

PHYSICAL	MOTOR/SENSORY ADAPTATION	COGNITIVE	PSYCHOSOCIAL	INTERVENTIONS
<ul style="list-style-type: none"> <li>◆ Growth of Skeletal systems continues until age 30.</li> <li>◆ Skin begins to lose moisture.</li> <li>◆ Muscular efficiency is at its peak between 20 – 30 years.</li> <li>◆ GI System decreases secretions after age 30.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Visual changes in accommodation and convergence.</li> <li>◆ Some loss in hearing, especially high tones.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Mental abilities reach their peak during the twenties (reasoning, creative imagination, information recall and verbal skills).</li> </ul>	<ul style="list-style-type: none"> <li>◆ Searching for and finding a place for self in society.</li> <li>◆ Initiating a career, finding a mate, developing loving relationships, marriage, establishing a family, parenting.</li> <li>◆ Begins to express concerns for health.</li> <li>◆ Achievement oriented; working up the career ladder.</li> <li>◆ Moves from dependency to responsibility.</li> <li>◆ Responsible for children and aging parents.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Invoice individual/significant other in plan of care.</li> <li>◆ Explore impact of hospitalization/illness to work/job, family, children.</li> <li>◆ Watch for body language as a cue for feelings.</li> <li>◆ Allow for as much decision making as possible</li> <li>◆ Assess for potential stresses related to multiple roles of the young adult.</li> <li>◆ Assess and manage pain based on patient needs and response.</li> <li>• Use a preventative approach.</li> <li>• Titrate to effect and monitor response.</li> <li>◆ PCA</li> <li>◆ Provide information on pain control methods, assessment scale, schedule for pain management, need to ask for pain medication as soon as pain begins, providing information of degree of pain relief, types of pain medications, and methods.</li> <li>◆ Provide essential teaching based on how the individual learns best.</li> </ul>

**EARLY ADULTHOOD: 19 – 45 YEARS**