

### Health Care Plan

Identified Nursing Problems	Rationale	Goals of Care	Interventions
<p><b>Risk for contamination</b> related to exposure to atmospheric contaminants as evidenced by presence of two smokers in the household</p>	<p>The presence of two smokers in the family’s household, the father and grandfather, serves as a risk factor for the preschooler Sonia to be exposed to environmental contaminants, particularly secondhand smoke, which may compromise her health. Exposure to secondhand smoke increases the incidence of Sonia to develop a number of minor illnesses such as frequent and severe asthma attacks, respiratory infections, and ear infections, which are common during the preschool stage.</p>	<p>After 1 week of nursing interventions, the client’s family, particularly the smokers, will:</p> <ul style="list-style-type: none"> <li>• Identify the negative consequences of smoking to self and members of the family</li> <li>• Use behavior modification strategies to prevent tobacco use around the family</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>• Conduct health teaching on the negative consequences that smoking poses to self and family, especially the child</li> <li>• Assist patient in developing a smoking cessation plan that addresses psychosocial aspects that influence smoking behavior</li> <li>• Assist smoking members to develop practical methods to resist cravings (e.g., spend time with nonsmoking friends and family, frequent places where smoking is not allowed)</li> </ul>
<p><b>Ineffective health management</b> related to lack of understanding of childhood development as evidenced by perceiving and worrying that the child as sickly due to frequent colds</p>	<p>The mother reported that Sonia has had colds for three days, but has no fever, no cough, no ear discharge and no other symptoms. She also reports that this is the 5<sup>th</sup> episode of colds that Sonia has had this year. Given the child’s age, frequent minor illnesses such as colds are common in preschoolers and must not be an area of great concern for parents. However, the mother of Sonia, Jessica, is worrying that Sonia may be a sickly child because of her frequent colds despite these being short in duration, with recovery not requiring any antibiotics nor hospitalizations. This implies that the mother lacks sufficient knowledge on childhood development and common health problems related to the child’s developmental age as well as appropriate health action to be taken, which must be addressed to improve health management.</p>	<p>After 1 week of nursing interventions, the mother will:</p> <ul style="list-style-type: none"> <li>• Verbalize understanding that illnesses such as colds are common yet minor health problems experienced by the preschooler that resolve easily</li> <li>• Identify ways to evaluate common health problems in the preschool child</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>• Discuss with the mother the common health problems experienced by preschoolers</li> <li>• Provide reassurance that frequent minor illnesses are common in preschoolers</li> <li>• Discuss common parental difficulties in evaluating health problems in the preschool child and provide helpful suggestions for health action</li> </ul>
<p><b>Risk for overweight</b> related to unhealthy eating practices as evidenced by preference for fast food, inadequate consumption of vegetables and fruits</p>	<p>Assessment of the preschooler, Sonia, reveals that her height and weight are currently at par for her age. It was also revealed that she has been a very choosy eater and eats very little. These findings are expected given that the preschool years are not a time of fast growth and thus, preschool children are not likely to have ravenous appetite. Sonia’s physical activity may also be adequate for her age as it was mentioned that she is very</p>	<p>After 1 week of nursing interventions, the client, with the family’s assistance, will:</p> <ul style="list-style-type: none"> <li>• Demonstrate improved eating habits as evidenced by reduced consumption of fast food and increased consumption of nutritious foods (i.e. fruits and vegetables)</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>• Discuss and provide parents with written materials about the common eating habits of a preschooler</li> <li>• Instruct parents to have child participate in selection and preparation of nutritious food</li> </ul>

