

N 13: Maternal and Child Nursing
CARE OF THE PRESCHOOLER
 Discussion Forum: Case Study

HEALTH CARE PLAN

Client: Sonia

Age: 5 years old Gender: Female

IDENTIFIED NURSING PROBLEMS	RATIONALE	GOALS OF CARE	APPROPRIATE NURSING INTERVENTIONS
			During the week of nursing interventions, the nurse will:
<p>Ineffective family health management r/t insufficient knowledge about expected developmental characteristics concerning health AEB stating the child is sickly due to frequent colds, inadequate management of colds, and failure to maintain an environment conducive for health.</p>	<ul style="list-style-type: none"> • Preschoolers are commonly susceptible minor illnesses and infections, one of which is colds. Thus, it is usual for them to experience multiple bouts of colds in a year and should not be a cause of concern. However, the mother's statement associated such occurrence to Sonia being a sickly child. In the management of Sonia's condition, the mother suggested providing vitamin C for her child. Though, generally, intake of vitamin C would help boosting a child's immune system, it is not a therapeutic or pharmacological intervention to relieve colds. Extending beyond the physical aspect, the health of the family, especially of Sonia's, is also affected by the smoking of the father and the grandfather for the act of smoking itself and the exposure to secondhand smoke compromises 	<p>After five days of nursing interventions, the client, along with family members will:</p> <ul style="list-style-type: none"> • Identify common signs and symptoms of colds. • Recognize every individual's negative health behavior that increases risk for illness. • Demonstrate behavioral actions and changes in lifestyle that direct health management and promotion. • Exhibit actions or steps taken that demonstrate proper management of colds. 	<p>Conduct a health teaching educating about common illnesses. experienced by preschoolers, possible causes and sources, and how to spot signs and symptoms.</p> <p>Assist the family in recognizing individual negative health-related behaviors.</p> <p>Perform health teaching about how individual activities and environmental factors increases the risk of acquiring colds.</p> <p>Discuss plans and formulate goals to correct faulty health practices and induce behavior change.</p> <p>Instruct the family on the proper therapeutic management of colds appropriate for Sonia's age.</p>

	safety and increases risk for acquiring diseases (Aldaba, 2022; CDC, 2021).		
Ineffective child eating dynamics r/t consumption of poor quality and inadequate food choices AEB preference for eating food from fast food restaurants.	<ul style="list-style-type: none"> At this life stage, preschoolers naturally develop to become picky eaters that prefer light and small servings of food items. Aligned with this, it is also normal for them to develop food preferences. However, adults should remain vigilant in distinguishing unhealth food eating patterns from common and expected eating behaviors of preschoolers. Above all, nevertheless, proper nutrition should be upheld and attained by the child (Aldaba, 2022; Kostecka, 2014). 	<p>After five days of nursing interventions, the client and the family members will:</p> <ul style="list-style-type: none"> Determine factors which affect the child's eating patterns. Verbalize understanding of a preschooler's expected eating pattern and attitude. Utilize presented alternative food choices for the child. Demonstrate actions and lifestyle changes towards having positive eating dynamics. 	<p>Explore the family's perception and understanding of Sonia's current eating behavior.</p> <p>Conduct a health teaching and discuss nutritional requirements and expected eating behavior for Sonia's age.</p> <p>Explain strategies to encourage positive eating behavior and improve current nutritional status.</p> <p>Provide alternatives to the child's current food choices.</p> <p>Monitor compliance and application of actions designed to improve child eating patterns.</p>
Risk for overweight AEB preference for fast food, lack of interest in consuming fruits and vegetables, and low engagement in physical activities.	<ul style="list-style-type: none"> The nutritional pattern of preschoolers is commonly described as eating less due to lowering requirements for growth. Thus, they prefer to eat in less frequency and smaller amounts. Nevertheless, balanced, age-appropriate, adequate nutrition should be maintained to ensure proper nutrition for development and health (Leventakou et. al, 2016; Eden Mother-Child Cohort Study Group, 2015). 	<p>After five days of nursing interventions, the client will:</p> <ul style="list-style-type: none"> Demonstrate compliance to a healthy diet as evidenced by nutrient and food intake score of 4-5 and eats recommended requirements of food and vegetables at 4-5. Demonstrate increased time and level of physical activity. 	<p>Teach about proper and well-balanced nutrition appropriate for Sonia's age.</p> <p>Assist the mother in identifying and selecting nutritious meals.</p> <p>Monitor the child's food intake.</p> <p>Encourage the child to engage in physical activity and provide alternative physical activities.</p>

