

NURSING CARE PLAN

Identified Nursing Problems	Rationale	Goals of Care	Appropriate Interventions
Impaired dentition r/t sleeping with a bottle of milk aeb dental and root caries	The mother lets his child go to sleep with a bottle of milk, which most probably caused the child's dental caries as seen in Jack's picture. Whenever mouth bacteria come in contact with drinks that contain sugar like milk, it spreads quickly, producing acids that stick to the teeth which catalyzes tooth decay. Furthermore, giving sugary liquids to a child around his nap time or at night is not a good idea because the flow of saliva decreases while sleeping, resulting in prolonged exposure of the mouth to sugar, which exacerbates tooth decay.	After the nursing interventions, the client will be able to: <ul style="list-style-type: none"> • Perform daily oral care with the assistance of his mother or another caregiver • Present clean teeth, healthy gums, and a pleasant-smelling breath. • Visit the dentist regularly for checkups and follow ups 	<ul style="list-style-type: none"> • Educate the parent/guardian about the benefits and importance of regular dental checkups and follow ups • Teach the parent/caregiver how to do dental hygiene of a toddler using the right way, with the right frequency, and with the right tools. • Encourage the parent to use a cup or glass instead of baby bottle when feeding the child with milk as the latter can induce tooth decay • Encourage the parent to minimize the child's exposure to sugary beverages, especially during nap time and at night • Instruct the parent to avoid using the same utensils or avoid any habits that can pass hers or others' saliva onto her child • Monitor client's compliance with the proposed interventions
Ineffective child eating dynamics r/t excessive parental control over child's eating habits aeb mother insisting the child to finish the food she prepared	Toddlers tend to eat less, become choosy and fussy eaters, and throw tantrums to express their frustrations. Jack appears to be irritated when his mother forces him to finish his meal as he frequently throws tantrums. This attitude by the mother might exacerbate the child's frustrations. By doing this, she is taking away the child's sense of independence in deciding how	After the nursing interventions: <ul style="list-style-type: none"> • The child will demonstrate effective eating patterns aeb finishing meal without tantrums and not playing with foods • The mother will be able to identify and modify behaviors which worsens child's eating patterns 	<ul style="list-style-type: none"> • Inform the mother about the effects and consequences of inappropriate behaviors worsening child's feeding patterns such as forcing and insisting the toddler to eat • Assist the mother in modifying her behaviors • Determine the amount of food served on toddler • Educate the mother about the techniques to effectively feed a toddler • Encourage the mother to let her child feed himself

	much and what to eat, as well as in deciding to not even eat.		
Readiness for enhanced knowledge regarding the appropriate time to remove toddler's diapers	The mother, Jill, asked advice regarding when she can remove her child's diapers because he still experiences nighttime wetting. This implies that she has insufficient knowledge about when to remove her child's diapers and is willing to know more information about it.	After the nursing interventions, the mother will be able to: <ul style="list-style-type: none"> • Verbalize the signs when to remove her child's diapers • Determine when the child is fully potty trained 	<ul style="list-style-type: none"> • Educate the client about proper interventions done to check if the child is already fully potty trained • Instruct the client about the frequency of checking and changing diapers at night • Instruct the client about monitoring the child's micturition patterns

Anticipated Nursing Problems	Rationale
Impaired skin integrity r/t exposure to moisture secondary to wearing diapers at night	Jack is at risk of diaper rashes since he still wears diapers due to nocturnal enuresis. Irritation, infection, or allergies are the most common causes of these rashes. When a diaper is left on for an extended period of time, urine moisture repeatedly rubs against the skin, causing skin deterioration. Furthermore, it alters the pH levels of the skin and diapers hinder air circulation, creating a moist environment that encourages bacteria and fungal growth.

TEACHING PLAN

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
After 15 minutes of health education, the mother will:					
1. Verbalize the benefits and importance of regular dental checkups and follow ups	<p>Benefits and importance of regular dental checkups and follow ups</p> <ul style="list-style-type: none"> • Detects dental problems as soon as possible • Prevents and treats dental problems such as cavities and infections • Keeps teeth and gums clean and healthy • Be more knowledgeable about proper dental hygiene 	One-on-one discussion	2 minutes	Pamphlet	Question and Answer about the benefits and importance of regular checkups and follow ups
2. Demonstrate the right way of performing dental hygiene for a toddler with the right frequency and the right tools	<p>Right way, frequency, and tools in performing toddler's dental hygiene</p> <ul style="list-style-type: none"> • Brush teeth for at least two minutes, twice a day • Assist the toddler to brush his teeth until he can spit out toothpaste on command • Use a toothbrush with soft bristles • Steps in brushing your child's teeth: <ul style="list-style-type: none"> ○ Stand behind child for him to feel secure, and in 	Demonstration	5 minutes	Video showing the proper way to brush teeth, pamphlet about proper dental hygiene for toddlers	Return Demonstration and Question and Answer about the right frequency and tools used in performing proper dental hygiene

<p>3. Verbalize the benefits of using a cup or glass when feeding a child with milk and demonstrate using it whenever she feeds her child.</p>	<p>front of the mirror if possible</p> <ul style="list-style-type: none"> ○ Cup the child's chin using your hands and rest his head against your body. ○ Make sure that the bristles are angled towards the gum. Move in gentle circles ○ Brush the chewing surfaces of the teeth back and forth ○ Gently brush the tongue ○ Encourage the child to brush without swallowing. If toothpaste is already being used, let him spit it out. <p>Benefits of using a cup or glass instead of baby bottle</p> <ul style="list-style-type: none"> ● Prevents baby bottle tooth decay and reduces tooth caries ● Prevents teeth misalignment ● Helps for better transition away from baby bottles ● Cups are much easier to clean and sanitize 	<p>One-on-one discussion</p>	<p>2 minutes</p>	<p>Infographic</p>	<p>Question and Answer about the benefits of using a glass instead of baby bottle</p>
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4. Verbalize the importance of minimizing child's exposure to sugary beverages	Importance of minimizing sugar intake <ul style="list-style-type: none"> Prevents obesity Makes the child develop dietary preferences and patterns early Prevents dental caries and tooth decay 	One-on-one discussion	2 minutes	Infographic	Question and Answer about the importance of limiting child's sugar intake
5. Verbalize the importance of avoiding habits or practices that can pass one's saliva onto the child	Importance of avoiding habits and practices that can pass one's saliva onto the child <ul style="list-style-type: none"> Prevents tooth decay Prevents the spread of cavity-causing bacteria 	One-on-one discussion	2 minutes	Infographic	Question and Answer and Direct Observation
6. Demonstrate adherence to the proposed interventions				Logbook	Question and Answer and Direct Observation

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