NRNP 6665 KAPLAN FINAL EXAM REVIEW AND STUDY GUIDE (2023-2024) 100% CORRECT RATED A+

DSM CHAPTER 12 DEVELOPMENTAL MILESTONES

- Milestones are recognizable skills or abilities that have an expected range and order of
 appearance, such as a child taking his first step around the time of his first birthday. Identifying
 any significant variations from expected patterns, such as a child taking that first step near his
 second birthday, is a key task for any practitioner. Knowing when a significant variation in
 development has occurred improves diagnostic accuracy because DSM-5 specifically requires
 consideration of developmental stages
- Five different milestone skill areas should be evaluated: gross/fine motor, visual motor problem solving, speech and language, social/emotional, and adaptive skills
- Gross motor skills are the most obvious to recognize because they involve crawling, walking, running, and throwing.
- Visual motor problem solving describes a child's physical interactions with the world. Fine motor skills (using one's hands and fingers) rely on visual input and generally progress at a slower pace than gross motor skills. If the development of these milestones is delayed, it may be because of impairments in cognitive, sensory, or motor abilities.
- To be able to communicate, a person first must be able to receive input (process what is seen
 and heard), understand the meaning of that input, then generate an expression of his thoughts
 (translate thoughts into words, then express fluently). Delays in expressive language milestones
 may be more apparent than receptive language delays, which may be more subtle but when
 present may worsen an expressive language impairment
- Social/emotional skills are the core elements of psychiatric functioning. Social skill development
 is interactive and thus reliant on the presence of a responsive caregiver. A child's
 temperamental traits influence how he responds to routine activities, which influences how his
 caregivers respond. Developing shared joint attention with another person by approximately
 age 1 year is a key social milestone. Normal social and emotional development is most closely
 linked with speech and language skills.
- When you evaluate for the presence of an intellectual disability, adaptive milestones need to be
 investigated. Standardized intelligence testing is no longer considered the sole basis for
 diagnosing intellectual disability. Adaptive skills include infants learning to feed themselves or
 dress themselves. For older kids, it involves self-protection and self-direction.

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David Kirk

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