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N13 – MATERNAL AND CHILD NURSING

HEALTH CARE PLAN

Problem	Rationale	Goals of Care	Interventions
<p>Risk for impaired parenting related to insufficient knowledge about child development and child health maintenance</p>	<p>Maria raised her concern about her child not growing enough as the other infant his age. However, upon the assessment by the nurse, the child's weight gain is normal and that his weight, length, and head circumference are all within the normal range. She also mentioned that she plans to give her child the same milk formula X to make him grow bigger as her neighbor's child. These scenario shows that Maria is susceptible to having difficulty in creating, maintaining, or regaining an environment supporting the growth and development of the child. This shows that she has insufficient knowledge about the normal child development and</p>	<p>After the nursing intervention, the client will</p> <ul style="list-style-type: none"> • Enumerate at least three normal growth and development in 4-month-old infants • Recognize that her infant's weight, length, and head circumference are all within the normal range of a 4-month-old infant • Verbalize in her own words the proper health maintenance expected for an infant, specifically between breastfeeding and use of milk formula 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Discuss the normal growth and development expected for an infant (0-12 months old) • Explain the importance of breastfeeding for 0-6 months old infants • Discuss the negative consequences of using milk formulas as substitution to breastfeed • Discuss the factors affecting growth and development of infants

	child health maintenance. Using her neighbor's child as a basis for parenting can be misleading as it suggests factors that may harm the health of the infant.		
Risk for Injury related to physical barriers specifically hazards from accessories	The image shows the infant wearing accessories on his neck, wrist, and legs. This predisposes the infant to choking and strangling hazards, and potential allergic reactions. Unsafe position of the position can lead to strangling meanwhile small beads can also be swallowed by infants.	After the nursing intervention, the client will <ul style="list-style-type: none"> • Identify at least 3 hazards for infants • Explain the risks associated with using accessories for an infant • Correctly maintain the safety of her infant through a control on the use of accessories 	The nurse will <ul style="list-style-type: none"> • Assess the underlying reasons for the use of jewelries for her infant • Discuss the possible household, clothing, etc. hazards for infants • Explain how these factors can harm the safety of an infant • Assist the patient in identifying other alternatives for the use of accessories if removing them is not possible
Risk for Caregiver Role Strain related to inexperience with caregiving	Maria stated that she will leave Joshua under the care of her sister who is 18 years old and does not have any children. The caregiver – being in the adolescent stage may not be physically and emotionally ready for this big amount of responsibility. There might be some important roles that she cannot fulfill as she experiences the rapid growth, development in the physical,	After the nursing intervention, the client will <ul style="list-style-type: none"> • Express in her own words that her sister might be at risk for caregiver role strain • Verbalize the factors that makes her sister vulnerable for caregiver role strain 	The nurse will: <ul style="list-style-type: none"> • Ask the client to identify with her sister the possible problems and concerns that might arise • Assist the client in identifying possible solutions to these problems

	sexual, cognitive, social, and emotional health of the adolescent years.	<ul style="list-style-type: none"> • Explain confidently to her sister the proper caregiving to Joshua • Assist her sister in making caregiving as efficient and effective as possible 	<ul style="list-style-type: none"> • Ask the client to evaluate his sister's current knowledge and skills in caregiving of an infant • Evaluate if there are any significant others who can help with the caregiving of Joshua
Interrupted Family Processes related to shift in family roles as evidenced by assigned task change and change in availability for affective responsiveness	Maria stated that she will also soon be starting a new job and she will have to go to an office Mondays to Fridays. These changes drive her to look for a suitable milk formula for Joshua. She also stated that she will leave Joshua under the care of her sister who is 18 years old and does not have any children where there are no other adults in the household. This implies that her assigned task of caregiving and breastfeeding to Joshua cannot be fulfilled.	After the nursing intervention, the client will <ul style="list-style-type: none"> • Verbalize in her own words the negative consequences of interruption in the family process, specifically in the growth of Joshua • Express at least three statements of effort and readiness to perform her tasks efficiently 	The nurse will: <ul style="list-style-type: none"> • Provide counseling to the client about her thoughts and feelings about their situation • Assist the client in identifying ways to efficiently manage her tasks
Interrupted breastfeeding related to maternal employment as evidenced by nonexclusive breastfeeding	Baby Joshua is still 4-months old but her mother, Maria considers weaning him to breast milk formula as she must go to work during the weekdays. A baby of 4-months old must be kept on breastfeeding to support good nutrition and provision of optimal growth and development.	After the nursing intervention, the client will <ul style="list-style-type: none"> • Recognize the importance of breastmilk for the nutrition of 4-month-old children • Demonstrate independently the process of pumping 	The nurse will: <ul style="list-style-type: none"> • Encourage continued breastfeeding even with employment • Discuss other alternatives of breastfeeding (e.g. pumping)

