

- Chapter 11
- **Early Adulthood**
- Early Adulthood
- From age 20 to early 40s
- Stable period of growth
- Gradual biological and social changes
- Goals
 - Choosing and establishing careers
 - Fulfilling sexual needs
 - Establishing home and family
 - Expanding social circles
 - Developing maturity

- **Physical Characteristics**
- Height and weight
- Bone and muscle development
- Dentition
- Development of other body systems
 - Maximum cardiac output
 - Respiratory function

- Basal metabolic rate
- Skin changes
- Nervous system
- Sensory system
- Reproductive system

- Vital Signs

- Pulse

- Respirations

- Blood pressure

- Developmental Milestones

- Motor development

- Sexual development

- Psychosocial development

- Erikson's stage of intimacy
- Choosing and establishing a career
- Establishing a home and family
- Expanding social circles
- Developing maturity

- Cognitive Development
- Capable of being objective
- Viewing a wide perspective
- Capable of solving problems
- Functioning at peak intellectual levels
- Moral Development
- Kohlberg's postconventional stage
 - Capable of choosing moral principles
 - Respects right of others
 - A state of mutual satisfaction
 - For some individuals, an appreciation of religion
- Nutrition

- Calorie requirements based on age, size, physical activity, and gender
- Avoidance of excessive saturated fats
- Concerns
 - Preventing osteoporosis
 - Preventing hypertension, heart disease, and strokes

- Sleep and Rest
- Adults need 7–9 hours each night
- Diet, stress, fatigue, and poor physical health may lead to insomnia
- Measures to promote better sleep

- Exercise and Leisure
- Maintain regular exercise
- Lack of exercise may lead to
 - Fatigue
 - Headache
 - Backache
 - Joint pain
 - Weight gain

- Safety
- Safety concerns for individual and family
- Home safety
 - Accident prevention
 - Fire prevention
- Health Promotion
- Yearly physical exams

- TB screening
- ECG
- Blood pressure screening
- Yearly Pap smears
- BSE and mammograms
- Annual rectal exams and colonoscopy
 - Prostate screening
- Health Concerns
 - Exposure to carcinogens
 - Sensory impairment caused by accidents
 - Obesity
 - Stress
 - Family planning
- Chapter Challenge

- Name four goals for the early adult period
- List three health concerns affecting the adult
- List routine health screenings for this developmental stage