

Identified Nursing Problems	Rationale	Goals of Care	Interventions
Risk for impaired parenting related to insufficient knowledge about child development	One of the concerns client Maria has is about Joshua's, her 4-month old infant, nutritional status. She relates Joshua with her neighbor's infant who is about the same age as Joshua. She says her neighbor feeds her infant a certain milk formula and that the infant is bigger than Joshua. She now thinks that a certain milk formula would be really good for her child's growth and nutrition. However, upon assessment of the nurse, the infant turned out to have normal weight, length, and head circumference. He also has a social smile and performs reflexes normally seen in infants of his age. Not knowing about the normal development of her child, client Maria may think of switching to formula feed and predispose her infant to disadvantages of the use of it.	<p>After the health teaching and interventions, the client will:</p> <ul style="list-style-type: none"> <li>- Demonstrate knowledge on child's normal growth and development</li> <li>- Recognize that her infant's weight, length, and head circumference is within the normal range for infants of his age</li> <li>- Verbalize the importance and benefits of adhering to breastfeeding for at least 6 months</li> <li>- Explain some associated factors regarding formula feeding use</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>- Through lecture sessions, explain the expected growth of an infant up to toddlerhood</li> <li>- Elaborate the different modifiable and non-modifiable factors affecting weight, and whether these are normal or not</li> <li>- Discuss the appropriate feeding techniques which is in accord with the child's daily needs</li> <li>- Enumerate the benefits of breastfeeding to the infant's growth, nutrition, and total development</li> </ul>
Parental Role conflict related to disruption in caregiver routines and concern about change in caregiving role	Client Maria will soon be starting a new job and she will have to go to an office Mondays to Fridays. This will lead to disruption in her usual caregiving routines not only to her 4-month-old infant, but also to her other children. Client Maria seemed not to be concerned about this interruption or disturbance in the child's care as she said it will be her sister who is 18 years old, that will look after them when she's at work, while only concerns about the feeding of her infant. This may pose a problem to the child-parent attachment. For instance, attachment to a protective caregiver helps infants to regulate their negative emotions in times of stress and distress and to explore the environment, even if it contains somewhat frightening stimuli. Attachment, a major developmental milestone in the child's life, remains an important issue throughout the lifespan.	<ul style="list-style-type: none"> <li>- Verbalize understanding of current situation and expected parent's role</li> <li>- Recognize the importance of parent-child attachment</li> <li>- Verbalize understanding of the shifting of caregiving role and its many possible consequences</li> <li>- Enumerate ways on how the client can maximize her available time after work in caring for her infant</li> <li>- Explain what should be the appropriate behaviors in regard to the possible new set-up of parenting</li> <li>- Handle family disruptions/problems that may arise effectively</li> </ul>	<ul style="list-style-type: none"> <li>- Assess individual situation and parent's perception of/concern about what is happening and expectations of self as caregiver</li> <li>- Ascertain parent's understanding of child's developmental stage and expectations for the future to identify misconceptions/strengths</li> <li>- Acknowledge difficulty of situation and normalcy of feeling overwhelmed. Encourage contact with parents who experienced similar situation with child and had positive outcome</li> <li>- Assist the client in assessing her 18-year-old sister's knowledge and skills, and her readiness in possible caregiving, and teach her if possible</li> </ul>

