

## NURSING CARE PLAN

ASSESSMENT	NURSING DIAGNOSIS	BACKGROUND KNOWLEDGE	GOAL AND OBJECTIVES	NURSING INTERVENTIONS	EVALUATION
<p><b>Subjective Cues</b></p> <ul style="list-style-type: none"> <li>● Patient's mother will soon be starting a new job that will require her to go to the office from Monday to Friday</li> <li>● Patient's mother plans on leaving him under the care of his aunt who is 18 years old and does not have any children.</li> <li>● There are no other adults in the household.</li> </ul>	<p>Interrupted breastfeeding r/t maternal employment (00105)</p>	<p>Interrupted breastfeeding is the break in the continuity of feeding milk from the breasts, which may compromise breastfeeding success and/or nutritional status of the infant/child (Herdman &amp; Kamitsuru, 2018). It is characterized by nonexclusive breastfeeding which can be due to maternal or infant illness, need to wean infant abruptly, prematurity, contraindications (e.g., drugs, true breast milk jaundice), or maternal employment, which is the case for the patient (Carpenito-Moyet, 2010).</p> <p>Breast milk is one of the most effective ways to ensure child health and survival; it is the ideal food for infants. If breastfeeding is interrupted, the infant will not be able to receive the antibodies that help protect against many common child illnesses and the infant may not have enough energy and nutrients that he will need for the succeeding years of life (WHO, 2019). Moreover, studies have shown that</p>	<p><b>Breastfeeding Maintenance (1002)</b>  <b>Knowledge: Breastfeeding (1800)</b></p> <p>After the nursing interventions, the client's mother will be able:</p> <ul style="list-style-type: none"> <li>● Identify and demonstrate techniques to sustain lactation until breastfeeding is reinitiated.</li> <li>● Achieve mutually satisfactory feeding regimen, with infant content after feedings and gaining weight appropriately.</li> </ul>	<p><b>Bottle Feeding (1052)</b>  <b>Lactation Counseling (5244)</b></p> <ul style="list-style-type: none"> <li>● Assess client knowledge and perceptions about breastfeeding and extent of instruction that has been given.</li> <li>● Encourage the discussion of current breastfeeding experience(s).</li> <li>● Determine maternal responsibilities, routines, and scheduled activities.</li> <li>● Provide information as needed regarding the need/decision to interrupt breastfeeding.</li> <li>● Discuss/demonstrate breastfeeding aids (e.g., infant sling, nursing footstool/pillows, hand expression, manual and/or piston-type electric breast pumps).</li> <li>● Suggest abstinence/restriction of tobacco, caffeine, excess sugar, alcohol, certain medications, all illicit drugs, as appropriate, when breastfeeding is reinitiated.</li> <li>● Review techniques for expression and storage of breast milk..</li> <li>● Provide privacy/calm surroundings when the mother breastfeeds in a hospital/work setting.</li> <li>● Recommend using expressed breast milk instead of formula or at least partial breastfeeding for as long as mother and child are satisfied.</li> <li>● Encourage the mother to obtain adequate rest, maintain fluid and</li> </ul>	<ul style="list-style-type: none"> <li>● Patient's mother used techniques to sustain lactation until breastfeeding is reinitiated.</li> <li>● Patient's mother achieved a mutually satisfactory feeding regimen, with infant content after feedings and gaining weight appropriately.</li> </ul>