			<ul style="list-style-type: none"> • Teach the client about the process, handling, and storage of milk expressed from pumping
<p>Readiness for enhanced health literacy as evidenced by expressed desire to enhance knowledge about infant’s health and dietary choices</p>	<p>Maria inquired if a certain milk formula and multivitamins would be good for Joshua. She feels that he is not growing enough, thus, she plans to switch to the milk formula that her neighbor is using. This implies that Maria is ready for enhanced knowledge about the dietary choices for her infant. Inquiring about a milk formula to the nurse is an important cue that she recognizes the health of her infant and is willing to make decisions and interventions about health concerns.</p>	<p>After the nursing intervention, the client will</p> <ul style="list-style-type: none"> • Express at least two statements about the importance of healthy dietary choices for an infant • Identify safe and healthy nutritional intake ideal for a 4-month-old infant • Recognize the importance of talking to health care professionals about the nutritional choices for the health of her infant 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Discuss the common misconceptions about health management of an infant • Correct misconceptions about care of an infant through presenting reliable sources • Discuss the importance of consulting with health professionals about concerns for the health of an infant • Discuss the risks associated with relying on unreliable sources for health management of her infant • Discuss the importance of breastfeeding for infants 0-6 months old
<p>Anticipated Nursing Problem</p> <ul style="list-style-type: none"> • Stress overload. Maria might be overwhelmed by the responsibilities as a mother, work, and not having the father of the child to share these caregiving responsibilities. She also carries the load of teaching all the caregiving knowledge and skills to her 18-year-old sister who does not have any children nor other adults to help her in the household. 			

HEALTH TEACHING PLAN

<p>Title: Proper and Effective Caring of an Infant Target Participant/Audience: Maria Goal: After the nursing intervention, the client will express understanding about the proper caring that aids in the growth and development of her infant</p>					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>After the 30 min. nursing intervention, the client will</p> <p>1. Discuss correctly the importance of breastfeeding for the healthy growth and development of an infant</p>	<ul style="list-style-type: none"> • Define breastfeeding and its nature <ul style="list-style-type: none"> ○ Breast-feeding for 6 months • Enumerate the benefits of breastfeeding for both the mother and the baby • Discuss other alternatives to breastfeeding that can suffice the nutritional requirement of her infant (e.g. pumping) 	<p>Lecture</p>	<p>10 minutes</p>	<p style="text-align: center;">Pamphlet</p> <p>Book and online references for the content of the material</p> <p>Chart about the proper pumping of breastmilk</p> <p>Video about the proper pumping and storage of breastmilk</p>	<p style="text-align: center;">Question and Answer</p> <p style="text-align: center;"><i>Ex. Can you explain why breastfeeding is important to you and Joshua?</i></p>

<p>2. Recognize the normal growth and development of an infant</p>	<ul style="list-style-type: none"> • Discuss the normal growth and development for an infant • Explain the normal height, length, and head circumference ranges for an infant 	<p>Lecture</p>	<p>5 minutes</p>	<p>Developmental milestone chart for Infants</p>	<p>Question and Answer</p> <p>Ex. <i>What is the normal weight, height, and head circumference for a 4-month-old infant? Do you think Joshua is within the normal range?</i></p>
<p>3. Express an effort and goal of teaching her sister about the proper care of her infant</p>	<ul style="list-style-type: none"> • Explain the importance of proper knowledge and skills of significant others in caregiving • Discuss possible factors that can affect the caregiving role of an inexperienced adolescent 	<p>Lecture</p>	<p>10 minutes</p>	<p>Infographic material</p> <p>Book and online references for the content of the material</p>	<p>Question and Answer</p> <p>Ex. <i>What are the significant knowledge and skills that you need to teach your sister? How can you assist her in caregiving?</i></p>

<p>4. Identify at least two possible hazards that can put the safety of her infant at risk</p>	<ul style="list-style-type: none"> • Discuss the possible household hazards that puts the infant's safety at risk • Discuss the risks associated with wearing of accessories • Explain how these factors can be modified to maintain the safety of her infant 	<p>Lecture</p>	<p>5 minutes</p>	<p>Infographic material</p> <p>Book and online references for the content of the material</p>	<p>Question and Answer</p> <p>Ex. <i>Can you give at least two possible hazards in your home or with Joshua's clothing that may put Joshua at risk? What can you do to address these hazards?</i></p>
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