	<p>playful. However, her frequent preference to eat fast food and non-preference for vegetables and fruits poses an area of concern as frequent consumption of fast foods are strongly linked to weight gain.</p>	<p>The family will:</p> <ul style="list-style-type: none"> <li>• Verbalize understanding of the child's eating behavior and habits in relation to developmental age</li> <li>• Identify and use strategies to encourage child to consume nutritious foods</li> </ul>	<ul style="list-style-type: none"> <li>• Instruct parents to be creative in preparing nutritious food to make mealtime happy and enjoyable</li> <li>• Instruct parents to provide nutritious food as snacks between meals</li> </ul>
<p><b>Fear</b> related to separation from mother as evidenced by crying non-stop when the mother leaves for work</p>	<p>Fear of separation is another major yet common concern for preschoolers. Their sense of time and distance are still so distorted that they may not feel comforted by assurances relying on these dimensions. Their keen imagination also contributes to their belief that they have been or will be deserted once their parent or caregiver leaves. These factors ultimately lead the child to experience fear of separation. In this case, fear of separation and abandonment is evident in Sonia as she was observed to be clingy and crying nonstop whenever her mother leaves for work.</p>	<p>After 1 week of nursing interventions, the mother will:</p> <ul style="list-style-type: none"> <li>• Demonstrate measures to minimize the child's fear</li> <li>• Report that the child's crying episodes have decreased</li> <li>• Report that the child's clinginess have decreased</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>• Explain to the parents that fear of separation is normal for the child's developmental age</li> <li>• Encourage the parent to express reassurances in terms of familiar routines or activities</li> <li>• Encourage mother to create an exit ritual during which they say a pleasant, loving, and firm yet quick goodbye</li> <li>• Encourage family to establish and follow consistent routines within the household</li> </ul>
<p><b>Impaired social interaction</b> related to lack of social engagement as evidenced by shyness, preference to engage in individual activities, and non-attendance to preschool or daycare</p>	<p>It has been reported that Sonia becomes shy and does not play with others whenever she's brought to the playground and that she even prefers playing individually at home with her tablet. These behaviors may be normal for a preschooler, especially one who may be naturally slow to warm up to new situations and people. However, the lack of social engagement experienced by the child still poses an area of concern to her social development. This is because peer exposure appears to have a positive effect on social development as it helps children develop the necessary skills to develop relationships, communicate with others, and be confident and autonomous later in life. This problem may be attributed to the child's separation anxiety, which makes it difficult for her to interact with unfamiliar people. This problem may further be amplified by the fact that Sonia does not go to any preschool or daycare centers which therefore suggests that she has limited exposure to new experiences and social contacts.</p>	<p>After 1 week of nursing interventions, the family will:</p> <ul style="list-style-type: none"> <li>• Participate in events that encourage peer exposure for the preschool child (i.e. enrolling the child in a preschool or daycare center, setting-up playdates with other parents who have preschoolers)</li> </ul> <p>The client will:</p> <ul style="list-style-type: none"> <li>• Demonstrate participation in play activities with other preschoolers</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>• Encourage the child to verbalize feelings and concerns associated with socializing</li> <li>• Encourage parents to demonstrate positive interactions with other people to serve as a social role model for their child</li> <li>• Encourage parents and other people the child is familiar/comfortable with to practice role playing to simulate social situations with the child and help the child practice her social skills</li> <li>• Discuss with the parents the benefits to socialization of enrolling the child in a preschool or daycare center</li> </ul>

<b>Anticipated Nursing Problems</b>	<b>Rationale</b>
<b>Sedentary Lifestyle</b>	Although the client is observed to be playful during this stage, she is also shy and prefers to be at home playing with her tablet. Studies have found that such a lifestyle of high technology use among children showed that those with high technology use are less active and more likely to have sedentary lifestyles. Thus, Sonia's preference to play with her tablet instead of playing with other children in the playground may possibly indicate an eventual sedentary lifestyle that needs to be addressed.
<b>Risk for Impaired Parenting</b>	It was stated that the mother worries that Sonia may be a sickly child because of her frequent colds despite this being a common, minor health problem associated with the child's age. This implies that the mother may become overprotective for her child's safety. While being protective of one's can help promote the child's safety, being overprotective, on the other hand, can be detrimental to the child's development in the long run. Most notably, it can negatively influence the child's growth and development into well-adjusted, independent adults. The undesirable psychological consequences of having overprotective parents include anxiety, lack of coping skills, and less competent social skills, among others. Being overprotective may therefore lead to poor parenting as the parent fails to create or maintain an environment that promotes the optimum growth and development of the child.
<b>Ineffective Airway Clearance</b>	Exposure to secondhand smoke contributes to having ineffective airway clearance, or the inability to clear secretions or obstructions from the respiratory tract to maintain a clear airway. As the case shows, the household consists of 2 smokers, particularly the father and grandfather, which increase the child's risk to inhaling secondhand smoke that may subsequently lead to ineffective airway clearance.