<p>Impaired social interaction r/t lack of socialization opportunities AEB non-attendance to preschool and daycare, preference to engage in individual activity, and shyness/discomfort in social situations.</p>	<ul style="list-style-type: none"> • When brought to the playground, Sonia demonstrates shyness towards others, disabling peer interaction with other same-age children. Despite aversion to strange individuals being considered normal behavior for preschoolers, social interaction and peer exposure is still pertinent to ensure the child's proper social and emotional development at this stage (Aldaba, 2022; Lojk, 2017). 	<p>After five days of nursing interventions, the client will:</p> <ul style="list-style-type: none"> • Verbalize feelings, and thoughts related to social interaction. • Exhibits positive interaction with same-age peers such as engagement in play in the playground. • Participation in activities that promote and involve social interaction such as attendance in preschool and daycare, or playing with neighborhood children. 	<p>Explore and encourage the child's perception and feelings towards social interaction with other peers or in a social setting.</p> <p>Discuss with the parent strategies to enhance the child's exposure to social situations and reduce feelings of shyness.</p> <p>Encourage the parent to enroll the child in a preschool or child center.</p>
<p>Anxiety r/t separation from support system AEB clingy behavior and crying episodes when mother leaves for work.</p>	<p>Preschoolers' imaginative nature and distorted perception of time and space projects abandonment when a parent or caregiver leaves. Sonia's clingy behavior and crying episodes indicate fear towards abandonment that preschoolers may imagine during this stage. (Aldaba, 2022; Fritscher, 2020).</p>	<p>After five days of nursing interventions, the client will:</p> <ul style="list-style-type: none"> • Demonstrate reduced anxiety level as evidenced by reduced crying and clinging behavior at score 4-5. 	<p>Discuss and explore with the patient and the mother the emotional experience and possible reasons.</p> <p>Instruct parent on normal emotional, and behavioral characteristics of child.</p> <p>Assist and instruct parents on how to use a variety of strategies in managing child's behavior and maintaining communication.</p> <p>Observe parent-child communication and interaction.</p>

ANTICIPATED NURSING PROBLEMS	RATIONALE FOR ANTICIPATED NURSING PROBLEMS
Ineffective Airway Clearance	Based on the case study, the child lives with two smokers in the household, the father, and the grandfather, thereby, subjecting her to secondhand smoke. Such situation perpetuates exposure to chemicals associated with secondhand smoke that increases the risk of developing respiratory problems in young children, causing their airways to constrict and their ability to clear mucus to be impaired thus, reducing their ability to maintain airway patency and clearance (CDC, 2021; American Lung Association, 2020; Xavier, 2013).
Impaired Comfort	According to Herdman & Kamitsuru, 2018, impaired comfort is defined as the 'perceived lack of ease, relief, and transcendence in physical, psychospiritual, environmental, cultural, and/or social dimensions.' Regarding the physical dimension of this definition, experiencing colds bring unease and lack of comfort is perceived by the client. On the other hand, the client's shyness on social setting, non-attendance to daycare or child center, and preference of spending time alone may contribute to feelings of unease in the social aspect. While, exposure to secondhand smoke in the household and insufficient knowledge regarding expected developments concerning health impacts the client's level of comfort in the environmental sense.
Sedentary Lifestyle	Sedentary lifestyle is defined as a habit of life that is characterized by a low physical activity level. It entails having an average daily physical activity is less than recommended for gender and age, and preference for low physical activity. Aligning with this definition are Sonia's favor towards spending time in her tablet at home than playing with peers at the playground. Thus, in the eventuality, Sonia may be subjected to a case of sedentary lifestyle.
Risk for Loneliness	The child's expressed shyness in social interactions, limited exposure to social opportunities, and preference to engage in activities independently and by herself, if left without proper exposure to peer interaction, and involvement in activities promoting social interaction, can precipitate as susceptibility to experiencing discomfort associated with a desire or need for more contact with others, which may compromise health, identified as risk for loneliness (Herdman & Kamitsuru, 2018).

HEALTH EDUCATION PLAN

Client: Sonia

Age: 5 years old

Gender: Female

Focus: The health care plan focuses on addressing the following nursing diagnoses identified:

1. Ineffective family health management r/t insufficient knowledge about expected developmental characteristics concerning health AEB stating the child is sickly due to frequent colds, inadequate management of colds, and failure to maintain an environment conducive for health.
2. Ineffective child eating dynamics r/t consumption of poor quality and inadequate food choices AEB preference for eating food from fast food restaurants.

Rationale: The nursing diagnoses in focus are the main subjects of the health care plan as they are determined to be of highest priority based on Maslow's Hierarchy of Needs. By providing adequate and accurate information about development expectations concerning health, proper management of presenting health condition, and maintenance of a health conducive environment, along with appropriate nutritional requirements and physical activity for the client's age, the physiological needs and safety needs of the client and the family can be achieved.

<p>TITLE: Enhancing Health Management and Nutrition for Proper Care of the Preschooler TARGET PARTICIPANT / AUDIENCE: The health teaching involves the client, her parents, and her grandparents in the household. GOAL: After 2 sessions of health teaching, the target audience will demonstrate and identify appropriate behavior and actions aligned with proper health management and nutrition of the preschooler.</p>					
OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
<u>Care for the Preschooler: Health Management</u>					
1. Provide 3 accurate answers on the expected developments concerning health on a preschooler.	<ul style="list-style-type: none"> • Expected developments and changes concerning health of a preschooler. • Common health issues and illnesses affecting preschoolers, and their possible causes and sources. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	5 mins.	Infographic about overall expected developmental health-related changes and common health issues affecting a preschooler.	Question and Answer "What are the expected changes we might see in a preschooler?"

