



## CASE STUDY #1- CARE OF THE INFANT HEALTH CARE PLAN

NAME OF CLIENT: M

ASSESSMENT CUES	NURSING DIAGNOSIS	GOALS & OUTCOMES (NOC)	INTERVENTIONS (NIC & RATIONALE)	EVALUATION
<p><b>SUBJECTIVE CUES:</b></p> <p>The client's children are a 4-month-old infant and a 1.5-year-old toddler.</p> <p>The client is currently breastfeeding.</p> <p>The client feels that her infant is not growing well enough.</p>	<p><b>Readiness for Enhanced Childrearing Process (0028)</b></p> <p><b>Background Knowledge:</b> There were various problems and areas of concern identified in the case of client M these include concerns regarding the infant's nutrition, development, and future care. All of these are rooted in the client's need for enhanced knowledge on the said aspects of childcare. In the aspect of nutrition, the client worries about her child's growth</p>	<p><b>NOC:</b> Knowledge: Breastfeeding (1800) Knowledge: Infant Care (1819) Parenting Performance: Infant/Toddler Physical Safety (2900)</p> <p><b>GOAL:</b> After the health education, the client exhibits an understanding of normal infant development and plans for the future care of children.</p> <p><b>OBJECTIVES:</b> After 45 minutes of nursing intervention, the client will be able to:</p>	<p><b>NIC:</b> Parent Education: Infant (5568) Referral (8100)</p> <p>The nurse will:</p>	



<p>The client reported that she will leave her children under the care of her 18-year-old sibling to start a new job.</p> <p><b>OBJECTIVE CUES:</b></p> <p>The client's infant has normal weight gain.</p> <p>The infant's weight, length, and head circumference are within normal range.</p> <p>The infant has a social smile, has good head control, and can rollover.</p>	<p>and compared it to the growth of the neighbor's child. Additionally, the client wants to know which formula of milk is necessary for Joshua and if multivitamins are necessary. Moreover, based on the photo of the infant, a noticeable risk is observed which comes in the form of jewelry. Accessories may cause aspiration and suffocation threatening the infant's safety.</p> <p>Aside from all of these, future potential problems can be identified. This includes possible sibling rivalry as the spacing between the two siblings is quite close and the mother may devote all her attention to her infant. Another identified problem would be the risks of leaving the children under the</p>	<p>1. Recognize that her infant's anthropometric measures and developmental changes are normal and appropriate for his age.</p> <p>2. Explain the nutritional needs and requirements of her infant.</p>	<ul style="list-style-type: none"><li>• Discuss that the infant's anthropometric measures are within the normal values using the Growth Chart</li><li>• Demonstrate infant reflexes to the mother and explain the importance</li></ul> <p><i>(Rationale:</i> These interventions address the concern of the client regarding her infant's development. By using the Growth Chart, the nurse will be able to explain the normal and abnormal values of weight, height, and HC. By demonstrating the reflexes, the nurse can show the infant's strengths which further consolidates the client's belief that her infant is growing well.)</p> <ul style="list-style-type: none"><li>• Discuss the nutritional needs and requirements of her infant</li></ul>	<p>The client verbalizes understanding of normal anthropometric measures, developmental milestones of infants in at least 1 sentence.</p> <p>The client answers at least 4 out of 5 questions about her infant's nutrition correctly.</p>
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<p>The infant is active with a good suck.</p>	<p>supervision of an adolescent who has no experience of childrearing.</p> <p>Overall, although there is a risk for an ineffective childbearing process, the priority in the present is equipping the client with knowledge and information about addressing her concerns about her infant's well-being. To maximize the health teaching, it is necessary to also include the identified possible issues in the future and offer solutions to the client.</p>	<p>3. Recognize the safety risks of putting jewelry on the baby</p>	<ul style="list-style-type: none"><li>• Give information on breastfeeding</li><li>• Demonstrate how to read nutritional labels</li></ul> <p><i>(Rationale:</i> The aspect of nutrition is one of the client's primary concerns. By doing all of these interventions the nurse equips the client with knowledge about breastfeeding and infant nutrition in general. The nurse would also be able to address the necessity of multivitamins for the infant. All of these will the mother to practice EBF for at least 6 months. Lastly, teaching the client on reading nutritional labels will help her choose appropriate food products, especially formula milk for her infant.)</p> <ul style="list-style-type: none"><li>• Evaluate the need for accessories</li></ul>	<p>The client correctly interprets the nutritional label given.</p> <p>The client verbalizes understanding of child safety regarding</p>
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			<ul style="list-style-type: none"><li>• Give brief information on how accessories may cause aspiration and suffocation</li><li>• Encourage the client to maintain supervision if the infant is wearing jewelry</li></ul> <p><i>(Rationale:</i> These interventions guide the client to be vigilant for risks that threaten her infant's safety. Evaluating the necessity of jewelry will enable the nurse to know the religious, superstitious, and other purposes, this opens an opportunity to address any misconceptions about childcare.)</p>	aspiration and suffocation in at least 1 sentence.
		4. Reflect on her care for her toddler	<ul style="list-style-type: none"><li>• Evaluate the client's care for the toddler for the past months</li><li>• Encourage the client to devote attention and spend time with the toddler</li></ul>	The client verbalizes reflection on her care for the toddler in at least 1 sentence.



