*Lesson Plan on common physical health problems of adolescent*

*Submitted in partial fulfillment*

*For Yearly Evaluation of*

***Child health nursing***

***Bachelor of Nursing in Science***



**TRIBHUWAN UNIVERSITY**

**INSTITUTE OF MEDICINE**

**POKHARA NURSING CAMPUS**

**RAMGHAT -11, POKHARA**

**ACADEMIC YEAR (2079-2082)**

**SUBMITTED TO: SUBMITTED BY:**

Respected madam Name: Kranti Rajbhandari

Dr. Ratnashila Bastola Faculty: BNS

BNS First Year Year: II

Roll no: 28

**Date of Submission**: 2080-11 -12

**Lesson plan**

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| Name of student :Kranti Rajbhandari  Subject :Child Health Nursing  Unit : (9.3 comon physical health problems of adolescent)  Topic :achne vulgaris, infectious mononucleosis  Level of students :BNS First year  No. of students :36  Place :BNS first year classroom  Date :2080/11/13  Time :1pm to 2pm  Duration :1 hour  Language :English and Nepali  Teaching \learning method; Brainstorming, interactive lecture, discussion, question and answer.  Teaching \learning media; PowerPoint, whiteboard,  Name of supervisor; Dr. Ratna shila Bastola (lecturer) |

**General objectives**

At the end of this teaching\ learning session, BNS first year students will be able to explain about common physical health problems of adolescent (achne vulgaris, infectious monocleosis).

**6.3 common physical health problems of adolescent**

**Acne vulgaris**

**Definition:**

Acne is defined as an inflammatory lesion of the sebaceous glands and hair follicle of the skin due to excessive secretion of sebum and its accumulation. It is marked by the eruption of pimples or pustules, especially on the face.

Acne begins when sebaceous glands, stimulated by androgen at the onset of puberty, secret increase the amounts of sebum. The sebaceous gland become plugged and dilated with sebum. When the enlarged gland is open to the skin surface, an open comedo, (blackhead) is formed. If the gland does not have an opening closed comedo (white head) is formed.

**Causes of acne vulgaris**

* rising hormone level during puberty.
* Inherited.
* Certain drugs such as corticosteroids, lithium.
* Oil and grease from scalp, cosmetics.
* Frequent squeezing the pimples or scrubbing the skin too hard.

**Clinical manifestation**

* Blackheads, whiteheads
* Papules, pustules (pimples)
* Scar, cysts, nodules

**Most affected area:** face, neck, back, shoulder and upper chest.

**Diagnostic evaluation:** It is based on examination of legions and the child’s history.

**Management:**

* Cleansing: clean the area of the skin by using cleansing agents such as medicated soap and rinse the skin with lukewarm water and gently dry.
* Applications of keratolytic agents such as Sulphur and salicylic acid, cause keratolysis or loosening of the horny layer of the skin.
* In severe case use of board spectrum antibiotics i.e. doxycycline, erythromycin for 2-3 months until the acne lesions are suppressed.
* Avoid use of oil based cosmetic and squeezing of the lesions as possible.
* Provide adequate rest and moderate exercise.
* Provide a well balance diet.
* Reduce the emotional stress for health promotion.
* Provide emotional support to adolescents undergoing acne therapy.
* Refer the adolescent for counseling if necessary.

**Teaching:**

* Skin should be kept clean.
* Hair should be shampooed frequently.
* Avoid squeezing pimples.
* Avoid the use of cosmetics.
* Child should be instructed to take balanced diet, plenty of fluid/ water,

fruits, vegetables, adequate rest and sound sleep.

**Infectious mononucleosis:**

Infectious mononucleosis is an acute self-limiting infectious disease caused by Epstein Barr Virus.it is contagious disease and believe to be transmitted by direct intimate contact with oral secretion. it is commonly called the “kissing disease”. it is common among young people under 25 years of age.

**Incubation period:** 4 to 6 weeks.

**Clinical features:**

* Fever, malaise, exudative pharyngitis, sore throat.
* Headache, chills
* Lymphadenopathy, hepatosplenomegaly
* Increase in atypical lymphocyte
* Fatigue, puffy eyes and loss of appetite

**Diagnostic evaluation**

* History taking
* Physical examination
* Peripheral blood smear test: leukocytes counts may be normal or low platelets count.
* The spot test (monospot) is a slide test of high specificity for the diagnosis of infectious mononucleosis. Blood is obtained for the test by figure puncture and is placed on the special paper. If the blood agglutinates forming fragments or clumps the test is positive for the infection.
* Confirmative tests is Epstein Barr Virus (EBV)titer.

**Management:**

* it is self-limiting condition so treatment is focused toward general and symptomatic measures.
* Provide analgesics and salt water gargles to reduce sore throat.
* Encourage for bed rest while the child is febrile.
* Provide rest periods for several weeks after the onset of illness.
* Prescribed corticosteroids may be given to decrease the inflammation.
* Avoid the strenuous activity and contact sports.
* Report rash or jaundice to the physician.
* Maintain hydration of the patient.

**Preventive measures:**

* Wash hand regularly to interrupt spread of the virus.
* Avoid direct contact with the saliva of the infected individual (such as kissing or sharing drinking cup).

**Summary**

**Post test**

Objective questions:

1. The incubation period of infectious mononucleosis is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Acne begins when sebaceous glands, stimulated by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

True and False:

1. Infectious mononucleosis is self-limiting infectious disease \_\_\_\_\_\_.
2. When the enlarged gland is open to the skin surface white head is formed---.

Multiple choice questions:

1. Infectious mononucleosis is caused by:
2. Epstein Barr Virus
3. Corona virus
4. Ebola virus
5. Myxo virus
6. Acne is an inflammation of
7. Epidermis layer
8. Subcutaneous tissue
9. Hair follicles
10. Sweat gland

**Assignment**

1. Write short note on

* infectious mononucleosis
* acne vulgaris

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