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Sotejo Hall, Pedro Gil St., Ermita, Manila 1000

NURSING CARE PLAN

Client: Jack and his mother (Jill)

Age: 3 & 35

Date: April 1, 2022

Nursing Problems	Rationale	Goals and Objectives of Care	Appropriate Interventions
<p>Impaired dentition r/t inadequate dietary habit of sleeping with a bottle of milk AEB the presence of dental and root caries</p>	<p>The picture of Jack displays signs of tooth decay and dental caries on his upper teeth. This phenomenon may be attributed to his habit of sleeping or going to bed with a bottle of formula milk. The consumption of a sugary drink such as milk for long periods of time may contribute to the bacterial growth in the toddler's mouth, which affects the tooth enamel and leads to tooth decay (Stanford Children's Health, n.d.)</p>	<p>[1100] Oral Health [2907] Parenting Performance: Toddler</p> <p>At the end of nursing interventions, the client will:</p> <ul style="list-style-type: none"> • Demonstrate consistent oral hygiene behaviors such as brushing teeth daily with the assistance of the mother • Exhibit attendance to the recommended dental checkups <p>The mother will be able to:</p> <ul style="list-style-type: none"> • Verbalize understanding of how the intake of milk for lengthy periods could affect the toddler's dentition 	<p>[1730] Oral Health Restoration [5510] Health Education</p> <p>The nurse will:</p> <ul style="list-style-type: none"> • Determine the parent's knowledge regarding effective dental hygiene for toddlers. Rationale: <i>To identify the areas regarding the patient's knowledge that needs to be addressed and practices to be improved.</i> • Discuss how current health practices (consumption of milk for a lengthy period and use of bottle during bedtime) can be detrimental to the child's teeth. Rationale: <i>Extended exposure to milk, i.e. consumption when going to bed, may lead to</i>



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		<ul style="list-style-type: none">• Identify the importance of practicing consistent oral care for toddlers• Teach her child oral hygiene behaviors by assisting them during oral care	<p><i>bacterial growth in the mouth resulting to tooth decay and dental caries</i></p> <ul style="list-style-type: none">• Instruct the mother on the frequency and quality of proper oral health care for toddlers such as use of fluoride through health education. Rationale: <i>Frequency of tooth brushing as well as the use of fluoride-containing toothpaste protect the teeth from plaque build-up and the risk of dental caries.</i>• Advise the parent to encourage the child in practicing oral hygiene behaviors such as regularly brushing their teeth by guiding their health behaviors. Rationale: <i>The child's adherence to oral health promoting behaviors is heavily influenced by their direct family environment and routines at home.</i>• Encourage the parent to maintain regular dental checkups by providing
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			<p>information on accessible dental care providers in their community. Rationale: <i>Regular dental visits is vital for the child to develop a positive attitude towards dental consultations and it is also vital for the early detection of oral health problems.</i></p>
<p>Ineffective child eating dynamics r/t excessive parental control over child's eating experience AEB mother insisting the child to finish food</p>	<p>Jack is at the stage of development wherein he may tend to become a picky eater which may cause him to eat less. He is also developing his sense of autonomy by asserting themselves with frequent use of the word "no." Hence, the restraint to his eating behavior may cause him to feel frustrated and have tantrums. It is in this age that Jack is developing his sense of self so negative interactions such as constant disapproval regarding eating may also affect their self-concept and their overall attitude or behaviors such as the mother's insistence on finishing the meal (Berman, Snyder, & Frandsen,</p>	<p>[1826] Knowledge: Parenting [2907] Parenting Performance: Toddler</p> <p>At the end of nursing interventions, the client will: The client will:</p> <ul style="list-style-type: none"> Exhibit a healthy attitude during mealtimes by eating and communicating their preferences without tantrums <p>The mother will:</p> <ul style="list-style-type: none"> Demonstrate knowledge on the role of parents to the eating behavior of their child 	<p>[5662] Teaching: Toddler nutrition 25-36 months [5566] Parent education: Childrearing family</p> <p>The nurse will:</p> <ul style="list-style-type: none"> Discuss common toddler behaviors at mealtime in relation to their psychosocial development. Rationale: <i>For the parents to understand the underlying reasons for the toddler's behaviors such as their negativism.</i> Instruct parent to offer small portions of food. Rationale: <i>Toddlers do not need as much food as adults.</i> Assist the parent in identifying conscious ways to encourage healthy