		<p>5. Plans for the future care of the child</p>	<p>(<i>Rationale:</i> Sibling rivalry is common among toddlers. Preventing this early will hinder any safety risks to the infant.)</p> <ul style="list-style-type: none"><li>• Refer the client to any nearby children's centers</li><li>• Encourage the client to delay job entry until children are older or leave them under the supervision of experienced relatives</li><li>• Assess the capacity of the 18-year-old sibling regarding childcare</li></ul> <p>(<i>Rationale:</i> These interventions recognize the potential safety risks of leaving the children under the supervision of an adolescent. Referring the client to child centers such as preschool and nursery centers would be ideal. The other interventions can also help the client to consider her decision. If all else fails, the nurse will</p>	<p>The client plans for the future care of her child by listing at least 2 ways on how her children will be cared for in the future.</p> <p>The client and her sibling answer 8 out of 10 questions about childrearing correctly.</p>
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### HEALTH EDUCATION PLAN

<b>Title of Activity:</b> Proper Care of the Infant <b>Target Participants/Audience:</b> Client Maria and her 18-year-old sibling <b>Goal:</b> After the health education, the client exhibits an understanding of normal infant development and plans for the future care of children.					
Learning Objectives	Content	Instructional Activity/ Method	Resources Needed	Time Allotment	Evaluation Method/Criteria
After 45 minutes of nursing intervention, the client will be able to:  1. Recognize that her infant's anthropometric measures and developmental changes are normal and appropriate for his age.	1a. Define the normal anthropometric measures for infants at 4 months age	Lecture/Discussion on the normal values of anthropometric measurement for infants at 4 months age <ul style="list-style-type: none"> <li>Utilize growth chart to emphasize the normal and abnormal values</li> </ul>	Growth Chart	10 min	The client verbalizes understanding of normal anthropometric measures, developmental milestones of infants in at least 1 sentence.



