

## HEALTH CARE PLAN

IDENTIFIED NURSING PROBLEMS	RATIONALE	GOALS OF CARE	INTERVENTIONS
<p><b>Risk for contamination</b> related to exposure to atmospheric pollutants such as tobacco smoke as evidenced by the father and grandfather as being smokers in the household</p>	<p>The family's health is compromised as they are susceptible to the exposure of environmental contaminants specifically to tobacco smoke since there are two smokers in the family, Sonia's father and grandfather. Although Sonia is not particularly the one smoking, she is still affected since she can still inhale the smoke and thus exposed to secondhand smoking. Secondhand smoke is the smoke that comes from the burning end of the cigarette as well as the smoke puffed out by the smokers themselves. It is said to have consisted of more than a hundred toxic chemicals, 70 of which can cause cancer. In the case of Sonia, it can interfere with her breathing and can possibly be the cause of the colds she is currently experiencing since secondhand smoke usually results in more sickness among children. Aside from this, she is at risk of developing ear infections as well as various respiratory infections such as bronchitis and pneumonia.</p>	<p>After a week of nursing interventions, the client's family specifically the smokers will:</p> <ul style="list-style-type: none"> <li>• Verbalize an understanding of the factors that may lead to the health conditions of themselves and their family members.</li> <li>• Demonstrate behaviors or lifestyle changes to reduce risk factors and protect the family members from developing new or worsening current conditions.</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Assist the family members to develop a plan to address individual safety needs and illness prevention in the home setting.</li> <li>• Discuss the benefits of smoking cessation and recommend smokers to smoking cessation programs</li> <li>• Present the effects of secondhand smoke and the importance of avoidance of smoking inside the house where family members are likely to be exposed</li> </ul>
<p><b>Ineffective health maintenance</b> related to insufficient knowledge on common health problems of preschoolers as evidenced by worrisome mother</p>	<p>During the preschool period, children still have immature immune systems which makes them more vulnerable to colds and other minor illnesses. In addition, their upper respiratory airways are not yet fully developed thus allowing for more frequent viral and bacterial infections. Sonia's mother is worried that her child is sickly since it her child has experienced a total of 6 episodes of colds for the year, although there is no fever, cough, ear discharge and other symptoms and that the previous colds were short in duration and were not required for antibiotics and hospital admissions. This suggests that Sonia's mother has insufficient knowledge on the common health problems in the preschool period when in fact, preschoolers normally experience at least 6 to utmost 10 colds per year. In addition, she doesn't recognize constant exposure to secondhand smoking as a contributory factor to Sonia's episodes of colds.</p>	<p>After a week of nursing interventions, the mother will:</p> <ul style="list-style-type: none"> <li>• Verbalize understanding of the factors contributing to her daughter's current condition</li> <li>• Identify necessary health maintenance activities for a preschooler</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Discuss the normal development patterns of a preschooler</li> <li>• Identify the common health problems that are normally experienced by children in this age group</li> <li>• Explain how the environment, especially secondhand smoking, causes children to experience more illnesses.</li> <li>• Provide possible health maintenance activities that the mother can implement to relieve her daughter's symptoms of the colds</li> </ul>

