

PHYSICAL	MOTOR/SENSORY ADAPTATION	COGNITIVE	PSYCHOSOCIAL	INTERVENTIONS
<ul style="list-style-type: none"> ◆ Rapid growth of skeletal size, muscle mass, adipose tissue and skin. ◆ Maturation of the reproductive system; development of primary and secondary sexual characteristics. ◆ Onset of menarche in girls and nocturnal emissions in boys ◆ Vital signs approximate those of the adult. 	<ul style="list-style-type: none"> ◆ Awkward in gross motor activity. ◆ Easily fatigued. ◆ Fine motor skills are improving. ◆ Early adolescence: may need more rest and sleep. 	<ul style="list-style-type: none"> ◆ Increased ability to use abstract thought and logic. ◆ Able to handle hypothetical situations or thought. ◆ Ability to use introspection. ◆ Develops more internal growth of self-esteem. ◆ Beginning development of occupational identity (what I want to be) 	<ul style="list-style-type: none"> ◆ Interested and confused by own development. ◆ Often critical of own features and concerned with physical appearance. ◆ "Chum" and belonging to peer group are important and valued; may criticize parents. ◆ Interested in the opposite sex; achieving female/male social role. ◆ Accepts criticism or advice reluctantly. ◆ Longs for independence but also desires dependence. ◆ Achieves new and more mature relations. ◆ Develops physical activities that are socially determined. ◆ Identity is threatened by hospitalization as adolescents are concerned about bodily changes and appearances. 	<ul style="list-style-type: none"> ◆ Supplement explanations with rationale. ◆ Encourage questions regarding fears ◆ Provide privacy ◆ Involve in planning and decision making ◆ Allow adolescent to maintain control. ◆ Provide essential teaching based on how the individual learns best. ◆ Provide information on pain control methods, assessment scale, schedule for pain management; need to ask for pain medication as soon as pain begins, need to provide information on degree of pain relief, types of pain medications and methods for pain reduction. ◆ Do not talk about the individual in front of the individual. ◆ Present explanations in a logical manner; use visual aids; provide other materials for review.