

the health care provider may underestimate the relative importance of the disease to the adolescent. The nurse should assess the individual adolescent's level of distress, current management, and perceived success of any regimen before initiating a referral. If adolescents do not perceive the acne to be a problem, they may lack motivation to follow the treatment plan.

The nurse can provide ongoing support for the adolescent when a treatment plan is initiated. The family is also encouraged to support the adolescent in his or her efforts. Discuss the use of medications and basic skin care information in detail with the adolescent. Written instructions to accompany the verbal discussion are helpful. Information to dispel myths regarding the use of abrasive cleansing products can prevent unnecessary costs and trauma to the skin. Adolescents also need education about the factors that aggravate acne and damage the skin, such as too vigorous scrubbing. Picking, squeezing, and manual expression with fingernails break down the ductal walls of lesions and cause the acne to worsen. Mechanical irritation, such as vinyl helmet straps that rub areas predisposed to acne, can also cause the development of lesions.

Health Conditions of the Male Reproductive System

Many obvious anomalies, such as hypospadias, hydrocele, and cryptorchidism, are identified with corrective measures instituted during infancy or early childhood. Uncircumcised males may encounter problems related to a tight foreskin that cannot be retracted (phimosis) and are at a higher risk for infections, such as balanitis and prostatitis.

Adolescent boys are also self-conscious about their changing bodies and need preparation for a genital examination. The most successful approach is to assume a matter-of-fact attitude toward the examination, explain precisely what will take place, and maintain a continuous commentary about what is being done and the findings at each phase of the examination.

Varicocele

A varicocele is characterized by elongation, dilation, and tortuosity