<p><b>Ineffective child eating dynamics</b> related to poor preferences of food as evidenced by consumption of fast food but no fruits and vegetables</p>	<p>Preschoolers likely do not have big appetites since they still have small body proportions and they only eat not to fill themselves up, but up to until they don't feel hungry anymore. In Sonia's case, it is normal that she does not eat frequently as her mother expects her to. However, the problem resides in her food preferences, which is to only eat fast food and consume little to no fruits and vegetables. Eating only fast food will have negative consequences since they contain a lot of fat, sugar, and salt while lacking in important nutrients such as protein, fiber, vitamins and mineral, which fruits and vegetables often have. When Sonia maintains her current eating dynamics, she will have vitamin deficiencies, and greater risks for obesity, and other chronic illnesses later in her life.</p>	<p>After a week of nursing interventions, the client and with her family's assistance will:</p> <ul style="list-style-type: none"> <li>• Ingest the appropriate number of calories or nutrients that meet her metabolic needs</li> <li>• Identify the negative effects of eating only fast food and no fruits and vegetables</li> <li>• Maintain body weight appropriate for her height.</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Assess family functioning, relationships and parenting style that may affect the child's ineffective eating dynamics.</li> <li>• Discuss the effect of frequent use of processed or fast-food sources for child's meal.</li> <li>• Help parents learn new methods of planning and cooking foods.</li> <li>• Discuss parental involvement in child's eating behaviors.</li> </ul>
<p><b>Risk for overweight</b> related to consumption of unhealthy food and reduced average daily physical activity</p>	<p>As stated, Sonia is a picky eating, refusing to eat fruits and vegetables and prefer fast food, which are high in fat, sugar and salt. Although her current anthropometric measurements are at a normal range, maintaining this behavior puts her at risk for overweight. In addition, her preferred activities such as staying at home and playing her tablet prevents her body to maintain an energy expenditure lower than what is normal thus allowing for excessive fat accumulation and denies herself from developing her motor skills which in turn compromises her health. Usually, preschoolers undergo an active phase such as rough-housing to get rid of all the tension however, this is not seen in Sonia's case.</p>	<p>After a week of nursing interventions, the client and with her family's assistance will:</p> <ul style="list-style-type: none"> <li>• Demonstrate appropriate changes in eating patterns</li> <li>• Participate more in physical activities and exercises</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Calculate calorie requirements based on physical factors and activity</li> <li>• Provide information regarding specific nutritional needs and modifications to achieve and maintain healthy body weight</li> <li>• Discuss with parents the provision of small but frequent smart snacks</li> <li>• Introduce client to more physical activities that she would enjoy and participate</li> </ul>
<p><b>Anxiety</b> related to separation from mother as evidenced by non-stop crying</p>	<p>At the preschool stage, children have a keen imagination that makes them believe that they have been abandoned once they are left lose sight of their primary caregiver even just for a single moment. Assuring them that they are not deserted won't help as well since their sense of time and distance are still distorted. This leads to anxiety whenever their primary caregiver, in Sonia's case, her mother, needs to go to work or attend to other responsibilities. Sonia's coping mechanism to her separation anxiety is to cry non-stop.</p>	<p>After a week of nursing interventions, the mother will:</p> <ul style="list-style-type: none"> <li>• Identify the ways that are most comforting for her daughter</li> <li>• Report a decrease in her daughter's crying and separation anxiety</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Explain to the mother the reasons for separation anxiety</li> <li>• Discuss numerous methods to calm a preschooler in the event of a separation anxiety.</li> <li>• Provide objects of familiarity that would lessen crying when primary caregiver leaves</li> <li>• Practice with parent and child separation periods.</li> </ul>

<p><b>Impaired Social Interaction</b> related to disinterest to socialize as evidenced by shyness and distancing from other children</p>	<p>Socialization among children can begin as early as the age of 2 where babies participate in parallel play with the same age. At the age of 3 and beyond, children will start to interact and play with other children. This helps children develop their skills such as patience, taking turns, listening to directions, paying attention, solving disputes with vocabulary and focus on tasks without constant supervision. In the case of 5 year old Sonia, she becomes shy when exposed to other children at the park and instead prefers to be by herself playing with her tablet. This prevents Sonia from developing her social-emotional, cognitive, language and self-regulation skills properly.</p>	<p>After a week of nursing interventions, the client and her mother will:</p> <ul style="list-style-type: none"> <li>• Identify barriers that cause impaired social interactions</li> <li>• Use successful social interaction behaviors</li> <li>• Report increased comfort in social situations</li> <li>• Report effective and productive interaction with other children</li> </ul>	<p>In a span of 1 week, the nurse will:</p> <ul style="list-style-type: none"> <li>• Encourage social support and counseling</li> <li>• Provide supervised interaction opportunities for the client particularly with same age children</li> <li>• Limit play to one playmate to learn appropriate play skills then gradually increase number of playmates</li> </ul>
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<p><b>ANTICIPATED NURSING PROBLEMS</b></p>	<p><b>RATIONALE</b></p>
<p><b>Ineffective airway clearance</b></p>	<p>It was mentioned that in Sonia's household, there are two members that are active smokers (the father and grandfather). Although Sonia is not particularly the one smoking, she, as well as her mother and grandmother, are still at risk in developing ineffective airway clearance which is the inability to clear secretions or obstructions from the respiratory tract to maintain a clear airway. This is because they are all exposed to secondhand smoke which still contain toxic chemicals that can irritate the lungs and cause respiratory illnesses and breathing difficulties. They may develop an ineffective cough, the inability to remove airway secretions, abnormal breathe sounds, and abnormal respiratory rate, rhythm and depth.</p>
<p><b>Sedentary lifestyle</b></p>	<p>In today's time, it is common for preschool children to be exposed early to gadgets and other forms of technology that makes life more convenient. 5 year old Sonia is said to be very playful when first seen, but it was later reported by her mother that she is not interested in playing physical activities outside with other children and instead stay at home to play with her tablet by herself. Although she is currently at par with the normal weight and height values, her physical inactivity as well as her poor preferences for food can change this drastically. When she continues to be like this, she would habituate a life of low physical activity level. With this, her average daily physical activity may be seen as less than recommended for her age, and she would most likely develop physical deconditioning.</p>
<p><b>Risk for loneliness</b></p>	<p>Sonia has been having difficulty with separation anxiety whenever she loses sight of her mother. Her mother reported that she would cry non-stop whenever she has to go to work three times a week. When Sonia does not grow out of her separation anxiety, she is at risk for loneliness where she would constantly experience discomfort whenever she does fulfill the desire to have contact with the people she like to spend time with.</p>

