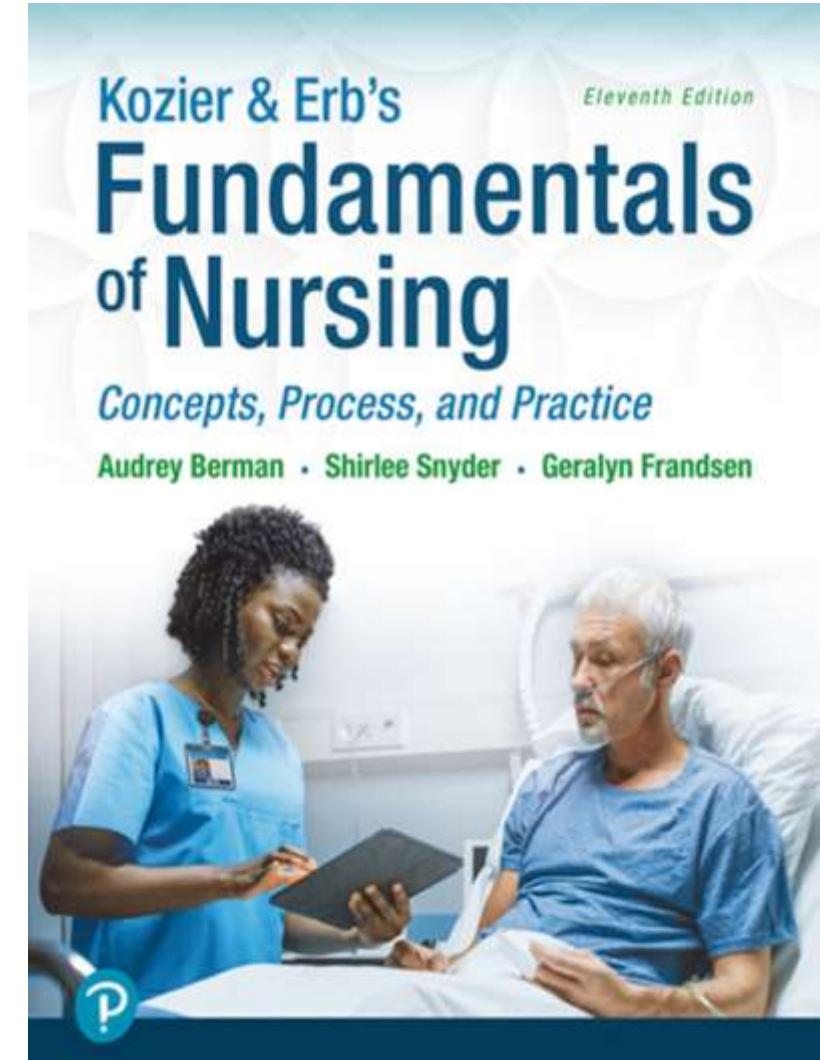


Growth and Development from Nursing Perspective

Unit 1

Concepts of Growth and Development

- ✓ Introduction
- ✓ Definition of growth & development.
- ✓ Principles of growth & development.
- ✓ Factors influencing growth & development



Growth

- It is the process of physical maturation resulting in an increase in size of the body and various organs.
- It occurs by multiplication of cells and an increase in intracellular substance.
- It is quantitative changes of the body.
- It structural and physiological changes.

Development

- ❖ Functional and physiological maturation of the individual.
- ❖ It includes psychological, emotional and social changes
- ❖ Acquisition of a variety of skills and capacity to function.
- ❖ It is related to maturation and myelination of the nervous system.
- ❖ It is qualitative aspects.
- ❖ It is a progressive series of changes that occur in an orderly predictable pattern as a result of maturation and experience.
- ❖ It is concerned with growth as well as those changes in behavior which results from environmental situations.

Principles of Growth and Development

I. General to Specific

- Children use their cognitive and language skills to reason and solve problems.
- Children at first are able hold the big things by using both arms

hold things in a single hand,

- then pick small objects like peas, cereals

Children when able to hold pencil, first starts draw circles then squares then only letter after that the words.

- The sequence of the development is the same for all children, but the rate of development varies from child to child.

Principles of Growth and Development

I. General to Specific

- Development is cumulative
- Development is a result of interaction of Maturation and Learning
- Development is a product of contribution of Heredity and Environment.
- Growth pattern of every individual is unique

Principles of Growth and Development

II. Cephalocaudal direction

- From head down to tail.
- Improvement in structure and function come first in the head region, then in the trunk, and last in the leg region.
- An infant will gain control over their neck muscles first, which allows them to hold their head steady.

Principles of Growth and Development

- **III. Proximodistal direction**
- From center or midline to periphery direction.
- Development from the center or core of the body in an outward direction toward the extremities.
- The spine develops first in the uterus, followed by the extremities and finally the fingers and toes

Factor influencing Growth and Development:

1- Genetic factors

- Sex
- Race and Nationality

2- Prenatal factors

- Intrauterine environment is an important predominant factor of growth and development.
- Maternal malnutrition
- Maternal infection
- Maternal substance abuse
- Maternal illness
- Hormones

Factor influencing Growth and Development:

3- Postnatal factors:

- Growth potential
- Nutrition
- Childhood illness
- Physical environment
- Psychological environment
- Cultural influence
- Socio economic status
- Climate and season
- Play and exercise
- Birth order of the child
- Intelligence
- Hormonal influence

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THANKS