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The Health Sciences Center
COLLEGE OF NURSING

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Commission on Higher Education Center of Excellence
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NURSING CARE PLAN

Identified Nursing Problems	Rationale	Goals and Objectives	Interventions
<p>Interrupted breastfeeding r/t insufficient knowledge of health benefits of exclusive breastfeeding, maternal employment, and need to wean infant abruptly.</p>	<p>Breastfeeding is the gold standard of nutrition. It provides the ideal food for healthy growth and development of infants, thus newborns with age ≤ 6 months should be exclusively breastfed – fed with only breastmilk, & no extra fluids/food.</p> <p>The mother was asking for formula milk to be recommended since she sees her neighbor’s baby (fed by formula milk) being bigger than Joshua. She believes that breastfeeding is not sufficient to sustain Joshua’s nutritional needs. She’ll also be starting a new job soon which motivates her more to switch to formula milk. Health teaching should be done, explaining the benefits of breastfeeding and correcting its misconceptions, and aiding the mother to find ways to continue breastfeeding amidst work responsibilities.</p>	<p>Goal: After nursing interventions, the mother will verbalize her intention to continue effective exclusive breastfeeding despite busy work schedule.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Enumerate the benefits/advantages of exclusive breastfeeding to infants (age ≤ 6 months.) 2. Enumerate signs of well-nourished infants. 	<p>The nurse will:</p> <ul style="list-style-type: none"> -Discuss about psychological and physiological benefits of exclusive breastfeeding. -Correct misconceptions about exclusive breastfeeding. -Encourage mother’s family, or friends to provide support (Reassure her that Joshua is developing well) -Discuss signs of well-nourished infants. <ol style="list-style-type: none"> a. Normal anthropometric measurements (weight,

		<ol style="list-style-type: none"> 3. Discuss the reasons for the avoidance of water and of early complementary feeding for infants 4. Demonstrate proper breastmilk expression and storage techniques 5. Demonstrate effective breastfeeding practice 	<p>length, and head circumference)</p> <ol style="list-style-type: none"> b. Normal weight gain c. Healthy physical assessment results (Normal VS, etc.) d. Displays high energy levels (active and alert) <p>-Explain the reasons for the avoidance of water and of early complementary feeding for infants</p> <p>-Discuss options for milk expression (nonelectrical pumping and electrical pumping.)</p> <p>-Instruct on appropriate handling of expressed milk (collection, storage, thawing, preparation, fortification, & warming)</p> <p>-Instruct mother on infant's feeding cues (e.g., rooting, sucking, and quiet alertness)</p> <p>-Assist in ensuring proper infant attachment to breast (monitor proper infant alignment, areolar grasp and compression, and audible swallowing)</p>
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<p>Risk for impaired parenting r/t insufficient knowledge about child development and insufficient child health maintenance</p>	<p>Normal infant development includes having normal weight gain & normal anthropometric measurements. Hence, breastfeeding is effective in facilitating Joshua’s normal growth & development. However, Maria believes that formula milk is better since their neighbor’s baby is bigger which suggests that Maria has insufficient knowledge about child development, considering there are other factors affecting infant sizes. This insufficient knowledge motivates her to switch to formula milk which may suggest that she also has insufficient knowledge about child health maintenance. This puts Maria at risk for impaired parenting wherein she may experience difficulty in creating and maintaining an environment that promotes optimum</p>	<p>Goal: After nursing interventions, the mother will demonstrate sufficient knowledge about child development and health maintenance.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Enumerate indicators of normal development of 4-month-old infants. 	<p>The nurse will:</p> <ul style="list-style-type: none"> -Discuss signs of normal development of 4-month-old infants (Normal anthropometric measurements, VS, and physical assessment.) -Assist parents to have realistic expectations appropriate to developmental and ability level of child. -Discuss factors affecting infant sizes. -Discuss the pros and cons of

	<p>growth and development of Joshua. Thus, Maria's knowledge about child development should be reinforced to help her perform informed choices on how to properly maintain her child's health.</p>	<p>2. Demonstrate proper child health maintenance practices (recognize the superiority of breastfeeding, infant communication cues, infant stimulation methods)</p>	<p>breastfeeding in contrast to formula feeding.</p> <ul style="list-style-type: none"> -Discuss about infant communication cues and how to respond to them. -Discuss about infant stimulation methods (talk to baby, tactile stimulation methods)
<p>Risk for injury related to physical barriers specifically on infant accessories</p>	<p>Newborn reflexes such as rooting, sucking, and swallowing help them find and take in food. However, these reflexes are also the reason why accessories like jewelry should be avoided on infants.</p> <p>Joshua has various accessories in his extremities and a necklace in neck. Joshua may accidentally put the accessories in his mouth and may swallow them. Furthermore, the necklace can also be a cause of strangulation which leads to another form of injury. Thus, health teaching about potential harm of these accessories should be conducted to minimize the risks of injury.</p>	<p>Goal: After nursing interventions, the physical barriers that pose threat/potential harm to the child will be eliminated or minimized.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Identify at least 5 risk factors in the environment that may cause injury. 2. Explain how accessories like bracelet and necklace can cause injury 3. Verbalize the need to remove and minimize the identified risk factors to ensure infant safety 	<p>The nurse will:</p> <ul style="list-style-type: none"> -Determine the rationale/reasons for the use of accessories. -Discuss the clothing, household, and environmental risk factors that may cause injury. -Discuss how newborn reflexes and accessories (bracelets) may lead to accidental swallowing; how necklaces can lead to strangulation. -Encourage the mother to minimize the risk factors that can cause infant injury.

