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Case Study Group 3: Care of the Preschooler
Health Care Plan

Client name: Sonia
 SN: Trevor Lomotos

Age: 5 y.o.

Sex: Female

Assessment Cues	Identified Nursing Problem / Nursing Diagnosis	Rationale for Identified Nursing Problems	Goals & Outcomes (NOC) of Care	Nursing Interventions (NIC)
<p><i>Subjective:</i></p> <p>Mother describes child to be very choosy with what the child eats and does not like vegetables nor fruits</p> <p>Reported to only like to eat chicken from Jollibee and fries</p> <p><i>Objective:</i></p> <p>Normal weight, height and developmental milestones</p>	<p>Ineffective child eating dynamics r/t inadequate dietary habits</p> <p>Risk for overweight a.e.b. high frequency of restaurant or fried food</p>	<p>Frequent consumption of fast food and having inadequate appetite for healthy food such as vegetables and fruits contribute to an altered behavior in eating patterns.</p> <p>Although the child has normal height and weight, frequent eating for fast food and fried food can contribute to excessive fat accumulation.</p>	<p>After nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> ● Identify nutrient intake appropriate to preschooler ● Identify guidelines for proper food proportions ● Verbalize importance of daily fruit and vegetable servings for proper diet 	<p>The nurse will:</p> <ul style="list-style-type: none"> ● Determine the patient's nutritional status and ability to meet nutritional needs ● Instruct patient about nutritional needs (discuss dietary guidelines and food pyramids) ● Assist client and family in creating food menu ● Provide information about health

			<ul style="list-style-type: none"> • List at least 3 strategies to avoid foods with high caloric value • List at least 2 strategies to increase diet compliance 	<p>benefits of fruits and vegetables</p> <ul style="list-style-type: none"> • Instruct patient about strategies to avoid foods high in caloric value • Discuss client food likes and dislikes • Determine the attitudes and beliefs of significant others about food and eating
<p><i>Subjective:</i></p> <p>Reported to be 5th episode of colds for this year</p> <p>No family history of allergies</p> <p>Mother describes child to be “sickly”</p> <p><i>Objective:</i></p> <p>Colds for three days with no fever, no cough, no ear discharge</p>	<p>Ineffective health maintenance behaviors r/t inadequate health literacy</p>	<p>Although the child is described to be sickly, seven to eight colds a year is normal for preschoolers because their immunity is still being developed. This does not need any medications nor hospitalizations and instead should focus on the health literacy of parents towards their children.</p>	<p>After nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> • Describe common health problems of the preschooler • List the developmental milestones of the preschooler • Verbalize importance of maintaining healthy lifestyle 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Instruct the patient regarding infectious diseases and frequent illnesses for preschool children • Provide information about the developmental milestones of a preschooler • Provide encouragement to patient and family to maintain a healthy lifestyle

				<ul style="list-style-type: none"> • Instruct patient and family on health benefits of smoking cessation
<p><i>Subjective:</i></p> <p>Mother asks if she could give vitamin C to the child</p>	<p>Readiness for enhanced health self-management a.e.b. expressing desire to enhance inclusion of treatment regimen</p>	<p>There is an observed pattern for satisfactory management of symptoms and lifestyle changes (such as giving vitamin C in response to the condition). However, health teaching should focus on proper diet and proper health maintenance instead.</p>	<p>After nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> • Verbalize strategies to maintain healthy diet • Identify recommended vitamin and mineral supplement values • Identify barriers to maintain healthy behaviors • List strategies to prevent disease and infection 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Discuss relation of proper diet and nutrition to self-management • Instruct the patients on vitamin and mineral supplementation for preschoolers • Discuss with patient and family inability to maintain healthy lifestyle • Assist patient family in making changes and health environment
<p><i>Subjective:</i></p> <p>Becomes shy and does not play with others in playground, prefers to be at home playing with tablet</p>	<p>Impaired social interaction r/t inadequate social skills a.e.b. family report of altered interaction</p>	<p>The family reports that there is ineffective quality of social exchange because the child prefers playing alone with gadgets. This can contribute to underdevelopment of motor and social skills.</p>	<p>After nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> • Verbalize feelings that contribute to poor social interaction • Verbalize importance of social skills during 	<p>The nurse will:</p> <ul style="list-style-type: none"> • Assist patient to identify interpersonal problems resulting from social skills deficits • Assist patient to identify possible courses of action

