



College of Nursing
UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center

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N 13: Maternal and Child Nursing
CARE OF THE PRESCHOOLER
Case Study

HEALTH CARE PLAN

CLIENT: Sonia

AGE: 5 years old

GENDER: Female

ASSESSMENT CUES:	IDENTIFIED NURSING PROBLEMS	RATIONALE	GOALS OF CARE	APPROPRIATE NURSING INTERVENTIONS
Subjective Cues: <ul style="list-style-type: none">Mother describes child to be very choosy with what the child eats and does not like vegetables nor fruitsReports to only like to eat chicken from Jollibee and fries Objective Cues: <ul style="list-style-type: none">Normal weight, height and, developmental milestones	Ineffective child-eating dynamics r/t consumption of poor quality and inadequate food choices as evidenced by the patient's preference for eating food from fast-food restaurants	Picky eating in children is a collective term that usually denotes having strong food preferences, consuming an inadequate variety of foods, restricting the intake of some food groups, eating a limited amount of food, or being unwilling to try new foods. It can occur in normally developing children and has previously been identified as being a potential risk for having nutritional deficits (Chao, 2018).	After five days of nursing interventions, the client and the family members will: <ul style="list-style-type: none">Verbalize understanding of a preschooler's expected eating pattern and attitude.Identify at least 3 health risks of Sonia's unhealthy eating habitsUtilize presented alternative food choices for the child.Demonstrate actions	The nurse will: <ul style="list-style-type: none">Discuss nutritional requirements (according to the Pinggang Pinoy and Food Pyramid) and expected eating behavior for Sonia's age.Discuss health risks of Sonia's unhealthy eating habitsAssist the family in creating a menu plan for SoniaDiscuss the client's food likes and dislikesMonitor progress
	Risk for overweight related to excessive intake of fried foods.	Although the patient has a normal weight and height. Her diet puts her at risk for overweight. A study by		



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		Guallar-Castillón et al, (2007) revealed that the consumption of fried food has been suggested to promote obesity.	and lifestyle changes towards having positive eating dynamics.	and/or make necessary modifications in interventions and their execution
Subjective Cues: <ul style="list-style-type: none"> • Reports to be in her 5th episode of colds for this year • No family history of allergies • Mother describes child to be “sickly” Objective Cues: <ul style="list-style-type: none"> • Colds for three days with no fever, no cough, no ear discharge 	Ineffective health maintenance behaviors related to inadequate health literacy as evidenced by patient’s current cold that is also reported to be her 5th episode of colds for this year.	Most children will have at least 6 to 8 colds a year (Stanford’s Children Health, n.d.). Moreover, children are more susceptible to sickness due to their underdeveloped immune systems and their high exposure to germs at schools and childcare facilities (John Hopkins Medicine, n.d.) However, with the presence of a smoker in the family as well as the mother suggesting to provide vitamin C for her child which is not a therapeutic nor non-pharmacological intervention for colds, it is evident that they are unable to manage the patient’s healthcare requirements.	After 5 days of nursing interventions, the family will be able to: <ul style="list-style-type: none"> • Identify at least 3 common illnesses in preschoolers, and explain Sonia’s frequent colds • Identify at least 3 risk factors that may exacerbate Sonia’s colds, including the smoking of some family members • Identify at least 3 signs and symptoms of the common cold • Discuss how to properly manage colds and at least 3 preventions • Demonstrate consistent application of health teaching 	The student nurse will: <ul style="list-style-type: none"> • Discuss expected health and illness patterns for preschool children, with focus on colds • Discuss risk factors that may increase frequency and/or severity of the common cold • Discuss signs and symptoms of the common cold • Discuss proper management and prevention of colds • Monitor progress and/or make necessary modifications in interventions and its



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				execution
Subjective Cues: <ul style="list-style-type: none"> • Very clingy lately • Cries non-stop when the mother leaves for work 	Anxiety related to the separation of parent and child as evidenced by clinginess and crying when the parent is away	Separation anxiety is a normal part of child development. Moreover, Crying, tantrums, and clinginess are all common symptoms of preschoolers struggling with separation anxiety (Hurley, n.d)	After 5 days of nursing interventions, the family will be able to: <ul style="list-style-type: none"> • Demonstrate reduced anxiety level as evidenced by reduced crying and clinging behavior. 	The student nurse will: <ul style="list-style-type: none"> • Instruct the parents on the importance of communication to promote the child's positive feelings during separation. • Assist and instruct parents on strategies for managing the child's behavior. • Encourage the parents to practice being apart from the child.
Subjective Cues: <ul style="list-style-type: none"> • Becomes shy and does not play with others in playground, prefers to be at home playing with a tablet 	Impaired social interaction related to lack of socialization opportunities as evidenced by nonattendance to preschool and daycare, preference to engage in individual activity, and shyness/discomfort in social situations.	Preschoolers might not want to talk when unfamiliar people speak to them (Children's Bureau, 2019). However, interacting with other children their age is important as it helps children mature in their ability to interact with one another socially.	After 5 days of nursing interventions, the family will be able to: <ul style="list-style-type: none"> • Verbalize feelings that contribute to poor social interaction. • Verbalize the importance of social skills. • Exhibit willingness to cooperate with others 	The student nurse will: <ul style="list-style-type: none"> • Determine the child's reason for refusing to play with others. • Educate parents on the importance of social interaction • Assist patient in identifying possible



