeatedly throughout the narrative, the student is then able to refer to the table as needed.

Common Medical Treatments

The Common Medical Treatments tables in each chapter of Unit 4 provide the student with a broad awareness of how a common group of disorders is treated either medically or surgically. The table serves as a reference point for common medical treatments.

Nursing Care Plans

Nursing Care Plans provide concrete examples of each step of the nursing process. Found within the Nursing Process Overview section of each disorder chapter, these nursing care plans summarize issue- or system-related content, thereby minimizing repetition.

Comparison Charts

These charts compare two or more disorders or other easily confused concepts. They serve to provide an explanation that clarifies the concepts for the student.

Nursing Procedures

Step-by-step nursing procedures provide a clear explanation of pediatric variations in order to facilitate competent performance.

Tables, Boxes, Illustrations, and Photographs

Tables and boxes are included throughout the chapters in order to summarize key content areas. Beautiful illustrations and photographs help the student to visualize the content. These features allow the student to quickly and easily access information.

References and Helpful Informational Resources

References and helpful information resources that were used in the development of the text are provided at the end of each chapter. The listings allow the student to further pursue topics of interest. Multiple online sources are also provided as a means for the student to electronically explore relevant content material.

Chapter Worksheets

Chapter worksheets at the end of each chapter assist the student to review essential concepts. Chapter worksheets include:

- **Multiple choice questions**—these questions test the student’s ability to apply chapter material. The questions are styled similarly to the national licensing exam (NCLEX-RN).
- **Critical thinking exercises**—these exercises serve to stimulate the student to incorporate the current material with previously learned concepts and reach a satisfactory conclusion. The exercises encourage students to think critically, problem solve, and consider their own perspective on given topics.
- **Study activities**—these activities promote student participation in the learning process. This section encourages increased interaction/learning via clinical, online, and community activities.
- **Answers**—answers to the worksheet are provided on thePoint.

Teaching-Learning Package

Instructor’s Resource CD-ROM

This valuable resource for instructors is compatible with WebCT and Blackboard. It includes materials instructors need to teach the pediatric nursing course, including

- **PowerPoint presentations** that correspond to each chapter and serve as a supplement to the instructor’s course development
- A **Test Generator** that features hundreds of questions to help instructors create quizzes and tests
- An **Image Bank** that provides access to photographs and illustrations from the text in a convenient, searchable format

Student Resource CD-ROM

The student resource CD-ROM, which is included for free in the front of the book, features video clips highlighting childhood growth and development, communication, and the nursing care provided to a child in the hospital. Pediatric dosage calculation problems, a Spanish-English audio glossary, and an NCLEX Alternate Item Format Tutorial are also included.

The Point Solution

ThePointSolution thePoint (http://thepoint.lww.com), a trademark of Wolters Kluwer Health, is a web-based course and content management system providing every resource that instructors and students need in one easy-to-use site. Advanced technology and superior content combine at thePoint to allow instructors to design and

deliver online and off-line courses, maintain grades and class rosters, and communicate with students. Students can visit thePoint to access supplemental multimedia resources, such as Key Concepts, Answers to Worksheets, a Glossary, and NCLEX-style student review questions, to enhance their learning experience. ThePoint Solution package also includes an EBook, so students can search their text electronically, and journal articles to help students understand evidence-based practice. Students can also check the course syllabus, download content, upload assignments, and join an online study group.

For instructors, a wealth of information can be found at thePoint, all designed to make teaching easier. For example:

- **Pre-Lecture Quizzes**, made up of five True/False and five Multiple-Choice questions, are meant to be given at the beginning of class and help evaluate whether students are keeping up with the reading and the material it covers.
- **Assignments**, broken into four types—written, group, clinical, and Web—and organized by learning objective, provide opportunities for in- or after-class activities.
- **Discussion Topics**, also organized by learning objective, allow students to critically think through scenarios and discuss their ideas with other students.
- **Guided Lecture Notes** organize the chapter objective by objective and provide references to appropriate PowerPoint slides and figures from the text.
- **Sample Syllabi** assist instructors with setting up their courses and are provided for four different course lengths: 4, 6, 8, and 10 weeks.

ThePoint . . . where teaching, learning, and technology click!

Online Study Guide to Accompany *Essentials of Pediatric Nursing*

This exciting new resource, built for your WebCT or Blackboard Learning Management System, combines all the helpful activities found in print study guides with additional resources only an online guide can provide. The Online Study Guide is divided into three sections: Assessing Your Understanding, which contains knowledge-based questions, such as Matching, Sequencing, and Fill in the Blank; Applying Your Knowledge, which features application-level questions, including case studies as well as questions based on video vignettes, provided for students within the study guide; and Practicing for NCLEX, which provides NCLEX-style review questions to help students apply and retain the key information from each chapter. The Online Study Guide is a great new way to help assess your students’ mastery of information and track their proficiency within the world of pediatric nursing.

Contact your sales representative or visit www.LWW.com/Nursing for more details.



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