	<p>1b. Define the developmental milestones at 4 months of age</p> <ul style="list-style-type: none"><li>• What developmental changes to expect as the infant grows?</li></ul> <p>1c. Define infant obesity</p> <ul style="list-style-type: none"><li>• What weight can be considered obese?</li><li>• How to prevent infant obesity?</li><li>• Formula feeding can increase the risk of infant obesity</li><li>• Infant obesity can persist in childhood and adulthood</li></ul>	<p>Lecture/Discussion on the expected milestones for 4-month-old infants and succeeding months</p> <p>Lecture/Discussion on infant obesity, causes, and preventive measures</p>	<p>The chart that shows expected developmental milestones for infants as they grow</p> <p>A growth chart to describe large for age babies</p> <p>Verbal instruction on the details regarding causes and preventive measures</p>		
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<p>2. Explain the nutritional needs and requirements of her infant.</p>	<p>2a. List the benefits of exclusive breastfeeding for 6 months</p> <p>2b. Discuss proper nutrition for infants from 4 to 12 months</p> <ul style="list-style-type: none"> <li>• Answer the client's concern regarding multivitamins</li> </ul> <p>2c. Compare breastfed children from formula-fed children</p> <p>2d. Discuss the foods infants can and cannot eat</p> <p>2e. Discuss what good formula milk is made of</p> <ul style="list-style-type: none"> <li>• Reading nutritional labels in milk packages</li> </ul>	<p>Lecture/Discussion on:</p> <ul style="list-style-type: none"> <li>• Benefits of EBF</li> <li>• Proper nutrition for infants-age 4 to 12 months</li> <li>• Difference of breastfed and formula-fed babies</li> <li>• Foods infants can and cannot eat</li> <li>• Contents of a good formula milk</li> </ul> <p>Demonstrate how to read nutritional labels in food packages</p>	<p>Brochure on breastfeeding and proper nutrition of infants</p> <p>Comparative graphics on breastfeeding and formula feeding</p> <p>Photos that show nutritional labels</p>	<p>10 min</p>	<p>The client answers at least 4 out of 5 questions about her infant's nutrition correctly.</p> <p>The client correctly interprets the nutritional label given.</p>
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3. Recognize the safety risks of putting jewelry on the baby	<p>3a. Evaluate the need for jewelry (religious, superstitious, etc.)</p> <p>3b. Explain how bracelets and necklaces can cause aspiration and suffocation</p> <p>3b. Emphasize the need for parental supervision when the infant is wearing accessories</p>	<p>Ask the client why the infant needs to wear jewelry and address misconceptions if any</p> <p>Lecture/Discussion on infant safety regarding aspiration and suffocation</p>	Infographics on child safety	5 min	The client verbalizes understanding of child safety regarding aspiration and suffocation in at least 1 sentence.
4. Reflect on her care for her toddler	<p>4a. Discuss how to avoid sibling rivalry</p> <ul style="list-style-type: none"> <li>• Encourage the mother to devote time for her daughter</li> <li>• Tell the mother to talk to her daughter while feeding the baby, the mother can give her daughter a baby doll</li> </ul>	<p>Lecture/Discussion on sibling rivalry and risks on infant's safety</p> <p>Show the client how to involve the toddler while feeding the infant</p>	<p>Verbal instruction on sibling rivalry and safety risks</p> <p>Photos showing toddler involvement when feeding the infant</p>	10 min	The client verbalizes reflection on her care for the toddler in at least 1 sentence.
5. Plans for the future care of the child	5a. Evaluate the child-caring capacity of the 18-year-old sibling with the client	Ask the client and the 18-year-old questions about childrearing	<p>Q &amp; A</p> <p>List of prepared questions to assess capacity on childrearing</p>	10 min	The client plans for the future care of her child by listing at least 2 ways on how her children will be cared for in the future.



	<p>5b. Encourage the mother to utilize nursery and preschools if accessible</p> <p>5c. Explain the necessary aspects of child-rearing to both the client and the 18-year-old sibling</p> <ul style="list-style-type: none"><li>• Nutrition</li><li>• Sleep</li><li>• Activity</li><li>• Dressing &amp; Hygiene</li><li>• Infant and Toddler Safety</li></ul> <p>5d. Address other concerns of the client regarding the infant</p>	<p>Give the client information on nurseries and preschools around their area if any</p> <p>Lecture/Discussion on the necessary aspects of child-rearing</p>	<p>List of contact numbers and addresses of nursery and preschools</p> <p>PowerPoint presentation about the aspects of child-rearing</p> <p>Q &amp; A</p>		<p>The client and her sister answer at least 8 out of 10 questions about childrearing correctly.</p>
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#### References:

Aldaba, J. (2022). Care of the Infant. Lecture Slides

Pillitteri, A. (6th ed.).(2010). Maternal & Child Health Nursing Care of the Childbearing & Childrearing Family. Lippincott Williams & Wilkins. Philadelphia. (Chapters 29 to 33)