

HEALTH CARE PLAN

Name of Client: Sonia

Age: 5 y/o (years old)

Sex: F

IDENTIFIED NURSING PROBLEMS	RATIONALE	GOALS OF CARE	APPROPRIATE NURSING INTERVENTIONS
<b>Ineffective child eating dynamics</b> r/t inadequate dietary habits AEB dislike for vegetables and fruits & frequent consumption of fried and fast foods	During the preschool period (3-6 y/o), physical growth declines, which contributes to the small appetite among preschoolers. The picky eating behavior from toddlerhood also carries over into this stage (Pillitteri, 2010). These characteristics are evident in Sonia, who is reportedly very choosy and dislikes fruits and vegetables, eats very little, and prefers fries and chicken from Jollibee. Nevertheless, although picky eating is common throughout childhood, it is important to promote and develop healthy eating habits early on, as minimal fruit and vegetable consumption combined with abundant fried and fast-food intake often lead to a deficiency in essential nutrients as well as increased risks of developing obesity, hypertension, dyslipidemia, diabetes, and heart disease (Das, 2015).	After a week of nursing interventions, the family will be able to: <ul style="list-style-type: none"><li>• Participate in all follow-up assessments conducted by the student nurse</li><li>• Identify all expected and unusual eating behaviors exhibited by Sonia, and explain why expected behaviors are manifested by preschool children</li><li>• Identify at least 3 health risks of Sonia’s unhealthy eating habits</li><li>• Explain nutritional requirement for Sonia’s age and development, and provide at least 3 meals that meet these requirements</li><li>• Explain at least 3 strategies that will encourage Sonia to eat healthy foods</li></ul>	The student nurse will: <ul style="list-style-type: none"><li>• Further assess Sonia’s eating habits (e.g., frequency of fruit and vegetable intake versus fried and fast-food intake, Sonia’s reasons for dislike of fruits and vegetables)</li><li>• Assess family’s eating habits</li><li>• Assess family’s perception of Sonia’s eating habits and knowledge of expected eating behaviors for preschool children</li><li>• Discuss expected eating behaviors for preschool children</li><li>• Discuss health risks of Sonia’s unhealthy eating habits</li><li>• Discuss nutritional requirements for preschool children</li><li>• Involve family, especially whoever is responsible for meal planning and preparation, in formulating strategies that promote adequate</li></ul>

		<ul style="list-style-type: none"><li>• Demonstrate Sonia’s healthier eating habits characterized by more fruits and vegetables and less fried and fast foods</li></ul>	<p>nutrition and healthy food practices, such as role modelling, including Sonia in food preparation, making delicious and interesting healthy meals, etc.</p> <ul style="list-style-type: none"><li>• Monitor progress and/or make necessary modifications in interventions and its execution</li></ul>
<p><b>Ineffective family health self-management</b> r/t inadequate health literacy of caregiver AEB misconception of child as sickly &amp; inadequate risk reduction practices</p>	<p>Preschoolers can have at least 6-8 colds per year, even more if they attend daycare (Stanford Children’s Health, n.d.), as they develop their own immune system. In Sonia’s case, she is in her 5<sup>th</sup> incidence of colds this year, which has been going on for three days. She has no family history of allergies, experiences no other symptoms, and her colds only last for short periods of time, without any need for antibiotics or hospitalization. While her colds are simply a part of normal child development, her mother worries that it is an indication of being a sickly child. This demonstrates a clear lack of knowledge regarding child development, particularly in terms of health, and may cause Sonia’s mother to be overly protective of her child.</p> <p>Sonia’s mother plans to give her vitamin C, which indicates initiative in addressing Sonia’s condition, although it is unclear whether she intends to use it as prevention or therapeutic regimen. Moreover, the presence of smokers in the family may expose Sonia to secondhand smoke and predispose her to</p>	<p>After a week of nursing interventions, the family will be able to:</p> <ul style="list-style-type: none"><li>• Participate in all follow-up assessments conducted by the student nurse</li><li>• Enumerate at least 3 common illnesses in preschoolers, and explain Sonia’s frequent colds</li><li>• Explain at least 3 risk factors that may exacerbate Sonia’s colds, including the smoking of some family members</li><li>• Enumerate at least 3 signs and symptoms of the common cold</li><li>• Explain how to properly manage colds and at least 3 preventions</li><li>• Enumerate at least 3 complications of colds that warrant medical attention</li></ul>	<p>The student nurse will:</p> <ul style="list-style-type: none"><li>• Assess the family’s perception of Sonia’s health and knowledge of risk factors, preventions, and therapeutic regimens related to her colds</li><li>• Discuss expected health and illness patterns for preschool children, with focus on colds</li><li>• Discuss risk factors that may increase frequency and/or severity of the common cold</li><li>• Discuss signs and symptoms of the common cold</li><li>• Discuss proper management and prevention of colds</li><li>• Discuss signs and symptoms that require medical attention</li></ul>