<p>Readiness for enhanced health literacy as evidenced by desire to enhance understanding of health information to make healthcare choices</p>	<p>Client Maria expresses her concern regarding her infant's nutrition and growth. She is not aware that her infant's growth is still considered to be normal as she relates Joshua with her neighbor's infant of the same age. She argues that her neighbor gives formula X to her infant resulting to a better growth. Despite her current knowledge and observation, she still consulted the nurse which certain formula milk would be better for her child and not solely rely on the formula milk her neighbor uses. This just shows how client Maria is still cautious when it comes to health and that she is ready to be equipped with proper knowledge for the betterment of her child's growth and nutrition.</p>	<ul style="list-style-type: none"> <li>- Recognize the importance of a proper consultation with a nurse, doctor, or health specialists with regards to making appropriate healthcare choices</li> <li>- Enumerate usual or traditional misconceptions about child's growth and development</li> <li>- Discuss the modifiable and nonmodifiable factors affecting infant's growth and nutrition</li> <li>- Demonstrate how to appropriately read nutrition labels</li> <li>- Consider pumping breastfeeding technique when she starts working in the office instead of using formula milk</li> </ul>	<ul style="list-style-type: none"> <li>- Assess the client's knowledge about the normal growth and nutrition of an infant</li> <li>- Through series of lecture sessions, educate the mother about what is normal and not about an infant's growth and development</li> <li>- Discuss the common misconceptions mothers tend to have resulting in inappropriate health choices for their children</li> <li>- Explain how to appropriately verify a health information especially if it comes from the internet</li> <li>- Teach how to read nutrition labels properly</li> <li>- Discuss pumping breastfeeding technique, how to appropriately do it given the duration of the mother's work, and its benefits and associated risks</li> <li>- Encourage the use of breastfeeding milk rather than formula milk for her infant for at least 6 months of age</li> </ul>
<p>Risk for Injury related to Physical Barriers specifically on jewelries</p>	<p>It can be seen from the picture of Joshua that he's wearing multiple jewelries or accessories such as necklace and bracelets. The necklace can strangle the infant on his neck especially when he's asleep. Bracelets on the other hand can impair circulation if worn tightly or may break into pieces and enter the infant's throat or airway causing choking. Furthermore, infants of Joshua's age always like putting something into mouth and teething jewelries may cause injury to the mouth and infection.</p>	<ul style="list-style-type: none"> <li>- Understand the risks associated with having her infant wear jewelries and accessories</li> <li>- Remove unnecessary jewelries from her infant</li> <li>- Recognize other safety precautions for her infant's protection</li> </ul>	<ul style="list-style-type: none"> <li>- Ask the parent whether there are significant reasons for having her infant wear jewelries and accessories</li> <li>- Educate the client about the hazards of letting the infant wear jewelries and accessories</li> <li>- Encourage to remove the accessories or jewelries if possible, and if not, suggest other alternatives</li> </ul>

<p>Risk for Caregiver Role Strain related to inexperience with caregiving</p>	<p>Taking care of an infant is not like looking after older children when their mother is not around. In the case of client Maria, she is passing her caregiver role to her 18-year-old sister when she starts to go work. This is a huge responsibility especially that the mother will work from Monday to Friday. While caregiving can be rewarding and positive, her sister may experience significant physical, psychosocial, and emotional stressors in association with their caregiving role. Considering that she's only 18 years old, she may not be developmentally ready for the role and may be insecure around her peers. Schooling, other personal responsibilities, and hobbies may also be greatly affected. With this, her sister can be recognized as the "secondary patient" who is at high risk for such adverse events.</p>	<p><i>Please note that the nursing diagnosis indicated is for the sister of the client who is considered to be the "secondary patient". Goals and Interventions however is still directed towards the client</i></p> <ul style="list-style-type: none"> <li>- Recognize that her 18-year-old sister is at risk for care giver role strain</li> <li>- Communicate with her sister about her readiness for caregiving role</li> <li>- Assist her sister in making caregiving role as efficient as possible in consideration with her own daily tasks</li> <li>- Teach her sister proper techniques and/or methods in caring for an infant</li> </ul>	<ul style="list-style-type: none"> <li>- Ask the client to assess her sister's knowledge and ability to implement infant care, including bathing, skin care, safety, nutrition, medications, and ambulation</li> <li>- Evaluate the family communication pattern</li> <li>- Evaluate the client and her sister's physical and mental health status that can affect caregiving, if possible</li> <li>- Ask the client to tell allot time with her sister to discuss problems, concerns, and feelings. When caregiving starts, ask her sister how she is managing</li> <li>- Teach the client stress-reducing methods that she can teach her sister</li> <li>- Encourage the involvement of other family members (if there are) to relieve pressure on the new caregiver (sister)</li> </ul>
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**Title:** Care of the Infant

**Participants:** Client Maria and her 18-year-old sister

**Client's Goal:** After the health teaching, the client will be able to elicit appropriate parental and caregiver knowledge and behaviors for the safe growth and development of her 4-month-old infant