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	2016).	<ul style="list-style-type: none"> • Verbalize understanding of the toddler's age-appropriate meal patterns such as proper portions and feeding intervals • Perform healthy parental feeding practices that help promote the child's autonomy such as allowing self-feeding 	<p>eating behaviors in their children such as:</p> <ul style="list-style-type: none"> - selecting appropriate healthy foods to offer to their child - following the child's internal cues of hunger <p>Rationale: <i>Children are more likely to develop healthy behaviors when adults select foods to serve the child and the child controls what to consume.</i></p> <ul style="list-style-type: none"> • Instruct the parent to allow the toddler to pick the foods they wish to consume off their plate. <p>Rationale: <i>This promotes the development of the toddler's self-regulating behavior.</i></p>
<p>Readiness for enhanced knowledge: Toilet training AEB asking appropriate time for diaper removal</p>	<p>An indicator of readiness for enhanced knowledge is when the mother, Jill, asked advice regarding when she can remove her child's diapers as he still experiences nighttime wetting. However, Jack could already stay dry during the day which serves as his mother's determinant for his</p>	<p>[2907] Parenting Performance: Toddler</p> <p>At the end of nursing interventions, the mother will be able to:</p> <ul style="list-style-type: none"> • Determine the child's readiness for toilet training 	<p>[5634] Teaching: Toilet Training</p> <p>The nurse will:</p> <ul style="list-style-type: none"> • Instruct the parent on how to determine the child's psychosocial readiness for toilet training. <p>Rationale: <i>This determines the child's</i></p>



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	<p>readiness for toilet training (Berman, Snyder, & Frandsen, 2016).</p>	<ul style="list-style-type: none"> • Demonstrate understanding of her child's micturition patterns by verbalizing when to remove her child's diapers 	<p><i>ability cooperate with toilet training.</i></p> <ul style="list-style-type: none"> • Instruct parent about toddler's micturition patterns. Rationale: <i>This allows for the parent to know the appropriate time for the practice of toilet training.</i> • Provide information on strategies to promote toilet training and ways to prevent bedtime wetting Rationale: <i>To aid the client in formulating strategies to apply to the toilet training of the toddler.</i>
ANTICIPATED NURSING PROBLEMS		Rationale	
<ul style="list-style-type: none"> • Imbalanced nutrition: Less than body requirements 		<p>Based on the case study, Jack exhibits signs of dental caries. Dental caries or cavities may affect his eating behaviors as it could pose difficulties when eating, which may also affect his overall appetite and intake of food (Berman, Snyder, & Frandsen, 2016). As a toddler, he also mostly consumes milk throughout the day and finds it difficult to finish the food that are prepared for him by his mother.</p>	
<ul style="list-style-type: none"> • Risk for impaired skin integrity AEB redness and irritation of diaper area due to nocturnal enuresis 		<p>The mother, Jill, reports that her child still experiences bedwetting at night. There is a risk for impaired skin integrity given that nocturnal enuresis increases moisture in the diaper area of the client, Jack, which makes him susceptible to skin irritation at night (Herdman & Kamitsuru, 2018).</p>	



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HEALTH EDUCATION PLAN

<p>NURSING DIAGNOSIS: Impaired dentition r/t inadequate dietary habit of sleeping with a bottle of milk AEB the presence of dental and root caries TITLE: Health teaching on proper oral hygiene and dental care for toddlers TARGER PARTICIPANT/AUDIENCE: Jack (Toddler) and Jill (His Mother) GOAL: After the nursing intervention, the mother, Jill, will demonstrate increased knowledge on proper health care practices for the oral health of the toddler.</p>					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
In 30 mins of health teaching, the mother will be able to:					
1. Identify at least 2 health practices that caused the toddler's current impaired dentition	<ul style="list-style-type: none"> • Health practices causing impaired dentition during toddlerhood: <ul style="list-style-type: none"> - Bottle feeding - Sleeping with milk bottles - Inadequate oral hygiene 	Interactive one-on-one discussion	5 minutes	Handout	Question and Answer
2. Discuss the importance of appropriate dietary habits especially regarding milk intake in	<ul style="list-style-type: none"> • Relation between the toddler's nutrition and their dental health 	Interactive one-on-one discussion	5 minutes	Handout	Question and Answer



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<p>maintaining the oral health of the toddler</p> <p>3. Perform proper oral health care practice for toddlers and monitor the toddler's adherence to oral care</p> <p>4. Explain the importance of regular dental checkups in ensuring optimal oral health and development</p>	<ul style="list-style-type: none"> • Steps on proper brushing of the teeth • Limit intake of food or beverages that are high on sugar • Benefits of Dental Visits in Early Childhood <ul style="list-style-type: none"> - Early detection of oral health problems - Ensures healthy development of teeth and its maintenance 	<p>Interactive discussion and Demonstration</p> <p>Interactive one-on-one discussion</p>	<p>10 minutes</p> <p>5 minutes</p>	<p>Video / Infographic</p> <p>Brochure on available community services for oral care</p>	<p>Return Demonstration and Use of Logbook</p> <p>Question and Answer</p>
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