		breastfed children perform better on intelligence tests and are less likely to be overweight or obese and less prone to diabetes later in life.		<p>nutritional intake, continue her prenatal vitamins, and schedule breast pumping every 3 hr while awake, as indicated.</p> <ul style="list-style-type: none"> <li>● Explain anticipated changes in feeding needs and frequency.</li> <li>● Discuss the proper use and choice of supplemental nutrition and alternative feeding methods (e.g., bottle/syringe) if desired.</li> <li>● Discuss the timing of the introduction of solid foods and the importance of delaying until the infant is at least 4 mo, preferably 6 mo old, if possible.</li> <li>● Discuss reducing the frequency of daily feedings and breast pumping by one session every 2 to 3 days.</li> <li>● Suggest holding the infant differently during bottle feeding/interactions or having another family member give the infant's bottle feeding.</li> </ul>	
<p><b>Subjective Cues</b></p> <ul style="list-style-type: none"> <li>● Mother brought patient for maintenance healthcare visit.</li> <li>● Mother asks about how to properly feed a child and talks about what she knows about the nutritional status of her child.</li> </ul>	Readiness for enhanced parenting a/e by parent expressing desire to enhance parenting (00164)	Readiness for enhanced parenting is a pattern of providing an environment for children to nurture growth and development, which can be strengthened (Herdman & Kamitsuru, 2018). It can be characterized as children expressing desire to enhance home environment, parent expressing desire to enhance emotional support for children, parent expressing desire to enhance emotional support of other dependent person, or parent expressing desire to enhance parenting, which is the case for the	<p><b>Knowledge: Infant Care (1819)</b></p> <p>After the nursing interventions, the client's mother will:</p> <ul style="list-style-type: none"> <li>● Verbalize realistic information and expectations of parenting role.</li> <li>● Identify own strengths, individual needs, and methods and resources to meet them.</li> <li>● Participate in activities to enhance parenting skills.</li> </ul>	<p><b>Parent Education: Infant (5568)</b>  <b>Teaching: Infant Nutrition 4-6 Months (5641)</b>  <b>Infant Care (6820)</b></p> <ul style="list-style-type: none"> <li>● Ascertain motivation and expectation for change.</li> <li>● Assess parenting skill level, taking into account the individual's intellectual, emotional, and physical strengths and weaknesses.</li> <li>● Observe attachment behaviors between parent(s) and child(ren), recognizing cultural backgrounds that may influence expected behaviors.</li> <li>● Determine presence and effectiveness of support systems, role models, extended family, and community resources available to the</li> </ul>	<ul style="list-style-type: none"> <li>● Patient's mother verbalized realistic information and expectations of parenting role.</li> <li>● Patient's mother identified own strengths, individual needs, and methods and resources to</li> </ul>

		<p>patient (Carpenito-Moyet, 2010).</p> <p>Parents are among the most important people in the lives of young children. Parents include mothers and fathers, as well as other caregivers who act as parents. From birth, children rely on parents to provide them with the care they need to be happy and healthy, and to grow and develop well. This is why parents must have adequate information and the support that they need for good parenting (CDC, 2019).</p>	<ul style="list-style-type: none"> <li>• Demonstrate improved parenting behaviors.</li> </ul>	<p>parent(s).</p> <ul style="list-style-type: none"> <li>• Create an environment in which relationships can be strengthened.</li> <li>• Encourage expression of feelings, such as frustration or anger, while setting limits on unacceptable behaviors.</li> <li>• Emphasize parenting functions rather than mothering/fathering skills.</li> <li>• Encourage attendance at skill classes, such as Parent or Family Effectiveness Training.</li> <li>• Involve all members of the family in learning.</li> <li>• Encourage parents to identify positive outlets for meeting their own needs.</li> <li>• Provide information, as indicated, including time management, stress-reduction techniques.</li> <li>• Discuss current “family rules,” identifying areas of needed change.</li> <li>• Discuss need for long-term planning and ways in which family can maintain desired positive relationships.</li> </ul>	<p>meet them.</p> <ul style="list-style-type: none"> <li>• Patient’s mother participated in activities to enhance parenting skills.</li> <li>• Patient’s mother demonstrated improved parenting behaviors.</li> </ul>
<p><b>Objective Cues</b></p> <ul style="list-style-type: none"> <li>• Patient is wearing multiple jewelries/accessories on his neck, wrists, and ankles.</li> </ul>	<p>Risk for injury r/t physical barrier (00035)</p>	<p>Risk for injury is referred to as susceptible to physical damage due to environmental conditions interacting with the individual’s adaptive and defensive resources, which may compromise health (Herdman &amp; Kamitsuru, 2018). Risk factors can be classified as pathophysiologic, treatment-related, maturational or situational</p>	<p><b>Parenting: Infant/Toddler Physical Safety (2900)</b></p> <p>After the nursing interventions, the client’s mother will:</p> <ul style="list-style-type: none"> <li>• Verbalize understanding of individual factors that contribute to the possibility of injury.</li> <li>• Demonstrate behaviors, lifestyle</li> </ul>	<p><b>Environmental Management: Safety (6486)</b>  <b>Teaching: Infant Safety 4-6 Months (5646)</b>  <b>Parent Education: Infant (5568)</b></p> <ul style="list-style-type: none"> <li>• Perform thorough assessments regarding safety issues when planning for client care.</li> <li>• Ascertain knowledge of safety needs, injury prevention, and motivation to prevent injury at home.</li> <li>• Assess mood, coping abilities, personality styles (e.g., temperament, aggression, impulsive behavior, level of self esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Patient’s mother verbalized understanding of individual factors that contribute to the possibility of injury.</li> </ul>

