

Growth and Development

Theory and Application
Based on Ericson's Theory

Stage I Infant/Birth to 1 year Developmental Goal: Maintain trust

- Basic needs include: sleep, feeding, sucking, affection and cleanliness.
- Totally dependent on others for these needs.
- Unmet needs result in mistrust
- Hospitalization: maintain consistency in care. Involve parents in care when possible.
- Provide love and nourishment.
- Hold and rock after procedures.
- Crying is the infant's way of communicating unmet needs.



Stage II Toddler/ 1-3 years Developmental Goal: Maintain Autonomy



- Development of gross and fine motor skills.
- Learns by imitation and repetition.
- Walks, talks, feeds self.
- Participates in care
- Discovers the world through its mouth.
- Parents assist in appropriate decisions
- Positive feedback essential for self confidence and control.
- Hospitalization: maintain independence, address concerns related to separation anxiety. Maintain daily rituals, such as blanket, potty training, bedtime story, feeding self, etc.

Stage III Pre-schooler/ 3-6 yrs
 Developmental Goal: Imagination
 Prevent Exaggerated Ideas

- Imagination develops, imaginary friends.
- Learns to show initiative and drive
- Uses senses to discover the world
- Creative, enjoys using hands
- Develops a conscious-learning right from wrong.
- Must learn responsibility for choices
- Hospitalization: abolish feelings of guilt and punishment about hospital. Use picture books, puppets, etc to explain procedures. Let child practice procedures with doll or teddy bear. Allow child to touch equipment. Allow them to keep favorite toy at all times.



Stage IV School Age/ 6-12 years
 Developmental Goal: Maintain Industry

- Focus on industry and achievement.
- Take tasks from start to finish
- Competitive, cooperative, teamwork.
- Need to feel significant
- Feelings of inferiority may surface from high expectations of peers and parents
- Hospitalization: Be honest about procedures, what will hurt. Explain everything in detail, to alleviate fears. Encourage involvement in won care. Keep busy. Design a daily schedule, similar to home, involve in development. Bring in favorite things from home.



Stage V Adolescent 12-18 years
 Developmental Goal: Preserve Identity



- Focus on identity
- Self conscious about appearance
- Progresses through puberty, body changes occur.
- Life away from parents
- Role confusion may result
- Begins to make career decisions.
- Hospitalization: Assist to maintain physical appearance during hospital stay. Provide privacy. Encourage contact with peers regarding school and activities. Explain procedures and involve them in decision making. Active listening, avoid giving advice.

Stage VI Young Adult 18-30
Developmental Goal: Intimacy/Address Commitments



- Becomes committed to life socially, occupationally, and sexually.
- Intimacy develops
- Develop strong ties in life
- Must focus on economic status
- Have a need for love, commitment, and compassion.
- Isolation may result in those who avoid commitment
- Hospitalization: May mask symptoms hoping to return to normal immediately. Gradually increase in activity, address concerns related to family, work, and financial obligations. Involve significant others in care.

Stage VII Generativity 30-60 years
Developmental Goal: Generativity/Evaluate Expectations



- Focus on obligation to care for self and others.
- Strive to maintain economic status
- Stress may result when obligations are not met or when unrealistic expectations are place on self.
- Hospitalization: Assess family, work, and economic concerns. Encourage delegation of work and home obligations during hospitalization. Involve in decision making. Keep patient and family informed. Encourage family visits.

Stage VIII Elderly > 60 years of age
Developmental Goal: Assess Integrity

- Looking back at life and evaluating choices.
- Family relations and financial status affect feelings of accomplishment
- Despair may result if focusing only on mistakes made in life
- Mastery of feelings of distinction and honor result when integrity is maintained.
- Hospitalization: Assess to determine feelings of hopefulness, or despair. Identify family or support structure in place. Address spiritual concerns and feelings of fear related to the unknown. Use open ended questions to encourage verbalization of feelings and concerns. Encourage family visits and participation of care.


