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Nota di contenuto	Cover; Title; Copyright; Contents; Preface; Share Fast Facts on Adolescent Health for Nursing and Health Professionals; Part I: Overview of Adolescence; 1. The Wonderful Teen; Defining Adolescence; The Value of Teens in Our World; Health Domains in Viewing Teens; Focused Interventions; Suggested Reading; Suggested Websites; 2. The Teen Brain; The Three Processes of Brain Development; Back-to-Front Progression; Teen Behavior: Risks and Rewards; Empathy and Emotions; Focused Interventions; Suggested Reading; Suggested Websites; 3. Teens and Their Health; Today's Teens; Teen Health Teen Perceptions of HealthThe Power of Peers; Family Influences on Health; Health Trends and Priorities; Focused Interventions; Suggested Reading; Suggested Websites; 4. Working With Teens; Teens as Partners in Health Decision-Making; Health Care Providers; Communicating With Teens; Focused Interventions; Suggested Reading; Suggested Websites; Part II: Adolescent Health Domains; 5. Physical Health and Risks; Physical Development; Nutrition; Overweight and Obesity; Eating Disorders; Fitness/Exercise; Sports and Sports Injuries; Sleep; Body

Decoration; Unintentional Injuries

Focused Interventions Suggested Reading; Suggested Websites; 6.

Intellectual Health and Risks; Cognitive Development; Learning Disorders, Autism, and ADHD; ADHD; The Impact of Developmental Disorders on Health; Focused Interventions; Suggested Reading;

Suggested Websites; 7. Emotional Health and Risks; Identity Formation and Mental Health; Stress; Mental Health Issues: Depression, Anxiety, and Suicide; Self-Cutting; Substance Use and Abuse: Alcohol, Drugs, and Tobacco; Focused Interventions; Suggested Reading; Suggested

Websites; 8. Spiritual Health; Key Definitions; Spiritual Development Impact of Religiosity and Spirituality on Teen Health Focused

Interventions; Suggested Reading; Suggested Websites; 9. Sexual Health and Risks; Gender; Teen Sexuality and Sexual Health; Teen Sexual Activity and Contraception; Teen Pregnancy, STIs, and HIV; Teen Parenting; Focused Interventions; Suggested Reading; Suggested

Websites; 10. Relational Health and Risks; Social Development; Parental Relationships and Independence; Peers and Relationships; School Connectedness; Violence and Bullying; Abuse and Teen Dating Violence; Focused Interventions; Suggested Reading; Suggested Websites

Part III: Aspects of Caring for the Adolescent with Illness and Complex

Health Issues 11. Acute and Chronic Illness; Illness in the Teen Years; The Hospitalized Adolescent; Diabetes Mellitus; Asthma; Focused Interventions; Suggested Reading; Suggested Websites; 12. Technology

and Teen Health; Technology and Teens; Technology and Threats to Teen Health; Focused Interventions; Suggested Reading; Suggested

Websites; 13. Ethics, Marginalization, and Advocacy; Ethics; Marginalized Youth; Teens Around the World: The United Nations Focus on Adolescence; Focused Interventions; Suggested Reading

Suggested Websites

Sommario/riassunto

This latest addition to the "Fast Facts" series, authored by nursing luminary Judith Herrman, is a pithy, authoritative guide to adolescent health designed specifically for nurses at all levels and other health care professionals. It is the only book written for nurses and other health care professionals who work with adolescents in schools, community agencies, neighborhoods, and other settings, and contains the resources needed to best serve this population. Designed to provide speedy information retrieval, the guide describes a broad spectrum of health and health care issues particular to