<p>Risk for caregiver role strain related to competing role commitments, insufficient energy, and stressors.</p>	<p>Caring for a newborn is a delicate and physically demanding task. The client's situation posits that she has to balance being a mother and an employee, suggesting that she has to juggle her competing role commitments. Although this may be the case for most Filipino mothers, Maria's case is different since the caregiver who will be taking care of Joshua while working is her sister, who does not have any experience in caring for infants. This thought can add to the loads of stress she could be experiencing while working. Not to mention that when she comes home, she should exert extra effort to take care of Joshua. Thus having sufficient energy everyday can be a challenge.</p>	<p>Goal: After nursing interventions, the mother will report ways to relieve her caregiver role pressure.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Assist and teach her sister on how to properly perform the caregiving tasks to Joshua. 2. Set aside time for herself to engage in stress reducing methods. 3. Participate in a discussion wherein she will discuss problems, concerns, and feelings related to her caregiving responsibilities, and plan how her family can best help her. 4. Explore if there are other family members and friends who can assist with caregiving. 	<p>The nurse will:</p> <ul style="list-style-type: none"> -Explain to the mother that they can simultaneously care for Joshua as a form of bonding and as a teaching opportunity to teach her sister how to properly perform the caregiving tasks. -Emphasize to the mother the importance of "me time" in fulfilling her various role commitments. -Introduce stress-reducing methods to the mother. -Facilitate a discussion wherein both the mother and sister can raise their problems, concerns, and feelings related to caregiving, and plan how they can best help each other. -Encourage the mother to determine if there are other family members and friends who can assist with caregiving.

Anticipated nursing problems:

1. **Stress Overload**
2. **Ineffective Coping**

Rationale: Maria may be subjected to extreme loads of stress, considering the complexity of the situation and the competing roles she has to fulfill. She may be subjected to stress overload and ineffective coping if Maria will not engage in healthy coping mechanisms to manage her stress.

Health Teaching Plan

Title: Six (6) months of Exclusive Breastfeeding for Joshua's optimum development Target Participant: Maria Goal: The mother will verbalize her intention to continue effective exclusive breastfeeding despite busy work schedule.					
Objective/s	Content Outline	Activities	Time Allotted	Materials	Evaluation
1. Enumerate the benefits of exclusive breastfeeding to infants with age \leq 6 months.	<ul style="list-style-type: none"> ● Nutritive and non-nutritive components of breastfeeding and their importance ● Advantages of exclusive breastfeeding ● Psychological benefits of breastfeeding ● Disadvantages of artificial feeding ● Correct misconceptions about exclusive breastfeeding 	Lecture	15 mins	PPT, Infographics (Book & online references for content)	Question & Answer (Enumerate at least 3 benefits of exclusive breastfeeding to Joshua)
2. Enumerate the signs of well-nourished infants.	<ul style="list-style-type: none"> ● Normal anthropometric measurements ● Normal weight gain pacing of 4-month-old 	Lecture	10 mins	PPT, Infographics (Book & online references for content)	Question & Answer (Enumerate at least 3 signs indicating Joshua is well-nourished)

<p>3. Discuss the reasons for the avoidance of water and of early complementary feeding for infants</p>	<p>infants</p> <ul style="list-style-type: none"> ● Healthy physical assessment results ● Explain high energy levels as sign of well-nourishment ● Explain the reasons for water and early complementary feeding avoidance <ul style="list-style-type: none"> ○ Water intake → Their small stomachs and developing kidneys may put infants at risk for nutrient loss and water intoxication (Gill, 2020). ○ Early complementary feeding → Reduced breast stimulation, less milk production, interference with the infant's feeding behavior, decreased iron absorption from breast milk, and increased risk of 	<p>Lecture</p>	<p>5 mins</p>	<p>Infographics (Book & online references for content)</p>	<p>Question & Answer (Discuss the reasons why water and formula feeding should be avoided for infants ≤6 months)</p>
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<p>4. Demonstrate proper breastmilk expression and storage techniques</p>	<p>infections & allergy.</p> <ul style="list-style-type: none"> ● Nonelectrical pumping and electrical pumping as options for milk expression ● Appropriate collection, storage, thawing, preparation, fortification, and warming of expressed milk 	<p>Lecture & demonstration</p>	<p>15 mins</p>	<p>Infographics, Video on appropriate handling of expressed milk</p>	<p>Return Demonstration (Demonstrate how you will store, prepare, and warm the expressed milk.)</p>
<p>5. Demonstrate effective breastfeeding practice</p>	<ul style="list-style-type: none"> ● Infant feeding cues ● Ways to achieve proper infant attachment to breast ● Signs of milk transfer ● Importance of adequate rest, hydration, and well-balanced diet 	<p>Lecture & demonstration</p>	<p>15 mins</p>	<p>Infographics</p>	<p>Return demonstration (Demonstrate ways to achieve proper infant attachment to breast)</p>

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