

For example, if serial height and weight records are not available, the nurse can question parents about the child's growth compared with that of siblings, peers, or relatives. Preparation of the child and family for diagnostic testing is especially important if a number of tests are being performed, and the child requires particular attention during provocative testing. Blood samples are usually taken every 30 minutes for a 3-hour period. Children also have difficulty overcoming hypoglycemia generated by tests with insulin, so they must be observed carefully for signs of hypoglycemia. Those receiving glucagon are at risk of nausea and vomiting. Clonidine may cause hypotension, requiring administration of intravenous (IV) fluids.

Child and Family Support

Children undergoing hormone replacement require additional support. The nurse should provide education for patient self-management during the school-age years. Nursing functions include family education concerning medication preparation and storage, injection sites, injection technique, and syringe disposal (see [Chapter 20](#)). Administration of GH is facilitated by family routines that include a specific time of day for the injection.

Nursing Tip

Optimum dosing is often achieved when growth hormone (GH) is administered at bedtime. The pituitary release of GH is during the first 45 to 90 minutes after the onset of sleep.

Even when hormone replacement is successful, these children attain their eventual adult height at a slower rate than their peers; therefore, they need assistance in setting realistic expectations regarding improvement. Because these children appear younger than their chronologic age, others may relate to them in infantile or childish ways. Families should be counseled to set realistic expectations for the child based on age and abilities. For example, in the home, such children should have the same age-appropriate responsibilities as their siblings. As they approach adolescence, they should be encouraged to participate in group activities with peers. If abilities and strengths are emphasized rather than physical