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			during play activities for socialization	courses of action.
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Anticipated Nursing Problems	Rationale for Anticipated Nursing Problems
Ineffective airway clearance related to inattentiveness to second-hand smoke	According to the case study, the child lives with her grandfather and father who are both smokers. Thus, exposing her to secondhand smoke. Wheezing and coughing are more common in children who breathe secondhand smoke (CDC, 2020).
Sedentary lifestyle related to inadequate knowledge about consequences of sedentarism	According to the case study, the patient favors spending time on her tablet at home than playing with her peers in the playground. Given that her physical activity mostly comprises screen time, she is subjected to a sedentary lifestyle. According to Martins et al (2014), a sedentary lifestyle is a preference for activities low in physical activity and poor performance in instrumental activities of daily living. High levels of sedentary time, particularly screen time, at a young age (0-5 years) have been associated with higher body fat, poor diet and lower self-regulation, lower levels of cognitive development, slower motor development, and reduced cardiovascular health. Higher amounts of screen-based sedentary behavior at a young age is also an important predictor of obesity in adulthood.
Risk for impaired parenting related to inadequate knowledge about child development	The parent's lack of knowledge regarding the developmental milestones and expectations of their child can make them susceptible to inadequate nurturing and promotion of optimal growth of a child. Thus they are at risk for impaired parenting related to inadequate knowledge about child development.



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HEALTH CARE PLAN

CLIENT: Sonia

AGE: 5 years old

GENDER: Female

Focus: The health care plan focuses on addressing the following nursing diagnoses identified:

1. Ineffective child-eating dynamics r/t consumption of poor quality and inadequate food choices as evidenced by the patient's preference for eating food from fast-food restaurants
2. Ineffective health maintenance behaviors related to inadequate health literacy as evidenced by patient's current cold that is also reported to be her 5th episode of colds for this year.

TITLE: Proper Nutrition and Health Maintenance for Preschoolers

TARGET PARTICIPANT / AUDIENCE: The health teaching involves the client and her family members.

GOAL: After two health teaching sessions, the family will be able to explain the appropriate nutrition and health maintenance for a preschooler and demonstrate the consistent application of health teaching.

OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
Ineffective child-eating dynamics r/t consumption of poor quality and inadequate food choices as evidenced by preference for eating food from fast food restaurants.					
After 60 minutes' of health teaching, the family will be able to: 1. Identify at least two expected eating dynamics of preschoolers.	<ul style="list-style-type: none">• Expected Eating Dynamics of Preschoolers<ul style="list-style-type: none">○ Can feed themselves○ Have small appetites due to diminished physical growth; it is their personality and cognition that develop during this period○ Weight gain is only about 4.5 lbs (2 kgs)	<ul style="list-style-type: none">• One-on-One Discussion• Use of Visual Aids• Inquiry-Based Clarification	5 minutes	Presentation about the expected Eating Dynamics of Preschoolers	Questions and Answer What are the expected eating dynamics of preschoolers ?



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	<ul style="list-style-type: none"> Should not snack so frequently to prevent becoming full by mealtime 				
2. Identify and explain two factors that affect the eating behavior of preschoolers.	<ul style="list-style-type: none"> Factors affecting the eating behavior of preschoolers <ul style="list-style-type: none"> hunger and food cravings appeal of food time considerations of adolescents and parents food availability parental influence on eating behaviors (including the culture or religion of the family) situation-specific factors <ul style="list-style-type: none"> mood, habit, media 	<ul style="list-style-type: none"> One-on-One Discussion Use of Visual Aids Inquiry-Based Clarification 	5 minutes	Infographic on the factors affecting the eating behavior of preschoolers	Questions and Answer What are the factors affecting the eating behavior of preschoolers?
3. Identify atleast two strategies to enhance food patterns and food choices appropriate for preschoolers	<ul style="list-style-type: none"> Strategies to enhance food patterns and food choices appropriate for preschoolers <ul style="list-style-type: none"> Make meals, give regularly scheduled snacks, and limit unplanned eating. Discourage poor behavior at mealtime. Focus on eating, not playing with food, or playing at the dinner table. Running or playing while eating can cause a child to choke. Have your child sit when eating. Keep offering a variety of foods. Have the attitude that, sooner or later, your child will learn to eat 	<ul style="list-style-type: none"> One-on-One Discussion Use of Visual Aids Inquiry-Based Clarification 	10 minutes	Presentation about the strategies to enhance food patterns and food choices appropriate for preschoolers	Questions and Answer What are the strategies to enhance food patterns and food choices appropriate for preschoolers?