## Health Education Plan

**Name of Client:** Sonia

**Age:** 5 years old

**Priority Nursing Diagnoses:**

1. **Ineffective health management** related to lack of understanding of childhood development as evidenced by perceiving and worrying that the child as sickly
2. **Risk for overweight** related to unhealthy eating practices as evidenced by preference for fast food, inadequate consumption of vegetables and fruits

<b>Title of Activity:</b> Proper Health Management and Nutrition for Care of a Preschooler <b>Target Participants:</b> The client (child) and her family <b>Goal:</b> At the end of the health teaching, the family will demonstrate understanding of proper health management and nutrition for a preschooler					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
After 35 minutes of health teaching, the client's family will be able to:  1. Verbalize understanding that illnesses such as colds are common health problems experienced by the preschooler	<ul style="list-style-type: none"> <li>• Common health problems associated with preschoolers</li> <li>• Risk factors associated with health problems</li> <li>• Signs and symptoms of discussed health problems</li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Infographic containing information on common health problems associated with preschool age	<b>Question and Answer:</b> How do you perceive your child's frequent colds?
2. Identify ways to evaluate common health problems experienced by preschoolers	<ul style="list-style-type: none"> <li>• Common parental difficulties in evaluating health problems in a preschool child</li> <li>• Suggestions for proper evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Pamphlet containing information on parental difficulties in evaluating health problems in the preschool child and their suggestions for evaluation	<b>Question and Answer:</b> Can you state at least 1 health problem that may be difficult to evaluate in a preschool child? How do you evaluate it?
3. Verbalize understanding of child's eating behavior and habits in relation to developmental age	<ul style="list-style-type: none"> <li>• Expected eating habits of a preschool child</li> <li>• Food preferences of preschoolers</li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Infographic containing information on eating habits of a preschool child	<b>Question and Answer:</b> Do you think that your child's eating habits are expected considering her age
4. Describes that non-consumption of fruits and vegetables and frequent fast food	<ul style="list-style-type: none"> <li>• Benefits of eating fruits and vegetables</li> <li>• Poor eating habits of children and their</li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Infographic showing the benefits of fruits and vegetables and negative health effects associated	<b>Question and Answer:</b> What will happen to your child's weight if non-consumption of fruits and vegetables and

consumption can lead to the child being overweight	<p>health consequences (i.e. non-consumption of fruits and vegetables, fast food choices)</p> <ul style="list-style-type: none"> <li>• Effect of the identified poor eating habits to child's weight</li> </ul>			with poor dietary practices	frequent fast food consumption are tolerated?
5. Identify the recommended servings of fats and vegetables/fruits for preschool children based on the Daily Nutritional Guide Pyramid for Filipino Children (1-6 years old)	<ul style="list-style-type: none"> <li>• Daily Nutritional Guide Pyramid for Filipino Children (1-6 years old) from DOST-FNRI</li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Pamphlet showing the Daily Nutritional Guide Pyramid for Filipino Children (1-6 years old) from DOST-FNRI	<b>Question and Answer:</b> Based on the food pyramid discussed, how much fats and vegetables/fruits should you serve to your child for optimal nutrition?
6. Identify at least 2 strategies to encourage child to consume nutritious foods	<ul style="list-style-type: none"> <li>• Strategies to encourage healthy diet for preschoolers: <ul style="list-style-type: none"> <li>○ Let child participate in food selection and preparation</li> <li>○ Be creative in preparing nutritious food</li> <li>○ Provide nutritious food as snacks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Use of visual aids</li> <li>• Lecture / Group discussion</li> </ul>	5 mins	Pamphlet showing strategies encouraging healthy diet for preschoolers	<b>Question and Answer:</b> Can you identify at least 2 strategies you can do to encourage your child to consume nutritious foods?
7. Monitor their child's food intake for each meal and weight once a week	<ul style="list-style-type: none"> <li>• Normal and abnormal weight ranges for preschoolers</li> <li>• Content of food and weight diaries</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration of monitoring nutrition and weight on a food diary and a weight diary, respectively</li> </ul>	5 mins	Food diary Weight diary Pamphlet containing instructions on monitoring food intake and weight	<b>Observation of diaries</b> Food diary contains complete food intake of child up to the last meal taken; Weight diary contains the weight of the child after 1 week

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