Learning Outcomes	Key Message or Content	Teaching-Learning Activity	Resources	Time Allotted	Method of Evaluation
<p>After minutes of health teaching session, the client will:</p> <ol style="list-style-type: none"> <li>1. Demonstrate knowledge on child's normal growth and development</li> <li>2. Recognize that her infant's weight, length, and head circumference is within the normal range for infants of his age</li> <li>3. Enumerate usual or traditional misconceptions about child's growth and development</li> <li>4. Discuss the modifiable and nonmodifiable factors affecting infant's growth and nutrition</li> </ol>	<p>At 4-months-old, the infant has likely doubled their birth weight. Infants of this age typically gain about 1 to 1¼ pounds and grow about 0.5 inches per month. Head circumference is about 42.5 cm.</p> <p><u>Additional Key Point/s:</u></p> <p><i>Developmental milestones are a set of functional skills or age-specific tasks that most children can do at a certain age range. Skills such as having a good head control and rolling over can be seen in infants from 4-6 months old.</i></p> <p><u>Include topics on:</u></p> <ul style="list-style-type: none"> <li>- Expected Milestones and Development of infants from 4 months to at least 1 year</li> <li>- 4-Month-Old Baby Health and Safety</li> <li>- 4-Month-Old Baby Food and Sleep</li> <li>- Common Misconceptions about Babies' Growth and their Eating Patterns</li> </ul>	<p>A lecture discussion using a PowerPoint presentation that clearly gives complete descriptions and definitions of the topics presented. Several related topics are also included in the lecture for further understanding of the lesson. Lastly, the lecture discussion also is composed of mini activities in relation with the topics from which the client can participate. Example, when the topic on anthropometric measurements is being discussed, the client may be encouraged to try finding out and calculate her infant's current weight and length as well as the head circumference and classify it based on what she understood on the discussion.</p>	<p>Ms PowerPoint; book and article references for the content of the discussion</p>	<p>10 minutes</p>	<p>A simple question and answer about the discussed topics on infant's nutrition, growth, and development.</p> <p>Sample question: "Can you give at least two common misconceptions of mothers about the normal growth and development of an infant?"</p>
<ol style="list-style-type: none"> <li>5. Verbalize the importance and benefits of adhering to breastfeeding for at least 6 months</li> </ol>	<p>Many people choose to use a breast pump so that they can continue to provide breast milk while away from their baby (for example, when returning to work or school) or if their baby is hospitalized. Breast milk</p>	<p>A lecture discussion using a PowerPoint presentation that clearly shows how to do breast pump</p>	<p>Ms PowerPoint; book and article references for the content of the discussion; videos</p>	<p>15 minutes</p>	<p>A simple question and answer portion about the importance of continuing breastfeeding despite return to work.</p>

<p>6. Explain some associated factors regarding formula feeding use</p> <p>7. Consider pumping breastfeeding technique when she starts working in the office instead of using formula milk</p> <p>8. Recognize the importance of a proper consultation with a nurse, doctor, or health specialists with regards to making appropriate healthcare choices</p>	<p>has many benefits for your baby whether you breastfeed or use a pump.</p> <p><u>Additional Key Point/s:</u></p> <p><i>Pumping at work — If you are feeding your baby at the breast and plan to return to work, begin pumping two to four weeks prior to your return. While you are separated from your baby, you will need to express your milk several times during your working hours. Pumping will allow you to maintain your milk production and provide your expressed breast milk to your baby while you are apart. Pumping on a schedule similar to your baby's usual feeding pattern is usually sufficient; for most people, this means pumping two to three times over eight hours. If possible, returning to work in the middle of the work week will help to ease the transition.</i></p> <p><u>Include topics on:</u></p> <ul style="list-style-type: none"> <li>- Feeding breast milk with a bottle</li> <li>- Thawing and warming breast milk</li> <li>- Storing breastmilk</li> <li>- Disadvantages of formula milk use</li> </ul>	<p>properly (with pictures and illustrations). The presentation also includes a video on pumping breast milk.</p>	<p>from the internet and local sources related to the topic</p>		<p>Sample question: "Can you give at least 2 disadvantages of use of formula milk to 4-month-old infants?"</p>
<p>9. Verbalize understanding of current situation and expected parent's role</p> <p>10. Recognize the importance of parent-child attachment</p> <p>11. Verbalize understanding of the shifting of caregiving role and its many possible consequences</p> <p>12. Enumerate ways on how she can maximize her available time after work in caring for her infant</p>	<p>The quality of the infant-parent attachment is a powerful predictor of a child's later social and emotional outcome. By definition, a normally developing child will develop an attachment relationship with any caregiver who provides regular physical and/or emotional care, regardless of the quality of that care. However, research suggests that children who change caregivers before 24 months of age are likely to be less securely attached and more aggressive compared to children who experienced a consistent caregiver.</p> <p><u>Include topics on:</u></p>	<p>Interactive discussion by the client and the nurse about the possible parental role conflict that may be due to sudden change in caregiver routines or caregiving role. The nurse will talk about client's situation and perception and concern about what is happening and expectations of self as caregiver as part of the assessment.</p>	<p>Ms PowerPoint; book and article references for the content of the discussion</p>	<p>15 minutes</p>	<p>A simple question and answer portion about the topic discussed.</p> <p>Sample question: "Can you give at least 2 ways to prevent siblings rivalry or feelings of jealousy of Martha and Jesus towards Joshua?"</p>