	more colds or worse respiratory conditions, as it inhibits the activation of innate immune responses to bacterial infection (Winnall et al., 2015).	<ul style="list-style-type: none"><li>• Demonstrate frequent or consistent application of health teachings</li></ul>	<ul style="list-style-type: none"><li>• Monitor progress and/or make necessary modifications in interventions and its execution</li></ul>
<b>Anxiety</b> r/t separation from parent AEB clinginess and crying	The fear of separation or abandonment persists in preschool children, as their sense of time and distance remain distorted and limited. It may even intensify due to their keen imagination, which makes them believe that they have been abandoned (Pillitteri, 2010). Sonia's mother reports that her child is very clingy and cries non-stop whenever she leaves for work. Crying, tantrums, and clinginess are usual signs of separation anxiety among preschoolers (Hurley, 2015). As children prepare to go to school and explore the world on their own, it is important for them to learn how to cope with the anxiety or fear of being separated from their parent/s and family.	<p>After a week of nursing interventions, the family will be able to:</p> <ul style="list-style-type: none"><li>• Participate in all follow-up assessments conducted by the student nurse</li><li>• Explain preschoolers' fear of separation/abandonment</li><li>• Explain at least 3 dos and 3 don'ts in addressing Sonia's anxiety</li><li>• Demonstrate minimized struggle to separate from Sonia, characterized by diminished clinginess and crying</li></ul>	<p>The student nurse will:</p> <ul style="list-style-type: none"><li>• Assess for possible causes of Sonia's fear of separation, according to Sonia's and her family's perspectives</li><li>• Assess how family responds to and manages Sonia's clinginess and crying</li><li>• Discuss expected emotional/social patterns for preschool children (fear of separation/abandonment)</li><li>• Involve family in formulating strategies to properly address Sonia's anxiety (dos and don'ts), such as relating time and distance to familiar concepts, creating goodbye rituals, building trust through keeping promises, etc.</li><li>• Monitor progress and/or make necessary modifications in interventions and its execution</li></ul>
<b>Impaired social interaction</b> r/t inadequate social skills AEB low levels of social	Sonia becomes shy and does not participate in play whenever she visits the playground. She prefers to play with her tablet at home and does not currently attend daycare or preschool. These circumstances impair Sonia's social interaction	<p>After a week of nursing interventions, the family will be able to:</p> <ul style="list-style-type: none"><li>• Participate in all follow-up assessments conducted by the student nurse</li></ul>	<p>The student nurse will:</p> <ul style="list-style-type: none"><li>• Assess for possible causes of Sonia's shyness, according to</li></ul>

activities & minimal interaction with others	with other children. It is important for Sonia to engage in play with other children, as it provides valuable learning experiences to hone social cognition, social skills, and a sense of self. Through playing with other children, she will be able to understand others' feelings and perspectives, take turns in playing and speaking, compromise for mutually fun activities, and respectfully express her opinions (Gazelle, 2016). The excessive use of gadgets may also exacerbate her impaired social interactions by giving rise to interpersonal and communication issues.	<ul style="list-style-type: none"><li>• Identify whether Sonia exhibits social behavior appropriate for preschoolers</li><li>• Explain at least 3 factors that possibly contribute to Sonia's shyness</li><li>• Explain why it is necessary for Sonia to interact with other children and what would happen if she remained socially isolated</li><li>• Explain at least 3 dos and 3 don'ts to effectively encourage Sonia to interact with other children</li><li>• Demonstrate improvements in Sonia's social skills, characterized by frequent interactions with other children</li></ul>	<p>Sonia's and her family's perspectives</p> <ul style="list-style-type: none"><li>• Assess how family responds to and manages Sonia's shyness, including how they encourage her to interact with other children</li><li>• Discuss expected social patterns for preschool children and when to be concerned</li><li>• Discuss contributing factors for preschool children's shyness</li><li>• Discuss the importance of social interaction with other children and the effects of a lack thereof</li><li>• Involve family in formulating strategies to encourage Sonia to interact with other children (dos and don'ts), such as not labeling Sonia as 'shy', preparing for unfamiliar places or situations, encouraging Sonia to share her feelings, etc.</li><li>• Monitor progress and/or make necessary modifications in interventions and its execution</li></ul>
<b>Risk for contamination</b> r/t smoker family members	Having smokers in the family – in Sonia's case, her father and grandfather – increase the susceptibility of children and other members to exposure to	After a week of nursing interventions, the family will be able to:	The student nurse will:

