

Global Virtual Summit on **WORLD NURSING**

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**The implications of smartphone overuse in the pediatric population****Susan Solecki***Drexel University College of Nursing and Health Professions, USA*

The concerning overuse of electronic devices, in particular smartphones, is negatively impacting the lives of American youth. Cell phone technology has advanced its capabilities with smartphones to now easily provide children and teens with incessant access to the internet, social media, and other online activities. Research is demonstrating that addictive, smart phone activities of youth in their formative years is directly affecting their wellbeing. The exorbitant time youth spend on their smartphones results in less human interaction, sleep, exercise, and productivity, as well as, increased risk of exposure to inappropriate or violent online media, anxiety, and depression. The purpose of this presentation is to examine the potential behavioral and developmental problems in youth related to the problematic overuse of the smartphone; educate on the importance of monitoring and controlling indiscriminate youth use of technology; and enlighten pediatric health care providers on the approaches that can be used to guide youth and their families to prevent negative outcomes for this alarming public health problem.

**Biography**

Susan Solecki, DrPH, FNP-BC, PPCNP-BC is presently an associate clinical professor in the Drexel University College of Nursing and Health Professions. Dr. Solecki is board certified as both a family and pediatric nurse practitioner. Dr. Solecki has varied experience as a clinician and preceptor in the areas of pediatrics, women's health, adult health, and occupational health. Dr. Solecki has extensive scholarship disseminated through multiple peer reviewed journal publications, national conferences, and international presentations. Dr. Solecki's focus of research and advocacy include conditions influencing the health of the adolescent population including violence, technology overuse, vaping, and the opioid epidemic.

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