		<p>(personal environmental), which is the case for the patient, specifically the accessories that he has on his neck, wrists, and ankles (Carpenito-Moyet, 2010).</p> <p>Although relatively rare, jewelry-related injuries can still result in visits to the emergency room because of foreign bodies in natural openings, skin trauma, choking, and suffocation (Boisclair, Rousseau-Harsany, &amp; Nguyen, 2010). This is why it is important to educate parents on how to prevent such injuries from happening through a number of practical changes, particularly on how they dress their children.</p>	<p>changes to reduce risk factors and protect self from injury.</p> <ul style="list-style-type: none"> <li>● Modify environment as indicated to enhance safety.</li> </ul>	<ul style="list-style-type: none"> <li>● Provide information regarding condition(s) that may result in increased risk of injury, particularly in how they dress the child</li> <li>● Perform home assessment and identify safety issues.</li> <li>● Provide telephone numbers and other contact numbers, as individually indicated.</li> </ul>	<ul style="list-style-type: none"> <li>● Patient's mother demonstrated behaviors, lifestyle changes to reduce risk factors and protect child from injury.</li> <li>● Patient's mother modified environment as indicated to enhance safety.</li> </ul>
<p><b>Subjective Cues</b></p> <ul style="list-style-type: none"> <li>● Patient's mother is a first-time mother which explains her current knowledge on children's growth and development and nutrition.</li> <li>● Patient's father is working abroad.</li> <li>● Patient's</li> </ul>	<p>Risk for caregiver role strain r/t inexperience with caregiving, insufficient assistance, and insufficient time (00062)</p>	<p>Risk for caregiver role strain is referred to as susceptible to difficulty in fulfilling care responsibilities, expectations and/or behaviors for family or significant others, which may compromise health (Herdman &amp; Kamitsuru, 2018). The risk factors that contribute to the patient's case include his mother's inexperience with caregiving given that she is a first-time mother, insufficient assistance due to husband working abroad and only person present is her sister</p>	<p><b>Caregiver Performance:</b>  <b>Direct Care (2205)</b>  <b>Caregiver Performance:</b>  <b>Indirect Care (2206)</b>  <b>Caregiver Role Endurance (2210)</b>  <b>Parenting Performance (2211)</b></p> <p>After the nursing interventions, the client's mother will:</p> <ul style="list-style-type: none"> <li>● Identify resources within self to deal with situation.</li> <li>● Express more</li> </ul>	<p><b>Parenting Promotion (8300)</b>  <b>Attachment Promotion (6710)</b></p> <ul style="list-style-type: none"> <li>● Inquire about and observe physical condition of care receiver and surroundings, as appropriate.</li> <li>● Assess caregiver's current state of health and functioning (e.g., caregiver has multiple medical issues; is unable to get enough sleep, has poor nutritional intake, personal appearance and demeanor are indicating stress).</li> <li>● Determine use of prescription/over-the-counter drugs or alcohol to deal with the situation.</li> <li>● Identify safety issues concerning</li> </ul>	<ul style="list-style-type: none"> <li>● Patient's mother identified resources within self to deal with situation.</li> </ul>