	<p>secondhand smoke. In children, this may lead to health problems such as respiratory symptoms, impaired lung function, lower respiratory illnesses, and middle ear diseases (Centers for Disease Control and Prevention, 2020). In fact, particles released from smoking remain on the clothes, hair, and skin of the caregiver after smoking, which would still expose children to contaminants even when the smoking occurred outside the household (Lefeber &amp; Nield, 2016).</p>	<ul style="list-style-type: none"> <li>• Participate in all follow-up assessments conducted by the student nurse</li> <li>• Identify at least 3 health risks of cigarette smoking in adults and 3 in children</li> <li>• Explain effective methods for smoking cessation</li> <li>• Agree to attend a smoking cessation counselling/program session</li> <li>• Demonstrate efforts to reduce family members' exposure to secondhand smoke</li> </ul>	<ul style="list-style-type: none"> <li>• Assess the smoking habits of Sonia's father and grandfather (location, frequency, efforts to prevent secondhand smoke exposure of other members)</li> <li>• Assess the family's knowledge and perception of health risks related to cigarette smoking</li> <li>• Assess smokers' readiness for smoking cessation</li> <li>• Discuss health risks of cigarette smoking in adults and children</li> <li>• Discuss effective methods for smoking cessation</li> <li>• Refer smokers to smoking cessation counselling and programs</li> <li>• Monitor progress and/or make necessary modifications in interventions and its execution</li> </ul>
<p><b>Risk for overweight</b> r/t frequent consumption of fried and fast foods &amp; screen time activity</p>	<p>High frequency of restaurant or fried food is one of the risk factors for being overweight. Additionally, screen media exposure also contributes to weight gain through possible mechanisms such as displacing physical activity, increasing energy intake from snacking while using gadgets and effects of advertising, and reducing sleep (Robinson et al., 2017).</p> <p>While Sonia's weight and height are currently appropriate for her age, her preference for fried</p>	<p>After a week of nursing interventions, the family will be able to:</p> <ul style="list-style-type: none"> <li>• Participate in all follow-up assessments conducted by the student nurse</li> <li>• Explain at least 3 health risks of being overweight</li> <li>• Explain nutritional requirement for Sonia's age and development,</li> </ul>	<p>The student nurse will:</p> <ul style="list-style-type: none"> <li>• Assess family's eating habits</li> <li>• Assess family's knowledge and perception of good nutrition and healthy eating habits</li> <li>• Discuss health risks of being overweight</li> <li>• Discuss nutritional requirements for preschool children</li> </ul>

