



University of the Philippines Manila  
The Health Sciences Center  
**COLLEGE OF NURSING**  
**WHO Collaborating Center for Leadership in Nursing Development**  
**Commission on Higher Education Center of Excellence**  
Sotejo Hall, Pedro Gil St., Ermita, Manila 1000



**N13: Maternal and Child Nursing**  
**Nursing Care Plan**

**Client Name:** Sonia  
**Age:** 5 y/o  
**Sex:** Female

Assessment Cues	Identified Nursing Problem/Nursing Diagnosis	Rationale for Identified and Anticipated problems	Goals of Care (NOC)	Nursing Interventions (NIC)
<b>Subjective Cues:</b> 1. The child's father and grandfather are both smokers. 2. The mother reported that the client had colds for three days, which is also her 5th episode of colds this year. Her previous colds were short and did not require antibiotics or hospitalizations. 3. The mother reported no other symptoms are present. 4. The child is a picky eater. She prefers fried foods and does not like to eat	<b>Ineffective airway clearance related to the presence of nasal discharges secondary to second-hand smoking.</b>	Children who inhale secondhand smoke are more prone to colds. The immune system is not yet fully developed during preschool age, hence the incidence of respiratory infections is high.	The patient will achieve and maintain a patent airway as evidenced by decreased nasal discharges.	<ul style="list-style-type: none"> <li>Encourage the client to maintain adequate hydration if not contraindicated to reduce the viscosity of mucus and help sinuses drain better.</li> <li>Administer prescribed medications as ordered by the physician.</li> <li>Place the client in a semi-fowlers position to facilitate lung expansion.</li> </ul>
	<b>Risk for ineffective respiratory function related to recurrent colds secondary to exposure to secondhand smoke.</b>	Secondhand smoke, when inhaled, is detrimental to the development of a child's lungs. Exposure to such chemicals can put children at high risk of severe health problems such as ear infections, coughs, colds, respiratory problems such as bronchitis and pneumonia, and tooth decay. Studies have shown that children of smokers have a harder time recovering from colds, which may be the case for	<ul style="list-style-type: none"> <li>The parents will express willingness to be actively involved in managing respiratory symptoms and maximizing the child's respiratory function.</li> <li>The occurrence of cold will cease or decrease.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the effects of second-hand and third-hand smoke on the family's health.</li> <li>Assess if the client's parent is interested in nicotine replacement therapy or a smoking cessation program.</li> <li>Encourage the parent not to smoke in the presence of children or in closed spaces where children are present (i.e., at home).</li> </ul>

<p>vegetables and fruits.</p> <p>5. The child cries non-stop when the mother goes to work.</p> <p>6. The child is shy around other people and prefers to play at home with her tablet.</p> <p>7. The mother inquired about giving Vitamin C to the child.</p> <p><b>Objective Cues:</b></p> <p>1. Weight, height, and developmental milestones are expected for the child's age.</p>		clients whose family members are smokers. Secondhand smoke may cause long-term side effects such as poor lung development, lung cancer, heart disease, and cataracts (The Dangers of Secondhand Smoke, 2017).		
	<b>Ineffective child-eating dynamics related to disordered eating habits as evidenced by picky eating.</b>	Picky eating is a common behavior in early childhood (Taylor & Emmett, 2020). Such habits may develop due to sensitivity to smell, taste, and texture of foods. Others develop this behavior due to "early feeding difficulties, late introduction of lumpy foods at weaning, pressure to eat, and early choosiness especially if the mother is worried about this."	<ul style="list-style-type: none"> <li>The parents of the client will incorporate nutritionally-balanced meals into the child's diet.</li> <li>The parents of the client will use strategies to increase the child's appetite for nutritious meals.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the recommended energy and nutrient intake for a five-year-old female preschooler.</li> <li>Encourage the patient to eat fruits and vegetables: <ul style="list-style-type: none"> <li>preparing food in different shapes, colors, textures, and tastes to make them look interesting;</li> <li>getting the child to be involved with cooking; and</li> <li>offering small amounts of vegetables with other healthy food that your child likes.</li> </ul> </li> </ul>
	<b>Risk for overweight related to excessive intake of fried foods.</b>	A study by Das (2015) revealed that children who frequently consume fast food have a higher intake of energy, fat, saturated fat, sodium, carbonated soft drink, and a lower intake of vitamins A and C, milk, fruits, and vegetables. There is also a positive correlation between the frequency of consumption of fast food and body mass index and increases in the odds of obesity among children.	<ul style="list-style-type: none"> <li>The patient and the family will verbalize a better understanding of the importance of good nutrition.</li> <li>The parents of the client will limit giving high-in-cholesterol foods.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the effects of excessive intake of high-in-cholesterol foods.</li> <li>Introduce nutritious meals using the concept of 'Pinggang Pinoy'.</li> </ul>