<p>2. Correctly state 2 common signs and symptoms associated with having colds.</p>	<ul style="list-style-type: none"> • Signs and symptoms of common health concerns among preschoolers. • Ways to spot signs and symptoms concerning common health concerns affecting preschoolers. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p>10 mins.</p>	<p>Infographic visually presenting the signs and symptoms of common health concerns such as colds and ways to spot them.</p>	<p>Questions and Answer</p> <p>“What signs and symptoms are we to usually see in preschooler experiencing sickness, particularly colds?”</p>
<p>3. Correctly identify 2 risk factors or behavior that contributes to the risk of having colds.</p>	<ul style="list-style-type: none"> • Risk factors and behaviors associated with colds (i.e. smoking). • Other negative health outcomes associated with tobacco smoking. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p>10 mins.</p>	<p>Infographic detailing the risk factors and behaviors associated with colds and consequences of tobacco smoking.</p>	<p>Questions and Answer</p> <p>“What actions and risk factors are present in your situation that can increase the risk for colds?”</p>
<p>4. Share 2 insights on what strategies they can employ at their current situation.</p>	<ul style="list-style-type: none"> • Strategies to facilitate lifestyle and behavior change regarding smoking. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p>5 mins.</p>	<p>Infographic showing strategies to facilitate behavior and lifestyle change.</p>	<p>Sharing of Insights</p> <p>“Can you share 2 insights use of strategies in your current situation?”</p>
<p>5. Explain how 2 non-pharmacological interventions help relieve colds.</p>	<ul style="list-style-type: none"> • Pharmacological and non-pharmacological methods of managing colds. • Medications commonly prescribed to alleviate colds for preschoolers and their side effects. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p>10 mins.</p>	<p>Infographic detailing pharmacological and non-pharmacological methods to alleviate and manage colds.</p>	<p>Question and Answer</p> <p>“Identify 2 non-pharmacological interventions and explain how they help.”</p>

Care for the Preschooler: Proper Nutrition

<p>1. Mention 2 insights or observations related on expected changes on eating behavior on a preschooler</p>	<ul style="list-style-type: none"> • Expected eating patterns and eating behaviors of preschoolers. • Harmful eating patterns for preschoolers. • Signs that point to unhealthy and abnormal eating dynamics. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p style="text-align: center;">15 mins.</p>	<p>Brochure showing details of expected eating patterns and eating behaviors of preschoolers.</p>	<p style="text-align: center;">Sharing of Insights</p> <p style="text-align: center;">“Have any of the expected changes been observed? If yes, what are those?”</p>
<p>2. Enumerate and explain how 2 factors affects the eating patterns of preschoolers.</p>	<ul style="list-style-type: none"> • Psychological and physiological reasoning behind the eating patterns of preschoolers. • Factors affecting the eating behavior of preschool children. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p style="text-align: center;">5 mins.</p>	<p>Brochure detailing reasoning behind a preschooler’s eating behavior and enumerating factors influencing such behavior.</p>	<p style="text-align: center;">Question and Answer</p> <p style="text-align: center;">“State 2 factors that affect eating patterns of preschoolers and explain how.”</p>
<p>3. Reflect and share 2 insights on strategies that can be performed in the household.</p>	<ul style="list-style-type: none"> • Strategies to enhance food patterns and food choices appropriate for preschoolers. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p style="text-align: center;">5 mins.</p>	<p>Brochure listing strategies to enhance food patterns and food choices.</p>	<p style="text-align: center;">Sharing of Insights</p> <p style="text-align: center;">“From the strategies mentioned, identify 2 that you think can be employed at home and answer why and how.”</p>
<p>4. Mention 2 alternative food choices for the preschooler.</p>	<ul style="list-style-type: none"> • List of healthy food alternatives appropriate for a preschooler. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Inquiry-Based Clarification 	<p style="text-align: center;">5 mins.</p>	<p>Brochure showing step-by-step procedure in creating a meal that satisfies the recommended needs of a preschooler.</p>	<p style="text-align: center;">Questions and Answer</p> <p style="text-align: center;">“Give 2 healthy food alternatives for Sonia that was mentioned earlier.”</p>

<p>5. Construct a meal plan for the morning that is appropriate and congruent for a preschooler's eating behavior.</p>	<ul style="list-style-type: none"> • Age-appropriate recommended food servings and types for preschoolers. • Recommended time, interval, and volume for mealtimes. • Steps to create an appropriate meal plan for preschoolers. 	<ul style="list-style-type: none"> • Use of Visual Aids • One-on-One Discussion • Step-by-Step Demonstration • Inquiry-Based Clarification 	<p>15 mins.</p>	<p>Brochure showing considerations when constructing a meal plan for preschoolers.</p>	<p>Return Demonstration Creation</p>
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