## HEALTH EDUCATION PLAN

**Name:** Sonia

**Age:** 5 years old

**Priority Nursing Diagnoses:**

1. **Ineffective child eating dynamics** related to poor preferences of food as evidenced by consumption of fast food but no fruits and vegetables
2. **Risk for overweight** related to consumption of unhealthy food and reduced average daily physical activity

<p><b>TITLE:</b> Tama at Wastong Pamamahala sa Nutrisyon ng Batang Preschooler  <b>TARGET PARTICIPANT:</b> The child and household members  <b>GOAL:</b> At the end of the health teaching session, the mother will demonstrate proper understanding of eating</p>					
OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
<p>After 30 minutes of health teaching, the client and her family will be able to:</p> <p>1. Verbalize understanding on the importance of a balanced caloric intake and expenditure</p>	<ul style="list-style-type: none"> <li>• Concept of energy balance where energy can only be gained, lost or stored but not created nor destroyed</li> <li>• Appropriate physical activities that balance out energy intake and expenditure</li> <li>• Risks of being overweight and obese and their consequences to health</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture/discussion</li> <li>• Use of visual illustrations</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Pamphlet</li> </ul>	<ul style="list-style-type: none"> <li>• Question and Answer</li> <li>• Performance of physical activities</li> </ul>
<p>2. Identify the negative effects of a fast-food diet to a preschooler</p>	<ul style="list-style-type: none"> <li>• Amount of sugar, salt, saturated fats and trans fats found in common fast-food dishes</li> <li>• Short and long-term impacts of a regular fast-food diet</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture/discussion</li> <li>• Use of visual illustrations</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Infographic material</li> </ul>	<ul style="list-style-type: none"> <li>• Question and Answer</li> </ul>

<p>3. Increase involvement in client's nutrition and eating behaviors</p>	<ul style="list-style-type: none"> <li>• Meal plans and methods of food preparation that excite children</li> <li>• Importance of child's involvement in choosing among healthy food preferences</li> <li>• Advantage of frequent snacks compared to three separate big meals</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture/discussion</li> <li>• Use of visual illustrations</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Infographic material</li> <li>• The Philippine Food Composition Table</li> </ul>	<ul style="list-style-type: none"> <li>• Question and Answer</li> <li>• Demonstration of parental involvement in child's food choices and eating behavior</li> </ul>
<p>4. Demonstrate appropriate changes in eating habits</p>	<ul style="list-style-type: none"> <li>• Appropriate portions/measurements of different types of foods for the preschooler</li> <li>• Advantages of administering supplementary vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture/discussion</li> <li>• Use of visual illustrations</li> </ul>	<ul style="list-style-type: none"> <li>• 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• The Philippine Food Composition Table</li> <li>• Daily Food Guide for Children</li> </ul>	<ul style="list-style-type: none"> <li>• Question and Answer</li> </ul>
<p>5. Participate more in physical exercises and playdates with other children</p>	<ul style="list-style-type: none"> <li>• Physical activities appropriate for a preschooler</li> <li>• Importance of social interactions in the development of cognitive, emotional and motor skills</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Use of visual illustrations</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Video presentation</li> <li>• Infographic material</li> </ul>	<ul style="list-style-type: none"> <li>• Question and Answer</li> <li>• Return demonstration</li> <li>• Interaction with other children</li> </ul>

## References

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