	<p><b>Anxiety related to the separation of parent and child as evidenced by clinginess and crying when the parent is away.</b></p>	<p>Separation anxiety is a normal part of child development. Crying and clinginess are common symptoms of preschoolers struggling with separation anxiety (Hurley, 2015).</p>	<ul style="list-style-type: none"> <li>• The client will demonstrate acceptance when the parent leaves for work.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the parent to create a short and affectionate goodbye ritual to promote the child's positive feelings.</li> <li>• Encourage the parent to give the child a familiar 'transitional object'.</li> <li>• Encourage the parent to practice being apart from the child by: <ul style="list-style-type: none"> <li>○ spending time away from the child starting with short intervals; and</li> <li>○ arranging activities such as bringing the child at another relative's house for the day.</li> </ul> </li> </ul>
	<p><b>Impaired social interaction related to a lack of socialization opportunities as evidenced by refusal to play with other children.</b></p>	<p>According to CDC, at the age of 3 years old, the child should be able to join other children in playing. A preschool child's avoidance of play hinders the development of skills that serve as a foundation for normal development (Gazelle, 2016).</p>	<ul style="list-style-type: none"> <li>• The client will engage in socialization activities such as play. The client will demonstrate improvement in her socialization skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Determine the child's reason for refusing to play with others.</li> <li>• Discuss the benefits of enrolling the child in a preschool in terms of growth and development.</li> <li>• Encourage the parents to practice role-playing to develop the child's social skills.</li> </ul>

### Health Education Plan

**Priority Nursing Diagnoses to be Addressed:**

1. Ineffective child-eating dynamics related to disordered eating habits as evidenced by picky eating.
2. Risk for overweight related to excessive intake of fried foods.

**Rationale:** Using Maslow's hierarchy of needs as the basis for prioritization or nursing diagnosis, the physiological needs of an individual must be the priority. Addressing diet and eating patterns improve the nutritional status of a preschooler that is essential to her growth, development, and maintenance of a strong immune system.

**Client Name:** Sonia

**Age:** 5 y/o

**Sex:** Female

<b>Title:</b> Nutritional Status and Weight Management for Preschoolers <b>Target Participant/s:</b> The client and family members. <b>Goal:</b> The client and the family members will demonstrate an understanding of the importance of good nutrition.					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
1. The patient and the family will verbalize a better understanding of the importance of good nutrition.	Benefits of Good Nutrition <ul style="list-style-type: none"> <li>Prevention of diseases and mental health conditions</li> <li>Maintain good energy level</li> <li>Promote the development of strong bones and muscles</li> <li>Enhance cognitive development</li> <li>Establish a strong immune system</li> </ul> The Effects of Poor Nutrition on a Child's Health <ul style="list-style-type: none"> <li>High risk of being overweight or underweight</li> <li>Development of cardiovascular diseases such as high cholesterol and high blood pressure.</li> <li>Poor concentration or difficulties at school</li> </ul>	Use of infographic materials and one-on-one discussion	5 minutes	Infographic on Healthy Nutrition and Diet	The client and the family members shall identify at least three (3) benefits of good nutrition and three effects of poor nutrition on a child's health.

2. The parents of the client will incorporate nutritionally-balanced meals into the child's diet.	<ul style="list-style-type: none"> <li>• Six Essential Nutrients <ul style="list-style-type: none"> <li>○ Carbohydrates</li> <li>○ Lipids</li> <li>○ Proteins</li> <li>○ Water</li> <li>○ Vitamins</li> <li>○ Minerals</li> </ul> </li> <li>• Recommended Energy and Nutrient Intake for Filipino Children (4-6 y/o).</li> <li>• Recommended Food Plate for Filipino Children</li> <li>• Go-Grow-Glow Food Pyramid</li> </ul>	Use of infographic materials and one-on-one discussion	10 minutes	<ul style="list-style-type: none"> <li>• Table of Recommended Energy and Nutrient Intake (Philippine Dietary Reference Intakes, 2015)</li> <li>• <i>Pinggang Pinoy</i> for Filipino Kids</li> <li>• The Food Pyramid</li> </ul>	The family members of the client shall create a nutritionally-adequate sample one-day meal plan for the client. A food diary shall also be provided to monitor the client's nutritional intake.
3. The parents of the client will use strategies to increase the child's appetite for nutritious meals.	Feeding Tips for Preschool Children <ul style="list-style-type: none"> <li>• preparing food in different shapes, colors, textures, and tastes to make them look interesting;</li> <li>• getting the child to be involved with cooking; and</li> <li>• offering small amounts of vegetables with other healthy food that your child likes.</li> </ul>	Use of infographic materials and one-on-one discussion	5 minutes	<ul style="list-style-type: none"> <li>• Feeding &amp; nutrition tips: 4-to-5-Year-Olds. (2016, September 26). HealthyChildren.org. <a href="https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Feeding-and-Nutrition-Your-4-to-5-Year-Old.aspx">https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Feeding-and-Nutrition-Your-4-to-5-Year-Old.aspx</a></li> <li>• Vegetables: Tips to encourage your child to eat more. (2021, January 22). Raising Children Network. <a href="https://raisingchildren.net.au/toddlers/nutrition-fitness/healthy-eating-habits/vegetables">https://raisingchildren.net.au/toddlers/nutrition-fitness/healthy-eating-habits/vegetables</a></li> </ul>	The family members will verbalize an increase in the child's intake of fruits and vegetables.

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