			<p>play activities</p> <ul style="list-style-type: none"> Exhibit willingness to cooperate with others during play activities 	<p>for socialization</p> <ul style="list-style-type: none"> Educate patient's significant others about purpose of social interaction Involve significant others in social skills training
<p><i>Subjective:</i></p> <p>Very clingy lately, cries non-stop when mother leaves for work</p>	<p>Risk for impaired attachment a.e.b. crying during parent-child separation</p>	<p>There is a disruption of interaction between parent and child.</p>	<p>After nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> Explain importance of maintaining open communication with parent Demonstrate ways to interact with parent to promote trust Tolerate separation when required 	<p>The nurse will:</p> <ul style="list-style-type: none"> Instruct client on importance of communication during separation Encourage family interaction to promote trust between parents and children Determine child's behavior upon separation Assist patient in identifying feelings during separation with parent

<i>Anticipated Nursing Problems</i>	<i>Rationale for Anticipated Nursing Problems</i>
<p>Ineffective airway clearance r/t inattentiveness to second-hand smoke</p>	<p>This is anticipated because the client's grandfather and father are both smokers. Although her common colds have no fever, no cough and no ear discharge, the presence of second-hand smoke can contribute greatly to the negative effects of tobacco.</p>

Risk for impaired parenting r/t inadequate knowledge about child development	Lack of knowledge about the common developmental milestones and expectations of a child can make a parent susceptible to inadequate nurturing and promotion of optimal growth of a child.
Sedentary lifestyle r/t inadequate knowledge about consequences of sedentarism	Being shy and not engaging in play time activities are risk factors to adapting a sedentary lifestyle. Alotaibi et al (2020) also states that five-year-olds with high technology use are less active and are more likely to have a sedentary lifestyle.

Health Education Plan

Client name: Sonia

Age: 5 y.o.

Sex: Female

Priority Nursing Diagnosis:

1. Ineffective child eating dynamics r/t inadequate dietary habits
2. Ineffective health maintenance behaviors r/t inadequate health literacy

Title of Activity: Proper Health Maintenance Behaviors and Appropriate Nutrition for a Preschool Age Child Target Participants/Audience: Sonia, Jessica, Father of Sonia, Grandparents of Sonia Goal: By the end of the health teaching, the target participants will be able to identify and practice appropriate health maintenance behaviors for their household					
Learning Objectives	Content	Instructional Activity	Resources Needed	Time Allotment	Evaluation Method / Criteria
<p><i>After the health teaching sessions, the client will be able to:</i></p> <p>Identify nutrient intake appropriate to preschooler</p>	<ul style="list-style-type: none"> ● Daily guidelines for meals <ul style="list-style-type: none"> ○ 1200 - 1800 calories depending on activity ○ 3 - 5 ounces of protein ○ 1 - 1.5 cups of fruit ○ 1.5 - 2.5 cups of vegetable ○ 4 - 6 ounces of grains ○ 2.5 cups of dairy ● Common Filipino meals for proper nutrition 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	<p>Question and Answer</p>
<p>Identify guidelines for proper food proportions</p>	<ul style="list-style-type: none"> ● Food pyramid groups for preschoolers ● Nutritional Guidelines for Filipinos for ages 3-5 years old ● Daily Nutrient Guide Pyramid for Filipino Children 	<p>Use of visual aids</p> <p>One-on-one discussion</p>		5 minutes	<p>Question and Answer</p> <p>Evaluation of Food Menu Output</p>
<p>Verbalize importance of daily fruit and vegetable servings for proper diet</p>	<ul style="list-style-type: none"> ● Benefits of fruit and vegetable ● Fruits and vegetables for preschoolers ● Making fruits and vegetables more appetizing to eat ● Vitamin and mineral supplementation 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	<p>Question and Answer</p>

List at least 3 strategies to avoid foods with high caloric value	<ul style="list-style-type: none"> ● Avoiding processed foods ● Choosing healthy alternatives in snacks such as fruit, cheese or milk ● Reading food labels ● Trimming off food fat ● Avoiding candy as treats / rewards 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	Question and Answer
List at least 2 strategies to increase diet compliance	<ul style="list-style-type: none"> ● Small and frequent servings of food ● Allotting a separate schedule for snacking ● Making mealtime happy and enjoyable ● Asking children to prepare simple foods 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	Question and Answer
Describe common health problems of the preschooler	<ul style="list-style-type: none"> ● Common minor illnesses <ul style="list-style-type: none"> ○ Colds ○ Ear infections ○ Flu symptoms ● Risk factors to common health problems ● Bedwetting ● Hyperactivity 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	Question and Answer
List the developmental milestones of the preschooler	<ul style="list-style-type: none"> ● Independent dressing ● Being more aware of sleep needs ● Active exercise and play time activities ● Independent hygiene 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	Question and Answer
Verbalize importance of maintaining healthy lifestyle	<ul style="list-style-type: none"> ● Boosting energy for daily activities of life ● Better physical capabilities ● Management of weight ● Preventing illnesses and diseases ● Improving mood 	<p>Use of visual aids</p> <p>One-on-one discussion</p>	<p>Powerpoint presentation</p> <p>Infographic</p>	5 minutes	Question and Answer

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