

Module 1. Growth and Development Across the Lifespan

Focus on key physical, cognitive, emotional, & social milestones across lifespan.

2. Health Promotion and Maintenance





Infancy (0-1 Year)

Physical	Motor Skills:	Cognitive	Social
Growth:		Development:	Development:
 Double birth weight by 5-6 months; triple by 1 year. 	 Lifts head (1-3 months), rolls over (4-6 months), sits without support (7-9 months). 	 Visual acuity improves; cooing & babbling by 2 months. 	 Secure attachment with caregivers; social smiles around 2 months.

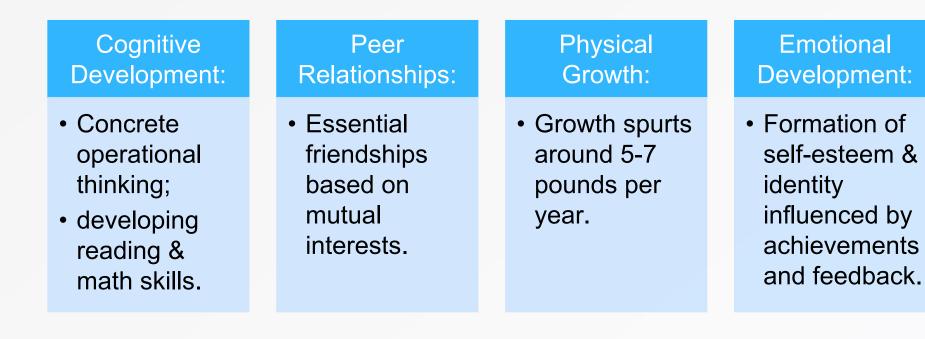


Early Childhood (1-3 Years)

Language Acquisition:	Autonomy:	Physical Milestones:	Social Play:
 Rapid vocabulary growth; simple sentences by age 3. 	 Developing independence and self- control. 	 Walks independently by 12-15 months; climbing stairs by age 2. 	 Parallel play evolving into cooperative play by age 3.



Middle Childhood (4-12 Years)





Adolescence (13-18 Years)

Abstract	Identity	Peer Influence:	Physical
Thinking:	Formation:		Changes:
 Develops logical & abstract thinking; evaluation of moral dilemmas. 	 Exploration of personal identity & beliefs; self- esteem fluctuates. 	 Peer relationships important, often seeking approval from friends. 	 Puberty triggers significant physical transformations.



Young Adulthood (19-40 Years)

- Intimate Relationships: Focus on forming close relationships & commitments.
- Career Development: Exploring career paths and setting life goals.
- Health Focus: Prioritizing physical fitness & preventive health measures.
- Mental Health Awareness: Stress management & coping strategies become essential.





Middle Adulthood (41-65 Years)

- Physical Health: Menopause & andropause; risk for chronic conditions.
- Cognitive Growth: Wisdom and problem-solving skills improve despite some cognitive declines.
- Career Transitions: Career changes & retirement planning become important.
- Work-Life Balance: Balancing work, family, and self-care.





Older Adults (65+ Years)

- Chronic Disease Management: Managing multiple chronic conditions.
- Functional Decline: Physical & cognitive declines impact daily activities.
- Cognitive Changes: Increased risk for dementia; promoting cognitive resilience.
- Social Support: Importance of strong social networks & community involvement.





Chronic Disease Management ir Older Adults

- Chronic Disease: Requires ongoing care coordination.
- Functional Decline: May impact independence; daily activity management.
- Dementia: Early detection & management essential for cognitive health.
- Community Resources: Access to senior centers & health services.





Cognitive Changes in Older Adults

- Cognitive Resilience: Engagement in mental activities delays decline.
- Alzheimer's Disease: Careful management and support for patients & caregivers.
- Mental Health: Addressing anxiety, depression, and isolation





Social Support Systems

- Community Resources: Senior centers, health services, support groups.
- Social Networks: Strong social connections vital for emotional wellbeing.
- Support in Aging: Essential for maintaining health and quality of life.





CONCLUSION

- Nurses must understand growth & development across the lifespan for holistic care.
- Tailoring care to individual needs at each stage supports health promotion and maintenance.
- Awareness of milestones ensures effective nursing practice and enhances quality of life.

2. Health Promotion and Maintenance