

## HEALTH CARE PLAN: PRESCHOOLER

**Client:** Sonia

**Age:** 5 years old

**Gender:** Female

IDENTIFIED NURSING PROBLEMS	RATIONALE FOR NURSING PROBLEMS	GOALS OF CARE	NURSING INTERVENTIONS
Ineffective child eating dynamics r/t inadequate dietary habits	Having no appetite for vegetables nor fruits, and frequent consumption of fast food can alter the client's eating pattern which may result in compromised nutritional health.	After the nursing interventions, the client will be able to: <ul style="list-style-type: none"> <li>- Identify the recommended nutrient intake for preschoolers</li> <li>- Develop a meal plan using Pinggang Pinoy and food pyramid as references.</li> </ul>	The nurse will: <ul style="list-style-type: none"> <li>- Determine the client's nutritional status.</li> <li>- Discuss the importance of meeting nutritional needs.</li> <li>- Assist client and family in developing a meal plan using Pinggang Pinoy and food pyramid as references.</li> </ul>
Risk for overweight as evidenced by frequent consumption of restaurant or fried food	Despite the client's normal height and weight, frequent fast food and fried food consumption can result to excessive fat accumulation which can lead to obesity.	After the nursing interventions, the client will be able to: <ul style="list-style-type: none"> <li>- Identify possible complications of being overweight/obese</li> <li>- Identify strategies to avoid foods with high caloric value</li> </ul>	The nurse will: <ul style="list-style-type: none"> <li>- Discuss risks associated with being overweight</li> <li>- Instruct the client different ways to avoid foods that are high in calories.</li> </ul>
Ineffective health maintenance behaviors r/t inadequate knowledge on common health problems of preschoolers	Preschoolers can have 6-10 colds per year Medications and hospitalization is not necessary because their	After the nursing interventions, the client will be able to:	The nurse will: <ul style="list-style-type: none"> <li>- Discuss the health problems that are</li> </ul>

	immune system is still developing, which means it can't fend off cold viruses as well as an adults.	<ul style="list-style-type: none"> <li>- Identify the common health problems of preschoolers</li> <li>- Determine health maintenance activities recommended for preschoolers</li> </ul>	<p>commonly encountered in this age group.</p> <ul style="list-style-type: none"> <li>- Discuss possible health maintenance activities that can be done by the mother to relieve the symptoms of the preschooler.</li> </ul>
Anxiety related to separation from mother as evidenced by non-stop crying	It's natural for children to feel worried while saying goodbye to their parents because it's a normal part of child development. Separation anxiety in preschoolers manifests itself in the form of crying, tantrums, and clinginess. Parents should be on the watch for symptoms of regression in their children's conduct.	<p>After the nursing interventions, the client will be able to:</p> <ul style="list-style-type: none"> <li>- Identify ways to deal with separation anxiety of preschoolers</li> </ul>	<p>The nurse will:</p> <ul style="list-style-type: none"> <li>- Discuss to the parents different ways to deal with separation anxiety of the preschooler</li> </ul>

<b>ANTICIPATED NURSING PROBLEMS</b>	<b>RATIONALE</b>
Ineffective Airway Clearance	Sonia's father and grandfather are both smokers, and because they all live together, it is possible that Sonia breathes the smoke from their cigarettes. Secondhand smoke can be especially harmful to children's health because their lungs are still developing. Children of smokers cough and wheeze more and have a harder time getting over colds. Secondhand smoke

	can cause other symptoms including stuffy nose, headache, sore throat, eye irritation, and hoarseness.
Social Isolation	It was mentioned that Sonia prefers to be at home playing with her tablet rather than playing with other children. Social relationships are critical to the maintenance of health, and a lack of them often correlates with feelings of loneliness (Doane & Adam, 2010). Loneliness, in turn, has been linked to higher levels of stress.
Risk for Loneliness	The absence of social relationships and behaviors have been shown to affect child development. Children who feel lonely often experience poor peer relationships and therefore express more loneliness than peers with friends. They often feel excluded, a feeling that can be damaging to their self-esteem. In addition, they may experience feelings of sadness, malaise, boredom, and alienation.

### HEALTH EDUCATION PLAN

**Name:** Sonia

**Age:** 5 years old

Priority Nursing Diagnoses:

1. **Ineffective child eating dynamics** related to inadequate dietary habits.
2. **Risk for overweight** as evidenced by frequent consumption of restaurant or fried foods.

Title: Mga Wastong Pamamaraan sa Pagpili at Paghahanda ng Pagkain na angkop sa Preschooler					
Target Participant: The child and household members					
Goal: At the end of the health teaching, the mother will demonstrate different ways to prepare appropriate food for preschoolers.					
OBJECTIVES	CONTENT OULINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
After the 30 minute health discussion, the client and the family will be able to:					

<p>1. Verbalize understanding of the importance of preparing nutritious meals for preschoolers</p>	<ul style="list-style-type: none"> <li>- What is healthy eating?</li> <li>- How much food does a child need?</li> <li>- Tips to encourage healthy eating habit</li> <li>- Foods to limit</li> </ul>	<p>Lecture/Discussion</p>	<p>10 minutes</p>	<p><a href="https://www.healthdirect.gov.au/healthy-eating-for-children">https://www.healthdirect.gov.au/healthy-eating-for-children</a></p>	<p>Question and Answer</p>
<p>2. Identify choices of food that is appropriate for preschoolers using food pyramid and Pinggang Pinoy as reference.</p>	<ul style="list-style-type: none"> <li>- Daily Nutritional Guide for Filipino Children (1-6 years old)</li> <li>- Pinggang Pinoy for Kids</li> </ul>	<p>Lecture/Discussion Visual Presentation</p>	<p>10 minutes</p>	<p><a href="https://www.fnri.dost.gov.ph/index.php/28-nutrition-statistic/nutritional-guide-pyramid/76-toddler">https://www.fnri.dost.gov.ph/index.php/28-nutrition-statistic/nutritional-guide-pyramid/76-toddler</a></p>	<p>Question and Answer</p>
<p>3. Identify proper ways to prepare nutritious meals for the preschooler.</p>	<p>Sample Meal Plan for Feeding Your Preschooler (Ages 3 to 5)</p> <ul style="list-style-type: none"> <li>- What should I feed my preschooler?</li> </ul>	<p>Lecture/Discussion</p>	<p>10 minutes</p>	<p><a href="https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Sample-meal-plan-for-feeding-your-preschooler-(age">https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Sample-meal-plan-for-feeding-your-preschooler-(age</a></p>	<p>Question and Answer</p>