	<p>and fast foods as well as gadget use increase her risk of becoming overweight, which may pose even greater health threats such as diabetes, heart disease, hypertension, liver problems, or menstrual problems (University of California San Francisco Benioff Children’s Hospital, n.d.).</p>	<p>and provide at least 3 meals that meet these requirements</p> <ul style="list-style-type: none"><li>• Explain at least 3 strategies that will encourage Sonia to eat healthy foods</li></ul> <ul style="list-style-type: none"><li>• Explain the relationship between screen time and weight gain</li><li>• Identify appropriate screen time for Sonia’s age</li><li>• Demonstrate Sonia’s healthier eating habits characterized by more fruits and vegetables and less fried and fast foods</li><li>• Demonstrate Sonia’s reduced screen activity characterized by appropriate screen time for age</li></ul>	<ul style="list-style-type: none"><li>• Involve family, especially whoever is responsible for meal planning and preparation, in formulating strategies that promote adequate nutrition and healthy food practices, such as role modelling, including Sonia in food preparation, making delicious and interesting healthy meals, etc.</li><li>• Discuss how screen time activity contributes to weight gain</li><li>• Discuss appropriate screen time for preschool children</li><li>• Monitor progress and/or make necessary modifications in interventions and its execution</li></ul>
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ANTICIPATED NURSING PROBLEMS	RATIONALE
<b>Ineffective airway clearance</b> r/t secondhand smoke	Having smokers in the family, namely Sonia’s father and grandfather, increases her and other members’ risk for exposure to secondhand smoke. Secondhand smoke contributes to the overproduction of mucous, impairment of the lung cilia lining, oxidative damage, injury to the cells lining the lungs, and immune cell reactivity (Leader, 2021). Chronic exposure to cigarette smoke thereby diminishes the efficacy of mucociliary clearance, resulting in ineffective airway clearance (Xavier et al., 2013).
<b>Sedentary lifestyle</b> r/t exceeding screen time recommendation for age AEB choosing a daily routine lacking physical exercise (tablet)	The sedentary behavior of Sonia – playing with her tablet rather than with other children at the playground – may develop into a lifestyle that diminishes her physical activity and increases her risk for becoming overweight or obese.
<b>Risk for impaired parenting</b> r/t inadequate knowledge about child development	Sonia’s mother worries that her daughter is sickly due to Sonia’s frequent colds despite it being a normal part of the preschooler’s development. This may cause Sonia’s mother to be overprotective of Sonia and impair her parenting as she limits Sonia’s activities and experiences in a way that is inappropriate based on the child’s development. Overprotective parenting negatively affects the wellbeing of children and leads to risk aversion, dependency on parents, increased risk of psychological disorders, weak coping mechanisms, and chronic anxiety (Chae, 2019).
<b>Risk for loneliness</b> r/t social isolation	Sonia is a shy kid who would rather play with her tablet rather than with other children at the playground. She also does not attend preschool or daycare, thereby limiting her interaction with children her age. This deprives Sonia of the social skills gained from playing with others, which may give her a difficult time when she starts going to school and finds it hard to socialize with other children. This may lead to feelings of loneliness that will affect her mental and emotional health in the long run. In fact, positive associations exist between shyness and loneliness or social dissatisfaction and social anxiety in late childhood (Walker, 2011).

## HEALTH EDUCATION PLAN

**Name of Client:** Sonia

**Age:** 5 y/o

**Sex:** F

### Priority Nursing Diagnoses:


1. Ineffective child eating dynamics r/t inadequate dietary habits AEB dislike for vegetables and fruits & frequent consumption of fried and fast foods
2. Ineffective family health self-management r/t inadequate health literacy of caregiver AEB misconception of child as sickly & inadequate risk reduction practices

**Rationale:** In accordance with Maslow's hierarchy of needs, physiological needs (ineffective child eating dynamics) and safety needs (ineffective family health self-management) are prioritized in the nursing care and education plans for these are of the top two needs considered most vital for human survival. Additionally, both diagnoses are actual health problems that are already affecting Sonia's health, thereby requiring the most immediate attention. Addressing these health problems is essential to ensure Sonia's proper growth and development. It may also concomitantly improve the family's health practices, especially those related to Sonia's health.

<b>TITLE:</b> Nutrition and Health Management of a Preschooler <b>TARGET PARTICIPANT / AUDIENCE:</b> Sonia and her family (parents, paternal grandparents) <b>GOAL:</b> After two health teaching sessions, the participants will be able to explain the appropriate nutrition and health management for a preschooler and demonstrate the correct application of these learnings in caring for Sonia.					
LEARNING OBJECTIVES	CONTENT	INSTRUCTIONAL ACTIVITY	RESOURCES NEEDED	TIME ALLOTMENT	EVALUATION METHOD/CRITERIA
<b>Ineffective child eating dynamics</b> r/t inadequate dietary habits AEB dislike for vegetables and fruits & frequent consumption of fried and fast foods					
After 40 minutes' worth of health teaching, the family will be able to:  Identify all expected and unusual eating behaviors exhibited by Sonia, and explain why expected behaviors are manifested by preschool children	<i>Eating Dynamics of Preschoolers</i> (Pillitteri, 2010) <ul style="list-style-type: none"> <li>• Can feed themselves</li> <li>• Have small appetites due to diminished physical growth; it is their personality and cognition that develop during this period             <ul style="list-style-type: none"> <li>○ It is best to offer small servings of food and let them ask for more to prevent getting overwhelmed by the amount of food in their plate and allow them to feel successful upon finishing their food</li> </ul> </li> <li>• Weight gain is only about 4.5 lbs (2 kgs)</li> <li>• Should not snack so frequently to prevent becoming full by mealtime</li> </ul>	Use of visual aid  Group discussion	PowerPoint presentation  Infographic or pamphlet	10 minutes	Question and answer: <i>Ano ang mga inaasahang gawi sa pagkain o eating habits ng isang preschooler gaya ni Sonia? Bakit?</i>  <i>Ano ang mga eating habits ni Sonia na hindi pangkaraniwan</i>



