

Health Care Plan: Pre-schooler

Identified Nursing Problems	Rationale	Goals of Care	Interventions
Ineffective child-eating dynamics r/t poor food choices	It is common for children aged 1 to 4 years old to be picky eaters. As for the case of Sonia, a 5-year-old girl, it is still common for kids her age to be averted from eating vegetables and fruits and prefer snacks. This is a normal part of growing in toddlers as their growth slows down making them have less appetite (Cohen, 2018). Additionally, this is also the age group who has a preference for food that has a familiar taste hence, the need to constantly eat certain kinds of food (Dubinsky, n.d.)	After 1 week of nursing interventions, the client's family will: <ul style="list-style-type: none"> Identify the factors that contribute to the client's food choices. Verbalize understanding of the client's eating habits and patterns. Enumerate possible actions to be taken to address the client's eating habits List down recommended foods to give to the client 	The nurse will: <ul style="list-style-type: none"> Conduct health teaching on the expected eating habits of a preschooler Assist the client's family, especially the mother in performing healthy eating practices for the client Explain to the family, the psychology behind the client's eating practices and provide possible actions to be taken Assist the client's family in formulating a meal plan for the client composed of recommended food types Monitor actions taken by client's family to address the client's unhealthy eating habits
Risk for overweight AEB frequent consumption of fried and fast food	While it is common among pre-schooler children to prefer snacks as food and to opt for a single type of food, frequent consumption of these types especially fried foods and those from fast foods restaurants can be harmful to a child. This can lead to several medical conditions such as heart diseases, diabetes, and obesity	After 2 weeks of nursing interventions, > the client will: <ul style="list-style-type: none"> Demonstrate improvement in eating habits and practices through healthier and more variety in food choices 	The nurse will: <ul style="list-style-type: none"> Aid the client in understanding food preferences and recommended food types for age group Demonstrate to the client's family the proper way of

	<p>(University of Connecticut, 2018). At present, the client's height and weight still fall under the recommended and expected measures for her age, but due to food choices, there is a risk of being overweight.</p>	<p>>the client's family will:</p> <ul style="list-style-type: none"> • Regularly monitor the client's anthropometric measurements • Regularly ensure that the client has healthy food choices 	<p>monitoring anthropometric measurements</p> <ul style="list-style-type: none"> • Assist the client's family in creating a record book of the client's progress in terms of measurements • Monitor the meal plans of the family for the client
<p>Risk for impaired attachment</p>	<p>It is common for children to be 'clingy' to their parents due to possible separation anxiety as well as stranger anxiety (Westrupp, 2019). As for the case of Sonia, she feels uneasy and reportedly cries whenever her mother leaves for work. While it is a common reaction, the child may experience constant anxiety from separation from her parents.</p>	<p>After 1 week of nursing interventions</p> <p>> the client's family will:</p> <ul style="list-style-type: none"> • Demonstrate techniques to enhance the behavioral organization of the child • Engage in mutually satisfying interactions with child <p>> the client will:</p> <ul style="list-style-type: none"> • Demonstrate understanding of the situation through fewer breakdowns during separation 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Assess parent/child interactions • Assess parenting skill level based on their intellectual, emotional, physical, and mental capacity • Evaluate the comparison between the child's behavior upon separation and interaction with family • Determine the child's thoughts and feelings upon separation from mother

