

NURSING CARE PLAN

| Assessment | Nursing Problem | Rationale | Goals | Nursing Interventions |
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| Subjective cues <ul style="list-style-type: none"> • Mother states that she feels like her son is not growing enough. • Mother asks for suggestions for better milk formula and multivitamins options. • Mother states that her neighbor's baby who's the same age as her son seems healthier because of a certain formula. | Readiness for enhanced parenting | The mother exhibits readiness for enhanced parenting by asking for suggestions in her son's milk formula and vitamins, thinking that it would benefit her son if her current choices were changed. | <ul style="list-style-type: none"> • Gives feedback regarding the understanding on the effects of different formulas and multivitamins on her child's nutrition, and if her current choices should be changed. | <ul style="list-style-type: none"> • Educate the mother on the use of milk formulas, why they are important, and how some differ from others. • Educate the mother on the use of multivitamins and how they help the child's nutrition. |
| Objective cues <ul style="list-style-type: none"> • The client is a first-time mother. • Joshua's weight gain is normal and his weight, | Readiness for enhanced knowledge | Despite the mother's willingness to enhance her parenting and improve her child's health, she lacks knowledge and understanding of the normal nutritional status of children, and which factors affect this nutritional status. This is understandable | <ul style="list-style-type: none"> • Understand the normal values for physical examination of the child—which are considered normal and healthy. • Understand the health risks of having an | <ul style="list-style-type: none"> • Educate the mother on the normal values in the results of physical examination, and which values are considered healthy and which are not. • Explain the risks |

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| <p>length, and head circumference are all within the normal range</p> <ul style="list-style-type: none">• Joshua has a social smile, has good head control, and can roll over.• Joshua is seen active with a good suck. | <p>Risk for caregiver role strain</p> | <p>considering the fact that she is a first-time mother.</p> <p>The mother may have difficulties in taking care of her son, especially that she mentioned that she will be starting a new job and will be leaving Joshua to his sister, 18 years old, and does not have any children. There may be lapses in the care given to the child given this set-up.</p> | <p>overweight infant</p> <ul style="list-style-type: none">• Understand the importance of breastfeeding and improve breastfeeding practices.• Create a timetable for the mother's sister to easily follow for the care of the child such as the feeding time, bathing time, play time, and sleep time.• Understand the needs of the infants, and how they should be | <p>of having an overweight child and how it may affect the child's health</p> <ul style="list-style-type: none">• Explain the benefits of breastfeeding and how important it is for infants• Educate the mother on better breastfeeding practices and how to properly breastfeed a baby.• Assist the client, together with the in creating the caregiver, in creating a timetable for the child's care• Educate the mother on the infant's needs, why they should always be met, and how they should be met. |
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| | Risk for injury r/t multiple jewelries | A child's skin is sensitive and could easily be wounded. Some children get rashes with jewelries, and as seen in the photo provided, Joshua has multiple jewelries which may cause injury when pulled, pressed on, or reacted with the skin. | met. <ul style="list-style-type: none">● Understand the risks and hazards for having multiple jewelries on the baby's body. | <ul style="list-style-type: none">● Educate the client on the risks and hazards for having too many jewelries on a baby's body. |
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HEALTH TEACHING PLAN

| Topic | Objective/s | Material | Activities |
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| 1. Milk Formulas and Multivitamins | 1a. Guide the patient in finding a milk formula that is best suited for her child, or if she should be changing milk formulas. | Powerpoint Presentation | Question and Answer |
| | 1b. Help the client understand the importance of multivitamins for the child's development. | Powerpoint Presentation | Question and Answer |
| 2. Infant Physical Examination | 2. Help the mother recognize the healthy assessment values for a child. | Infographics | Identification |
| 3. Infant's Weight Values | 3a. Help the client understand the different weight ranges, from underweight to obese. | Infographics | Identification |
| | 3b. Help the client understand the risks for having an overweight infant. | Infographics | Pretest and Posttest |
| 4. Benefits of Breastfeeding | 4. Help the client recognize the benefits of breastfeeding. | Infographics | Enumeration |
| 5. Proper Way to Breastfeed | 5. Educate the client on the proper ways to breastfeed | Infographics | Enumeration |

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| 6. Creating a Timetable | 6. Assist the client and the child's caregiver in creating a timetable to better support the child's needs. | Lecture/Discussion Powerpoint Presentation Pen and Paper | Creation of a Timetable |
| 7. Infant's Needs | 7. Guide the client in recognizing the infant's needs and how to deal with them. | Lecture/Discussion Powerpoint Presentation | Question and Answer |
| 8. Risks for Having Multiple Jewelries on an Infant | 8. Help the client recognize the risks in having multiple jewelries on a baby, as well as the hazards associated with it. | Lecture/Discussion Powerpoint Presentation | Pretest and Posttest |