	<ul style="list-style-type: none"> <li>• It is best to offer foods like fruit, cheese, or milk as after-school snacks, as sugary foods tend to dull the appetite</li> <li>• May not eat plenty of meat due to difficulty in chewing</li> <li>• Additional vitamins are unnecessary if the child eats the right amount and variety of foods and meets the criteria for a healthy child <ul style="list-style-type: none"> <li>○ Preschoolers view vitamins as candy rather than medicine, so only give the recommended daily amount of vitamins</li> </ul> </li> <li>• May eat quickly (and perhaps incompletely) to avoid something unpleasant about to happen at the dining table</li> </ul>				<i>para sa kanyang edad, kung meron man?</i>
Identify at least 3 health risks of Sonia's unhealthy eating habits	<p><i>Health Risks of Frequent Fried and Fast-Food Intake</i> (Das, 2015; Thomas, 2018)</p> <ul style="list-style-type: none"> <li>• Long-term health problems like obesity</li> <li>• Emotional and self-esteem problems</li> <li>• Development of nutrient deficiency diseases</li> <li>• Chronic illnesses in later life <ul style="list-style-type: none"> <li>○ Hypertension</li> <li>○ Dyslipidemia</li> <li>○ Diabetes</li> <li>○ Heart disease</li> </ul> </li> </ul>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	5 minutes	<p>Question and answer:</p> <p><i>Ano ang mga maaaring maidulot na mga banta sa kalusugan ng kasalukuyang eating habits ni Sonia?</i></p>
Explain nutritional requirement for Sonia's age and development, and provide at least 3 meals that meet these requirements	<p><i>Nutritional Requirement for Preschoolers</i> from the Philippine Department of Health</p> <p>See:</p> <p><a href="#">Daily Nutritional Guide Pyramid for Filipino Children (1-6 years old)</a></p>	<p>Use of visual aid</p> <p>Group discussion</p> <p>Meal planning</p>	<p>PowerPoint presentation</p> <p>DOH infographic</p> <p>Pen and paper</p>	15 minutes	<p>Question and answer:</p> <p><i>Ano-anong uri ng pagkain ang dapat kinakain ni Sonia?</i></p>

					<p><i>Gumawa ng tatlo o higit pang meal plan na kayang matugunan ang kinakailangang nutrients ni Sonia.</i></p>
<p>Explain at least 3 strategies that will encourage Sonia to eat healthy foods</p>	<p><i>Dos</i> (Mayo Clinic Staff, 2020)</p> <ul style="list-style-type: none"><li>• Be a role model</li><li>• Include child in meal planning &amp; preparation</li><li>• Incorporate fruits and vegetables into interesting and delicious foods</li><li>• Have a mealtime routine/schedule</li><li>• Be patient with new foods</li><li>• Minimize distractions during mealtime</li></ul> <p><i>Don'ts</i></p> <ul style="list-style-type: none"><li>• Don't offer dessert as a reward</li><li>• Don't bribe children to eat certain foods</li><li>• Don't be a short-order cook</li></ul>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	<p>10 minutes</p>	<p>Question and answer:</p> <p><i>Ano ang mga maaari niyong gawin upang mahikayat si Sonia na kumain ng iba't ibang pagkain?</i></p>

