

The University of Jordan
Faculty of Nursing
Maternal and Child Health Nursing Department
First Semester 2013/2014

Course title: Foundation of growth and development
Course Number: 0703201 (3 credit hours).
Course coordinator: Arwa zumot
Email: arwazu@ju.edu.jo
Class hours: Sun ,Tues , Thurs (3-4) pm

Course Description:

This course is designed to introduce the nursing student to the main concepts and principles that are related to the growth and development of children, adolescents, adults and elderly people. It focuses on the physical, psychosocial, and cognitive changes during these age periods. This course will enable the nursing student to develop a comprehensive and holistic nursing care for individuals in each age group and to their families. The framework of the course will be based on the concept of health maintenance and promotion.

Aim of the Course:

The course aims at providing the essential knowledge and information that are necessary for understanding the child, adolescent, adult and elderly that enables the student to provide holistic care for them within the family context.

Intended Learning Outcomes (ILOs):

Successful completion of the course should lead to the following learning outcomes:

A. Knowledge and Understanding:

1. Understand the concepts, principles, and theories of growth and development.
2. Be familiar with the foundations of growth and development
3. Recognize the different patterns and stages of growth and development
4. Differentiate between the different aspects of growth and development
5. Recognize the factors that influence growth and Development
6. Identify the role of play in the development of children
7. Be familiar with the health care delivery system in Jordan
8. Identify the children's bills of right

B. Cognitive and Intellectual Skills

1. Differentiate between the theoretic foundations of language development among children
2. Recognize the role of child health nurse in providing care for children and adolescents and their families
3. Recognize the role of nurse in providing care for elderly within the family context.
4. Identify the stressors that face the hospitalized child, adolescent, and elderly and their families.

5. Recognize the characteristics of adult and elderly.
6. Identify the main health problems that are associated with elderly and their families.

C. Subject Specific Skills

1. Demonstrate ability to apply the basic concepts in caring for children and their families.
2. Apply physical and developmental assessment for children with different age groups
3. Assess the Child's pain by using the Pain assessment Scale

D. Transferable Skills

1. Acquire growth and development assessment skills across the lifespan.

Teaching Methods

- Interactive lectures.
- Self reading
- Small group discussion.

Evaluation

First exam	30%
Second exam	20%
Final exam	50%
Total	100%

Required Text book

Wong. D & Hockenberry - Eaton M, (2009) *Wong's Essentials of Pediatric Nursing* . 8th ed, St Louis; The C.V Mosby Co.

Kozier, B., Erb. G., Snyder, S. (2012) *Fundamentals of Nursing Concepts, Process, and Practice* (9th ed.) New Jersey. Pearson Education International

Course Content

Unit one: Foundations of Growth and development (Ref. 1, Chapter 5 & Ref. 2, Chapter 20)

- Definition of Growth, Development, Maturation, and Differentiation
- Stages of Growth and development
- Developmental age periods
- Patterns of Growth and Development
- Biologic Growth and Development
- Factors that Influence Growth and Development

Unit Two: Theories of growth and development (Ref. 1 Chapter 5 & Ref. 2, Chapter 20)

- Developmental task theory (Havighurst)
- Psychosocial theories (Freud and Erikson)
- Hierarchy of needs theory (Malsow)
- Cognitive theory (Piaget)

- Moral theory (Kohlberg)
- Spiritual theory (Fowler)

Unit Three: Health promotion during childhood and adolescence

1. Health promotion of the infant and family (Ref. 1, Chapter 10, & Ref .2 chapter 21)

* Promoting optimum growth and development

- Biological development
- Psychosocial development
- Cognitive development
- Development of body image
- Coping with concerns related to normal growth and development
- The Importance of Play for Infant and Children
 - Role of Play in Development
 - Classification of Play
 - Content of Play
 - Social Character of Play
 - Functions of Play
 - Therapeutic Play

*Promoting optimum health during infancy

- Nutrition
- Sleep and activity
- Dental health
- Immunization
- Anticipatory guidance and care of family

2. Health promotion of the toddler and family (Ref. 1, Chapter 12, & Ref .2 chapter 21)

*Promoting optimum growth and development

- Biological development
- Psychosocial development
- Cognitive development
- Spiritual development
- Development of body image
- Development of sexuality
- Social development
- Coping with concerns related to normal Growth and development

*Promoting optimum health during toddler hood

- Nutrition
- Sleep and activity
- Dental health
- Injury prevention
- Anticipatory guidance and care of families

3. Health promotion of the preschooler and family (Ref. 1, Chapter 13, & Ref .2 chapter 21)

*Promoting optimum growth and development

- Biological development
- Psychosocial development
- Cognitive development
- Moral development
- Spiritual development
- Development of body image
- Development of sexuality
- Social development
- Coping with concerns related to normal Growth and development

*Promoting optimum health during the preschool years

1. Nutrition
2. Sleep and activity
3. Dental health
4. Injury prevention
5. Anticipatory guidance and care of families

4. Health promotion of the school-age child and family (Ref. 1, Chapter 15, & Ref .2 chapter 21)

*Promoting optimum growth and development

- Biological development
- Psychosocial development
- Cognitive development
- Moral development
- Spiritual development
- Social development
- Developing of body image
- Developing a self-concept
- Coping with concerns related to normal Growth and development

*Promoting optimum health during the school years

- Nutrition
- Sleep and rest
- Exercise and activity
- Dental health
- Injury prevention
- Anticipatory guidance and care of families

5. Health promotion of the adolescent and family (Ref. 1, Chapter 16 & Ref. 2, Chapter 21)

*Promoting optimum growth and development

- Biological development
- Psychosocial development
- Cognitive development
- Moral development
- Spiritual development

- Social development
- Development of body image
- Development of self-concept

*Promoting optimum health during the adolescent years

- Nutrition
- Sleep and rest
- Exercise and activity
- Dental health
- Personal care
- Stress reduction
- Injury prevention
- Anticipatory guidance and care of families

Unit Four: Adult and elderly (Ref. 2, Chapter 22, 23)

- Characteristics of an adult
- Characteristics of elderly
- Growth and development in adults and elderly
- Health promotion in adults and elderly

Tentative schedule

Weeks	Topics
First week 15/9- 19/9/2013	Orientation to course Foundations of growth and development
Second week 22/9-26/9	Factors that influence Growth & development
Third week 29/9-3/10	Theories of growth and development
Fourth week 6/10-10/10/2013	Theories of growth and development
Fifth week 13/10-17/10	Theories of growth and development Adha Feast
Sixth week 20/10-24/10	Growth development of the infant.
Seventh week 27/10-31/10	Health promotion of the infant
Eighth week 3/11-7/11/2013	Growth and development of the toddler
Ninth week 10/11-14/11	Health promotion of the toddler & family
Tenth week 17/11-21/11	Growth and development of the preschooler & family
Eleventh week 24/11-28/11	Health promotion in toddler preschoolers
Twelfth week 1/12-5/12/2013	Growth and development of school aged-children Health promotion of school aged-children
Thirteenth week 8/12-12/12	Growth and development of adolescents Health promotion of the adolescent and family
Fourteenth week 15/12-19/12	Growth and development of young adults Health promotion of young adults Growth and development of middle-aged adults
Fifteenth/sixteenth week 22/11-2/1/2014	Health promotion of middle-aged adults Growth and development of the elderly Health promotion of the elderly

Mid term exam: 14/11/2013

Second exam : 12/12/2013