<p>mother will soon be starting a new job that will require her to go to the office from Monday to Friday</p> <ul style="list-style-type: none"> <li>● Patient's mother plans on leaving him under the care of his aunt who is 18 years old and does not have any children.</li> <li>● There are no other adults in the household.</li> </ul>		<p>who does not have any children, and insufficient time because of her new job.</p> <p>Caregivers play a significant role in health. While caregiving can be rewarding and positive, many family caregivers experience significant physical, psychological, and financial stressors in association with their caregiving role. With this, they can be recognized as "secondary patients" who are at high risk for injury and adverse events. Nurses can aid caregivers by giving the requisite education and skill training, and offer support and guidance in every activity that promotes their own health.</p>	<p>realistic understanding of the care receiver.</p> <ul style="list-style-type: none"> <li>● Demonstrate behavior or lifestyle changes to cope with or resolve problematic factors.</li> <li>● Report improved general well-being, ability to deal with situation.</li> </ul>	<p>caregiver and care receiver.</p> <ul style="list-style-type: none"> <li>● Assess current actions of caregiver and how they are viewed by the care receiver</li> <li>● Determine use and effectiveness of resources and support systems.</li> <li>● Determine current knowledge of the situation, noting misconceptions and lack of information.</li> <li>● Note care receiver's physical and mental condition, as well as the complexity of required therapeutic regimen.</li> <li>● Determine caregiver's level of involvement in/preparedness for the responsibilities of caring for the client and anticipated length of care.</li> <li>● Ascertain caregiver's physical and emotional health and developmental level, as well as additional responsibilities of caregiver (e.g., job, raising family).</li> <li>● Determine availability/use of support systems and resources.</li> <li>● Establish a therapeutic relationship, conveying empathy and unconditional positive regard.</li> <li>● Acknowledge difficulty of the situation for the caregiver/ family.</li> <li>● Encourage caregiver to acknowledge and express feelings.</li> <li>● Identify strengths of caregiver and care receiver.</li> <li>● Discuss strategies to coordinate caregiving tasks and other responsibilities (e.g., employment, care of children/dependents, or housekeeping activities).</li> <li>● Determine need for, and sources of, additional resources (e.g., financial,</li> </ul>	<ul style="list-style-type: none"> <li>● Patient's mother expressed more realistic understanding of the care receiver.</li> <li>● Patient's mother demonstrated behavior or lifestyle changes to cope with or resolve problematic factors.</li> <li>● Patient's mother reported improved general well-being, ability to deal with situation</li> </ul>
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				<p>legal, respite care, social, and spiritual).</p> <ul style="list-style-type: none"> <li>● Advocate for/assist caregiver to plan for and implement changes that may be necessary.</li> <li>● Support caregiver in setting practical goals for self (and care receiver) that are realistic for care receiver's condition/prognosis and caregiver's own abilities.</li> <li>● Discuss/demonstrate stress management techniques and importance of self-nurturing.</li> </ul>	
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**References**

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## TEACHING PLAN

<b>TITLE:</b> Infant Care <b>PARTICIPANT/AUDIENCE:</b> Patient's mother and other family members <b>GOAL:</b> Two weeks after performing nursing interventions, the client's mother and other family members will have enhanced skills and knowledge in infant care.					
Objectives	Content Outline	Method of Instruction	Time Allotted (minutes)	Resources	Method of Evaluation
<p>At the end of the nursing interventions on infant care, the client's family members will:</p> <p>1) identify the benefits of exclusive breastfeeding and the consequences of interrupted breastfeeding</p>	<p>1a) Enumerate 5 benefits/advantages of exclusive breastfeeding on children.            1b) Enumerate 5 diseases/conditions associated with interrupted breastfeeding on children.</p>	Lecture/Discussion	10	<p>CDC. (2021, July 27). <i>Five Great Benefits of Breastfeeding</i>. Centers for Disease Control and Prevention.  <a href="https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding-benefits/index.html#:~:text=Breastfeeding%20can%20help%20protect%20babies,ear%20infections%20and%20stomach%20bugs">https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding-benefits/index.html#:~:text=Breastfeeding%20can%20help%20protect%20babies,ear%20infections%20and%20stomach%20bugs</a>.</p> <p>Stuebe A. (2009). The risks of not breastfeeding for mothers and infants. <i>Reviews in obstetrics &amp; gynecology</i>, 2(4), 222–231.</p> <p>MS PowerPoint</p>	Question and Answer
<p>2) identify the normal nutrition status of a child for his/her age</p>	<p>2a) Demonstrate proper assessment of nutritional status of a child (e.g., weight, length, and head circumference).            2b) Compare the child's weight, length, and head circumference with normal values for age</p>	One-to-one Instruction	20	<p>Maria R. MASCARENHAS MBBS; Babette Zemel PHD; Virginia A. Stallings MD (1998). <i>Nutritional Assessment in Pediatrics.</i> , 14(1), 105–115.            doi:10.1016/s0899-9007(97)00226-8</p> <p>WHO. (n.d.-a). <i>Head circumference for age</i>. World Health Organization. Retrieved April 8, 2022, from</p>	Return Demonstration Record of the Child's Nutritional Status

