

HEALTH CARE PLAN

Identified Nursing Problems	Rationale	Goals of Care	Appropriate Interventions
Readiness for enhanced childbearing process and desire to enhance baby feeding techniques	Although the infant exhibits normal growth and development conditions as evidenced by his anthropometric measurements falling within normal range, the mother expressed her concerns regarding the infant's nutrition. The client feels that her child is not growing enough as compared to her neighbor's baby who is the same age as her child and is bigger. In relation to this, the client would like to know what certain milk formula would be good for Joshua and if she can give Joshua multivitamins just like her neighbor.	<ul style="list-style-type: none"> • Understands the normal growth and development of a 4-month old baby • Understands that the infant's anthropometric measurements are within normal range • Understands the importance of appropriate feeding techniques 	<ul style="list-style-type: none"> • Discuss the normal growth and development of an infant • Discuss feeding techniques (<i>Nutrition in the first 1000 days of life is vital.</i>)
Risk for Impaired Parenting r/t father of child uninvolved, mother of child working, and insufficient knowledge about parenting skills	The active involvement of the parents in the child's life positively impacts the physical, social, emotional, and mental development of the child. In the case of Joshua, his father works abroad while his mother will have to work on Monday to Friday which means that with their absence, they are unable to provide support and guidance for their infant. Furthermore, the mother reported that she will leave Joshua under the care of her sister who is 18 years old and does not have any children.	<ul style="list-style-type: none"> • Affirms a desire to improve parenting skills in order to help the growth and development of infant • Becomes aware of and exhibits attentive, supportive parenting actions 	<ul style="list-style-type: none"> • Discuss the importance of active involvement of parents in infant's life (<i>Encourages the mother to actively involve herself in the child's life.</i>) • Educate the mother and sister about parenting skills (<i>These skills will assist in parenting an infant in a healthy and safe environment where they could grow and develop.</i>)

Deficient Knowledge regarding breastfeeding r/t first-time mother and expression of concerns regarding infant's nutrition	Insufficient knowledge about breastfeeding may be rooted from the fact that the client is a first-time mother.	<ul style="list-style-type: none"> • Exhibits enhanced knowledge regarding breastfeeding and its importance • Verbalize the correct breastfeeding techniques • Continue breastfeeding until 12 months or beyond, as appropriate 	<ul style="list-style-type: none"> • Provide psychological and physiological benefits of breastfeeding <i>(Breast milk provides all the necessary nutrients for the baby.)</i> • Encourage continued lactation upon return to work or school <i>(Breast milk is tailored to meet the health needs of the infant.)</i> • Discuss strategies aimed at optimizing milk supply <i>(Having low milk supply may not achieve the infant's nutritional needs.)</i>
Risk for injury r/t physical barrier	As seen in the picture, Joshua was wearing several jewelry pieces. He could either put it into his mouth. The necklace could also get tangled up and might be a risk for suffocation. Additionally, since infants have delicate skin, they might acquire skin allergies.	<ul style="list-style-type: none"> • Demonstrates understanding about the risks associated with wearing jewelries • Remove the jewelry from the infant and refrain from putting any jewelry until appropriate age is reached 	<ul style="list-style-type: none"> • Educate the parent about the risks associated with wearing jewelries <i>(Jewelries when worn by infants pose several risks such as choking.)</i> • Instruct the parent to remove jewelries from the infant <i>(It is not recommended for infants to wear jewelry as this poses several risks to their health.)</i>

HEALTH EDUCATION PLAN

TITLE: Health education about Breastfeeding

TARGET PARTICIPANT/AUDIENCE: M.

GOAL: The patient will demonstrate an increased understanding about lactation and nourishment of an infant through breastfeeding.

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
Following a 30-minute teaching session, the client will be able to:					
1. Enumerate at least three benefits of breastfeeding	1. Benefits of breastfeeding <ol style="list-style-type: none"> Babies who are breastfed have lower risk of asthma, obesity, type 1 diabetes, severe lower respiratory disease, acute otitis media, sudden infant death syndrome, gastrointestinal infections, and and necrotizing enterocolitis for preterm infants Mothers who breastfeed have lower risk of breast cancer, ovarian cancer, type 2 diabetes, and high blood pressure 	Lecture	10 minutes	<ul style="list-style-type: none"> Pamphlet CDC. (2021, July 9). <i>Recommendations and Benefits</i>. Centers for Disease Control and Prevention. Retrieved March 28, 2022, from https://www.cdc.gov/nutrition/infantandtoddler/nutrition/breastfeeding/recommendations-benefits.html 	Question and answer: Can you enumerate at least 3 benefits of breastfeeding?
2. Verbalize the breastfeeding techniques correctly	2. Breastfeeding techniques <ol style="list-style-type: none"> Latching on Taking baby off the breast Burping the baby 	Lecture	10 minutes	<ul style="list-style-type: none"> Pamphlet Sutter Health. (n.d.). <i>Breastfeeding Techniques</i>. Retrieved March 28, 2022, from https://www.sutterhealth.org/health/newborns/breastfeeding-techniques 	Question and answer: Can you explain the steps in breastfeeding techniques?
3. Demonstrate breastfeeding positions correctly	3. Breastfeeding positions <ol style="list-style-type: none"> Cradle hold Cross cradle hold Football hold Side-lying position 	Demonstration	10 minutes		Return demonstration