



University of the Philippines Manila
 The Health Sciences Center
COLLEGE OF NURSING
 Sotejo Hall, Pedro Gil St., Ermita, Manila 1000
NURSING 13: Maternal and Child Nursing



Identified Nursing Problems	Rationale	Goals of Care (After nursing interventions,)		Appropriate Interventions
		The child will:	The mother will:	
<p>Anxiety related to perceived sickliness of child as evidenced by claims that the cold is sick without signs.</p>	<p>Children may be whiny or clingy related to constant colds. It is important to assess whether the behavior is causing the parents to favor overprotection over independence. Especially because Sonia is an <i>unica hija</i>. It may also be a perceived illness because Sonia does not have coughs, fevers, ear discharge, or other symptoms. Preschool age children are also more likely to always answer “yes” even when asked if they feel unwell.</p>		<p>Observe the child for signs of illness.</p> <ul style="list-style-type: none"> ● Refusing to eat ● Frequent bathroom visits ● Holding arm stiffly <p>Keep in mind specific diseases likely to occur due to Sonia’s age</p> <ul style="list-style-type: none"> ● Hearing and vision (as it is the first time the child can be tested for such ailments) ● UTI (especially because Sonia is a preschool 	<ul style="list-style-type: none"> ● Conduct a health teaching educating the mother about how to detect illnesses in preschool age children. As well as a health teaching about common illnesses to monitor

			aged girl	
Ineffective child eating dynamics related to lack of fruits and vegetables in diet and preference for fast food	Preschool aged children should include a variety of food, as such, sonia must eat food from all food groups. It is never too soon to instill proper eating habits in a child to prevent childhood obesity.	Develop healthy eating dynamics: <ol style="list-style-type: none"> 1. Eat a larger portion of healthy food 2. Eat a larger variety of food 	Manage the preschooler's eating habits <ol style="list-style-type: none"> 1. Allow the child to participate in food preparation to stimulate their initiative. 2. Introduce the child to colorful foods as these may strike her interests 	<ul style="list-style-type: none"> ● Educate the mother about the developmental stage that Sonia is going through so that she may parent her child with these in mind ● Suggest ways how the mother can improve the eating habits of Sonia <ul style="list-style-type: none"> ○ Encourage the mother to give the preschooler a role in food preparation to encourage initiative ○ Encourage the mother to prepare brightly colored food with various physical forms to stimulate her appetite. ○ Encourage mother to allow self-feeding to strengthen the toddler's independence ● Inform the mother about the negative effects of force feeding
Anxiety related to separation from	A fear of abandonment is common for		Communicate with Sonia when she	<ul style="list-style-type: none"> ● Instruct the client about ways to improve the

<p>mother as evidenced by crying fits whenever she leaves for work</p>	<p>preschoolers like Sonia. It can be exasperated by long goodbyes and sneaking out.</p>		<p>has to leave</p> <ol style="list-style-type: none"> 1. Tell Sonia when she has to go to work <ol style="list-style-type: none"> a. Explain to Sonia why mommy has to go to work b. Explain that mommy “will be back at Xpm” 2. Make sure not to sneak out of the house when Sonia is asleep as that may worsen the fear of abandonment 	<p>communication between parent and child.</p>
<p>Impaired social interaction related to lack of socialization as evidenced by shyness and reluctance to play with others her age as well as seeking to be alone and preferring to play with tablet</p>	<p>Sofia is shy and does not play with others when she is brought to the park. This may be because she is an only child, thus she does not have siblings to play with, and because she does not go to preschool yet so she does not interact with other children.</p>		<p>Facilitate Instances for social interaction</p> <ol style="list-style-type: none"> 1. Host playdates with children of similar ages 2. Consider enrolling sofia into a school 	<ul style="list-style-type: none"> ● Have a brainstorming session with the mother about how to provide Sonia with social interaction ● ● Encourage the mother to enroll sofia in daycare or preschool



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Nursing Diagnosis: Anxiety related to perceived sickliness of child as evidenced by claims that the cold is sick without signs.

Title: Tiny wellness; how to assess your child's wellness

Target Participant: Sonia's Mother

Goal: After health teachings, Sonia's Mother will have the tools necessary to assess when Sonia is feeling unwell

Objective	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
1. Understand and explain a preschooler's usual response to questions	1. Highlight the usual responses of a preschool age child to questions like "are you feeling well?" (preschoolers usually say "yes")	<ul style="list-style-type: none"> One on one discussion Question and answer Visual aids 	20 minutes	Brochure highlighting the common responses of preschoolers	Question and answer What do you think Sonia' response will be to the question "Do you feel unwell?"
2. Understand and explain what assessments	1. Highlight the possible signs of illness	<ul style="list-style-type: none"> One on one discussion Question and answer 	30 minutes	Brochure highlighting the usual signs that a child is feeling	Question and answer What are signs

<p>can be done to determine if Sonia is really feeling unwell</p>	<p>Observe the child for signs of illness.</p> <ul style="list-style-type: none"> ● Refusing to eat ● Frequent bathroom visits ● Holding arm stiffly 	<ul style="list-style-type: none"> ● Visual aids 		<p>sick</p>	<p>that your child is experiencing some kind of distress?</p>
<p>3. Enumerate common diseases that one should look out for in a preschool age child</p>	<p>Keep in mind specific diseases likely to occur due to Sonia's age</p> <ul style="list-style-type: none"> ● Hearing and vision (as it is the first time the child can be tested for such ailments) ● UTI (especially because Sonia is a preschool aged girl) 	<ul style="list-style-type: none"> ● One on one discussion ● Question and answer ● Visual aids 	<p>30 minutes</p>	<p>Brochure highlighting common diseases in preschool aged children</p>	<p>Question and answer</p> <p>What are two diseases that you should look out for in your child at this age?</p>