<p>3) demonstrate proper breastfeeding and other alternative methods (i.e., bottle feeding)</p> <p>4) demonstrate changes in home environment to reduce child's risk for injury</p>	<p>3a) Demonstrate proper positioning and attachment of infant during breastfeeding 3b) Demonstrate proper extraction, storage, and feeding of breastmilk in a bottle.</p> <p>4a) Enumerate risk factors at home that can contribute to infant injury. 4b) Enumerate examples of injury and their consequences on the child's well-being. 4c) Enumerate ways to reduce risk for infant injury at home by eliminating/modifying risk factors identified.</p>	<p>One-to-one instruction</p> <p>Lecture/Discussion</p>	<p>30</p> <p>15</p>	<p><a href="https://www.who.int/tools/child-growth-standards/standards/head-circumference-for-age">https://www.who.int/tools/child-growth-standards/standards/head-circumference-for-age</a></p> <p>WHO. (n.d.-b). <i>Head circumference for age</i>. World Health Organization. Retrieved April 8, 2022, from <a href="https://www.who.int/tools/child-growth-standards/standards/head-circumference-for-age">https://www.who.int/tools/child-growth-standards/standards/head-circumference-for-age</a></p> <p>WHO. (n.d.-c). <i>Length/height-for-age</i>. World Health Organization. Retrieved April 8, 2022, from <a href="https://www.who.int/tools/child-growth-standards/standards/length-height-for-age">https://www.who.int/tools/child-growth-standards/standards/length-height-for-age</a></p> <p>MS PowerPoint</p> <p>Pillitteri, A., &amp; Pillitteri, A. (2010). <i>Maternal &amp; child health nursing: Care of the childbearing &amp; childrearing family</i>. Philadelphia: Wolters Kluwer Health/Lippincott Williams &amp; Wilkins.</p> <p>MS PowerPoint</p> <p><i>Common Childhood Injuries and Childhood Injury Prevention</i>. (n.d.). Health Hub. Retrieved April 8, 2022, from <a href="https://www.healthhub.sg/a-z/diseases-and-conditions/694/common-childhood-injuries-a-child-safe-home">https://www.healthhub.sg/a-z/diseases-and-conditions/694/common-childhood-injuries-a-child-safe-home</a></p> <p>UCSF Health. (2021, June 16). <i>Injury Prevention and Child Safety Information</i>. Ucsfbenioffchildrens.Org. Retrieved April 8, 2022, from</p>	<p>Return Demonstration</p> <p>Question and Answer Observation of Home Environment</p>
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<p>5) demonstrate proper self-care</p>	<p>5a) Demonstrate ways to care for own physical, mental, and social well-being</p>	<p>Lecture/Discussion</p>	<p>10</p>	<p><a href="https://www.ucsfbenioffchildrens.org/education/injury-prevention-and-child-safety-information">https://www.ucsfbenioffchildrens.org/education/injury-prevention-and-child-safety-information</a></p> <p>MS PowerPoint</p> <p>Kotlen, M. (2021, July 15). <i>How to Take Care of Yourself as a Breastfeeding Mother</i>. Verywell Family. Retrieved April 8, 2022, from <a href="https://www.verywellfamily.com/taking-care-of-the-breastfeeding-mother-431683">https://www.verywellfamily.com/taking-care-of-the-breastfeeding-mother-431683</a></p> <p>MS PowerPoint</p>	<p>Observation Question and Answer</p>
<p>6) demonstrate proper time management</p>	<p>6a) Enumerate benefits of proper time management 6b) Demonstrate behavioral changes that portray proper management of time</p>	<p>Lecture/Discussion</p>	<p>10</p>	<p>MS PowerPoint</p> <p><i>Time Management Moms   10 Time Management Tips for Moms</i>. (2022, February 23). The Breastfeeding Shop. Retrieved April 8, 2022, from <a href="https://thebreastfeedingshop.com/10-time-management-tips-for-moms-on-the-go/">https://thebreastfeedingshop.com/10-time-management-tips-for-moms-on-the-go/</a></p> <p>H. (2021, January 20). <i>12 Genius Time Management Strategies for Busy Moms</i>. Made In A Pinch. Retrieved April 8, 2022, from <a href="https://madeinapinch.com/12-essential-time-management-strategies/">https://madeinapinch.com/12-essential-time-management-strategies/</a></p>	<p>Question and Answer</p>