Risk for contamination AEB presence of smokers in the family	<p>Both the grandfather and father are smokers, which makes Sonia susceptible to adverse health reactions due to chemical contamination from the cigarette.</p>	<p>After 1 week of nursing intervention, the family will:</p> <ul style="list-style-type: none"> • Verbalize an understanding of the possible effects of smoking on the health of the family members • Create changes in lifestyle to reduce risk of adverse health effects • Modify environment accordingly to ensure safe living conditions 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Refer to smoking cessation program • Emphasize the effects of smoking on health and the risks it poses especially on children • Assist the client in recognizing other environmental changes to be made to ensure a better living space for the child
Impaired social interaction r/t lack of exposure to social exchanges due to non-attendance to preschool or daycare and preference for technology use	<p>It is important for children to be able to learn to socialize with their peers in order to develop their skills and well-being (Child's Play, 2020). As for the case of Sonia, the separation anxiety she feels whenever her mother leaves for work can also be explained by her lack of social interactions with her peers.</p>	<p>After 1 week of nursing interventions, the client will:</p> <ul style="list-style-type: none"> • Express desire for, and be involved in, achieving positive changes in social behaviors and interpersonal relationships • Develop effective social support system; use available resources appropriately • Verbalize awareness of factors causing or promoting impaired social interactions 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Determine family patterns of relating and social behaviors. Explore possible family scripting of behavioral expectations in the child • Observe client while relating to family • Encourage client to verbalize feeling of discomfort about social situations

Anticipated Nursing Problems	Rationale
Risk for Impaired Respiratory Function	Since the grandfather and the father are both smokers, constant exposure to the chemicals in a cigarette specifically the second-hand smoke can result in adverse health effects in the client, especially in her pulmonary system. Eventually, she may manifest difficulty in breathing and other signs of respiratory conditions.
Risk for loneliness	The client is not exposed to many socialization situations, so she is also not familiar with interacting with people her age. Furthermore, her mother also leaves for work which causes her anxiety and negative feelings. She is also not exposed to her peers as she does not attend preschool or daycare and would rather play with her tablet.

Health Education Plan: Pre-schooler

Name of the Client: Sonia

Age: 5 years old

Gender: Female

Nursing Diagnoses of Focus:

Ineffective child-eating dynamics r/t poor food choices

Risk for overweight AEB frequent consumption of fried and fast food

Rationale:

The priority diagnosis among those that have been enumerated is related to the client's nutritional status. It is important for her to obtain a healthy eating habit to facilitate proper growth and development for her age. Furthermore, it has been mentioned that she has frequent colds which is also affected by her nutritional choices. As for the second nursing diagnosis, it is closely related with the priority diagnosis, so addressing the first issue will allow for the elimination of the risk.

Topic: Proper Nutritional Management of a 5-year-old child

Target participant: The client and her family

Goal: After a day of health teaching, the client and her family will demonstrate understanding of basic concepts on nutritional management and engage in recommended eating practices

Objectives:	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>After 1 hour of health teaching, the client and her family will:</p> <p>1. Distinguish common vs. unhealthy eating habits and practices for</p>	<ul style="list-style-type: none"> • Common eating behaviors expected from toddlers • Meal practices considered to be harmful and uncommon for children • Eating habits and practices of family members that may affect the child's 	Use of visual aid Discussion	15 minutes	Infographic	Question and Answer
<p>2. List at least 3 factors that affect the child's eating habits and food choices</p>	<ul style="list-style-type: none"> • Psychological factors that affect eating practices and food choices • Environmental factors that affect eating habits and practices and food choices 	Use of visual aid Discussion	10 minutes	Infographic	Question and Answer
<p>3. Enumerate and discuss proper eating practices to facilitate development of a child's</p>	<ul style="list-style-type: none"> • Ways of handling a child's fussy eating habits • Eating practices in the 	Use of visual aid Discussion	10 minutes	Infographic	Question and Answer

healthy eating habits	family that can be modified to encourage the child to observe				
4. Enumerate at least 5 recommended foods to provide a child	<ul style="list-style-type: none"> • Healthy food choices that can be given to a 5-year-old child • Ways on persuading a picky eater on trying new foods 	Use of visual aid	5 minutes	Infographic	Question and Answer
5. Formulate an appropriate meal plan	<ul style="list-style-type: none"> • Recommended food types and servings • Proper interval of meal times and/or snacks 	Demonstration Discussion	20 minutes	Sample meal plan	Return Demonstration Question and Answer

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