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## WHO Collaborating Center for Leadership in Nursing Development Commission on Higher Education Center of Excellence

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



### **NURSING CARE PLAN**

Client: Jack and his mother (Jill)

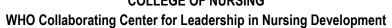
Age: 3 & 35

**Date:** April 1, 2022

Nursing Problems	Rationale	Goals and Objectives of Care	Appropriate Interventions
Impaired dentition r/t inadequate dietary habit of sleeping with a bottle of milk AEB the presence of dental and root caries		[2907] Parenting Performance: Toddler  At the end of nursing interventions, the client will:  • Demonstrate consistent oral hygiene behaviors such as brushing teeth daily with the assistance of the mother	<ul> <li>[1730] Oral Health Restoration</li> <li>[5510] Health Education</li> <li>The nurse will:         <ul> <li>Determine the parent's knowledge regarding effective dental hygiene for toddlers. Rationale: To identify the areas regarding the patient's knowledge that needs to be addressed and practices to be improved.</li> </ul> </li> <li>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: Extended exposure to milk, i.e. consumption when going to bed, may lead to</li> </ul>



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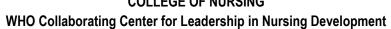
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<ul> <li>Identify the importance of practicing consistent oral care for toddlers</li> <li>Teach her child oral hygiene behaviors by assisting them during oral care</li> </ul>	<ul> <li>Instruct the mother on the frequency and quality of proper oral health care for toddlers such as use of fluoride through health education. Rationale:         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.</li> <li>Advise the parent to encourage the child in practicing oral hygiene behaviors such as regularly brushing their teeth by guiding their health behaviors. Rationale: The child's adherence to oral health promoting behaviors is heavily influenced by their direct family environment and routines at home.</li> </ul>
	Encourage the parent to maintain regular dental checkups by providing



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			information on accessible dental care providers in their community. Rationale: 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.
Ineffective child eating dynamics r/t excessive parental control over child's eating experience AEB mother insisting the child to finish food	development wherein he may tend to become a picky eater	[2907] Parenting Performance: Toddler	[5662] Teaching: Toddler nutrition 25-36 months [5566] Parent education: Childrearing family
	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	interventions, the client will:	For the parents to understand the underlying reasons for the toddler's
			<ul> <li>Instruct parent to offer small portions of food. Rationale: Toddlers do not need as much food as adults.</li> <li>Assist the parent in identifying conscious ways to encourage healthy</li> </ul>



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	2016).	<ul> <li>Verbalize understanding of the toddler's age-appropriate meal patterns such as proper portions and feeding intervals</li> <li>Perform healthy parental feeding practices that help promote the child's autonomy such as allowing self-feeding</li> </ul>	eating behaviors in their children such as:  - selecting appropriate healthy foods to offer to their child  - following the child's internal cues of hunger  Rationale: Children are more likely to develop healthy behaviors when adults select foods to serve the child and the child controls what to consume.  • Instruct the parent to allow the toddler to pick the foods they wish to consume off their plate.  Rationale: This promotes the development of the toddler's self-regulating behavior.
Readiness for enhanced knowledge: Toilet training AEB asking appropriate time for diaper removal	enhanced knowledge is when the mother, Jill, asked advice regarding when she can remove	[2907] Parenting Performance: Toddler  At the end of nursing interventions, the mother will be able to:  • Determine the child's readiness for toilet training	<ul> <li>[5634] Teaching: Toilet Training</li> <li>The nurse will:         <ul> <li>Instruct the parent on how to determine the child's psychosocial readiness for toilet training.</li> <li>Rationale: This determines the child's</li> </ul> </li> </ul>



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readiness for toilet training (Berman, Snyder, & Frandsen, 2016).	<ul> <li>Demonstrate understanding of her child's micturition patterns by verbalizing when to remove her child's diapers</li> <li>Instruct parent about toddler's micturition patterns.         Rationale: This allows for the parent to know the appropriate time for the practice of toilet training.     </li> <li>Provide information on strategies to promote toilet training and ways to prevent bedtime wetting         Rationale: To aid the client in formulating strategies to apply to the toilet training of the toddler.     </li> </ul>		
ANTICIPATED NURSING PROBLEMS	Rationale		
Imbalanced nutrition: Less than body requirements	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.		
Risk for impaired skin integrity AEB redness and irritation of diarea due to nocturnal enuresis	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).		



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#### **HEALTH EDUCATION PLAN**

**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.

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	Health practices causing impaired dentition during toddlerhood:     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	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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maintaining the oral health of the toddler  3. Perform proper oral health care practice for toddlers	Steps on proper brushing of the teeth     Limit intake of food	Interactive discussion and Demonstration	10 minutes	Video / Infographic	Return Demonstration and Use of Logbook
and monitor the toddler's adherence to oral care	or beverages that are high on sugar	Demonstration			
			5		
4. Explain the importance of regular dental checkups in ensuring optimal oral health and development	Benefits of Dental Visits in Early Childhood     Early detection     of oral health     problems     Ensures     healthy     development     of teeth and its     maintenance	Interactive one-on- one discussion	minutes	Brochure on available community services for oral care	Question and Answer



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