<p>13. Explain what should be the appropriate behaviors in regard to the possible new set-up of parenting</p> <p>14. Handle family disruptions/problems that may arise effectively</p>	<ul style="list-style-type: none"> <li>- Ways to keep bond with baby as a working mom</li> <li>- How to reduce factors that induces sibling rivalry</li> <li>- Time management tips for first-time working parents</li> <li>- Dealing with child-mother separation consequences</li> </ul>				
<p>15. Understand the risks associated with having her infant wear jewelries and accessories</p> <p>16. Remove unnecessary jewelries from her infant</p> <p>17. Recognize other safety precautions for her infant's protection</p>	<p>Bracelets and necklaces can break apart and release tiny gemstones, beads, or spacer beads which children can choke on. While some manufacturers make various promises about the inability of the jewelry to break, there is no guarantee.</p> <p>Include topics on:</p> <ul style="list-style-type: none"> <li>- Common Safety Hazards for Infants</li> <li>- Factors Predisposing Infants to Injury</li> <li>- Keeping Home Safe for Babies</li> </ul>	<p>Interactive discussion by the client and the nurse about keeping babies safe from injuries specifically on the use of jewelries and accessories.</p>	<p>Ms PowerPoint; book and article references for the content of the discussion</p>	<p>5 minutes</p>	<p>A simple question and answer portion about the topic discussed.</p> <p>Sample question: "Can you give me one or more reasons why there is a risk for letting your infant wear accessories?"</p> <p>Removing jewelries and accessories of infant by the client will also suffice for the method of evaluation.</p>
<p>18. Recognize that her 18-year-old sister is at risk for care giver role strain</p> <p>19. Communicate with her sister about her readiness for caregiving role</p> <p>20. Assist her sister in making caregiving role as efficient as possible in consideration with her own daily tasks</p> <p>21. Teach her sister proper techniques and/or methods in caring for an infant</p>	<p>Family members who are assuming caregiving responsibilities are often uninformed about what to do. Increasing caregiver competence requires training family caregivers with the skills they need to provide comprehensive care at home. It is helpful to plan with the client and the family about the teaching and what to expect.</p> <p><u>Additional Key Point/s:</u></p> <p>Caregiver role strain is when caregivers find it hard to perform their roles or feel stressed because of: Financial burdens. Increased responsibility. Change in family life.</p> <p><u>Include topics on:</u></p> <ul style="list-style-type: none"> <li>- How to balance school and caregiving to infant</li> <li>- Relaxation techniques</li> </ul>	<p>Interactive discussion by the client and the nurse about the possible risk for caregiver role strain to her sister who is perceived to be the caregiver of the client's infant when the client is at work. The nurse and the client will talk about ways on how to prevent the caregiver role strain and stresses from the new responsibility.</p>	<p>Ms PowerPoint; book and article references for the content of the discussion</p>	<p>10 minutes</p>	<p>A simple question and answer portion about the topic discussed</p> <p>Sample question: "Can you give 2 ways or more on how you will assist your sister in giving proper care to your infant even while you are at work?"</p>