<b>Ineffective family health self-management</b> r/t inadequate health literacy of caregiver AEB misconception of child as sickly & inadequate risk reduction practices					
<p>After 35 minutes' worth of health teaching, the family will be able to:</p> <p>Enumerate at least 3 common illnesses in preschoolers, and explain Sonia's frequent colds</p>	<p><i>Common Childhood Illnesses</i> (Healthway Medical Group, n.d.)</p> <ul style="list-style-type: none"> <li>• Common Cold</li> <li>• Sore Throat</li> <li>• Stomach Flu (Gastroenteritis)</li> <li>• Cough</li> <li>• Bronchiolitis &amp; Bronchitis</li> <li>• Hand-Foot-Mouth Disease (HFMD)</li> <li>• Eczema</li> <li>• Ear Infection</li> <li>• Urinary Tract Infection (UTI)</li> <li>• Bacterial Sinusitis</li> </ul> <p>Preschoolers can have at least 6-8 colds per year, even more if they attend daycare (Stanford Children's Health, n.d.), as they develop their own immune system.</p>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	<p>5 minutes</p>	<p>Question and answer:</p> <p><i>Ano ang mga sakit na karaniwang nakukuha ng mga batang 5 taong gulang gaya ni Sonia?</i></p>
<p>Explain at least 3 risk factors that may exacerbate Sonia's colds, including the smoking of some family members</p>	<p><i>Risk Factors for Common Colds</i> (Correll, 2021)</p> <ul style="list-style-type: none"> <li>• Poor hygiene, hand-to-mouth contact</li> <li>• Crowded places</li> <li>• Shared surfaces (doorknobs, handrails)</li> <li>• Comorbidities</li> <li>• Cold Season</li> <li>• Smoker/s among family members</li> <li>• Attendance in preschool or daycare</li> </ul>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	<p>10 minutes</p>	<p>Question and answer:</p> <p><i>Ano ang mga maaaring magpataas ng tyansang magkaroon si Sonia ng sipon?</i></p>
<p>Enumerate at least 3 signs and symptoms of the common cold</p>	<p><i>Signs and Symptoms of the Common Cold</i> (Stanford Children's Health, n.d.)</p> <ul style="list-style-type: none"> <li>• Runny, stuffy nose</li> <li>• Nasal congestion</li> <li>• Scratchy, tickly throat</li> </ul>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	<p>5 minutes</p>	<p>Question and answer:</p> <p><i>Ano ang mga sintomas ng sipon?</i></p>

	<ul style="list-style-type: none"> <li>• Mild hacking cough</li> <li>• Sore throat</li> <li>• Sneezing</li> <li>• Watery eyes</li> <li>• Low-grade fever</li> <li>• Chills</li> <li>• Mild headaches</li> <li>• Slight body aches</li> <li>• Watery nasal discharge that thickens and turns yellow or green</li> </ul>				
Explain how to properly manage colds and at least 3 preventions	<p><i>Manage Colds</i> (Stanford Children's Health, n.d.) There is no cure for the common cold. Ways to manage its symptoms include the following:</p> <ul style="list-style-type: none"> <li>• Get plenty of rest</li> <li>• Drink plenty of fluids (water, electrolyte solutions, apple juice, warm soup)</li> <li>• Gargle with warm salt water</li> <li>• Keep away from tobacco smoke</li> <li>• Use a cool-mist humidifier</li> <li>• Do not use antibiotics</li> </ul> <p>*Vitamin C provides little to no benefit for preventing or treating the common cold. However, it is necessary for the growth, development, and repair of body tissues.</p> <p><i>Prevent Colds</i> (Stanford Children's Health, n.d.)</p> <ul style="list-style-type: none"> <li>• Keep away from people with colds</li> <li>• Wash hands with soap and water frequently</li> <li>• Avoid touching eyes, nose, and mouth</li> <li>• Ensure that toys and play areas are properly cleaned</li> </ul>	<p>Use of visual aid</p> <p>Group discussion</p>	<p>PowerPoint presentation</p> <p>Infographic or pamphlet</p>	15 minutes	<p>Question and answer:</p> <p><i>Ano ang dapat gawin kung sinisipon?</i></p> <p><i>Paano maiiwasan ang pagkakaroon ng sipon?</i></p>

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Case Study: Care of the Preschooler

Enumerate at least 3 complications of colds that warrant medical attention	<i>When to Consult Your Healthcare Provider</i> (Johns Hopkins Medicine, n.d.) <ul style="list-style-type: none"><li>• Symptoms last more than 2 weeks</li><li>• Symptoms worsen / develop new symptoms</li><li>• Fever higher than 38°C for more than three days</li><li>• Intense chest pain and shortness of breath</li><li>• Difficulty in sleeping, eating, or drinking milk</li></ul>	Use of visual aid  Group discussion	PowerPoint presentation  Infographic or pamphlet	5 minutes	Question and answer: <i>Anong mga sintomas ang nagpapahiwatig na kailangan nang magpakonsulta sa doktor?</i>
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## References

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