

Nursing Care Management

Children need to deal with any traumatic event; much hinges on the intensity of the event and their reactions to it. Children's reactions depend heavily on their social environment and the way in which their caretaking adults react to the event. In the second phase of PTSD, the appropriateness of the defense mechanism must be assessed, and children must be assisted in coping with their emotions.

Coping is a learned response, and children in the third phase can be helped to use their coping strategies to deal with their fears. Children usually are willing to accept reasoning. Those who are assisted in their catharsis and allowed expression will survive without serious lasting effects. Encourage them to play out the stress and discuss their feelings about the event.

Children need professional help if any of the phases of PTSD are prolonged. Boys tend to have a prolonged defense phase more often than girls. Occasionally, the precipitating event will go unrecognized (bullying and psychological abuse are most common in school-age children), and the affected child will engage in what is considered to be unusual behavior. Children exhibiting any sudden change in behavior need to be assessed for exposure to a traumatic event. When the change in behavior is traced to a traumatic event, treatment should be implemented immediately to prevent or reduce the long-term emotional and psychological effects of PTSD (Gerson and Rapport, 2013).

School Phobia

Children, other than beginning students, who resist going to school or who demonstrate extreme reluctance to attend school for a sustained period as a result of severe anxiety or fear of school-related experiences are said to have school phobia. The terms *school refusal* and *school avoidance* are also used to describe this behavior. School phobia occurs in children of all ages, but it is more common in children 10 years old and older. School avoidance behaviors occur in both boys and girls and in children from all socioeconomic levels.

Anxiety that verges on panic is a constant manifestation, and children can develop symptoms as a protective mechanism to keep them from facing the situation that distresses them. Physical