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	<ul style="list-style-type: none"> almost all foods. ○ Make mealtime as pleasant as possible. Don't put pressure on your child to eat. Don't force your child to "clean" his or her plate. This may lead to overeating, which can cause your child to gain too much weight. Children will be hungry at mealtime if snacks have been limited during the day. ○ Provide examples of healthy eating habits. Preschoolers copy what they see their parents doing. If you have unhealthy eating habits, your child will not learn to eat healthy. 				
4. Discuss the importance of having a proper nutrition.	<ul style="list-style-type: none"> ● Importance of Proper Nutrition <ul style="list-style-type: none"> ○ May help you live longer ○ Keeps skin, teeth, and eyes healthy ○ Supports muscles ○ Boosts immunity ○ Strengthens bones ○ Lowers risk of heart disease, type 2 diabetes, and some cancers ○ Supports healthy pregnancies and breastfeeding ○ Helps the digestive system function ○ Helps achieve and maintain a healthy weight 	<ul style="list-style-type: none"> ● One-on-One Discussion ● Use of Visual Aids ● Inquiry-Based Clarification 	5 minutes	CDC's Infographic on the Importance of Proper Nutrition in Children	Questions and Answer In your own words, discuss the importance of proper nutrition in preschoolers.
5. Discuss the Nutritional	<ul style="list-style-type: none"> ● Daily Nutritional Guide Pyramid for Filipino Children (1-6 years old) 	<ul style="list-style-type: none"> ● One-on-One Discussion 	5 minutes	Infographic on the Daily	Questions and Answer



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requirements for the patient's age and development.	<ul style="list-style-type: none"> ○ Fats & Oils <ul style="list-style-type: none"> ■ 6 tsp ○ Sugar and Sweets <ul style="list-style-type: none"> ■ 4-5 tsp ○ Fish, Shellfish, Meat & Poultry <ul style="list-style-type: none"> ■ 1-1 ½ serving ○ Egg <ul style="list-style-type: none"> ■ ½ piece ○ Milk & Milk Products <ul style="list-style-type: none"> ■ 1 glass ○ Vegetables <ul style="list-style-type: none"> ■ ⅓ -½ serving ○ Fruits <ul style="list-style-type: none"> ■ 1-2 medium servings ○ Rice, Rice Products, Corn, Root Crops, Bread, Noodles <ul style="list-style-type: none"> ■ 2- 4 1/2 servings ○ Water/Beverages <ul style="list-style-type: none"> ■ 4-7 glasses 	<ul style="list-style-type: none"> ● Use of Visual Aids ● Inquiry-Based Clarification 		Nutritional Guide Pyramid for Filipino Children (1-6 years old)	What are the patients required intake for: <ol style="list-style-type: none"> 1. Fats & Oils 2. Sugar and Sweets 3. Fish, Shellfish, Meat & Poultry 4. Egg 5. Milk & Milk Products 6. Vegetables 7. Fruits 8. Rice, Rice Products, Corn, Root Crops, Bread, Noodles 9. Water/Beverages
5. Create a meal plan	<ul style="list-style-type: none"> ● Pinggang Pinoy <ul style="list-style-type: none"> ○ Go Foods <ul style="list-style-type: none"> ■ 1/2 o kalahating piraso ng isda ■ 1/2 piraso o 15g ng karne (chicken, pork, beef) ■ 1/2 piraso ng tokwa o tofu 	<ul style="list-style-type: none"> ● One-on-One Discussion ● Use of Visual Aids ● 	15 minutes	Infographic on the Pinggang Pinoy for (3-5 years old)	Return Demonstration Create a meal plan than follows the recommended serving for each



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	<ul style="list-style-type: none"> ■ 1/2 o kalahati ng isang itlog ○ Grow Foods <ul style="list-style-type: none"> ■ 1/2 o kalahating piraso ng isda ■ 1/2 piraso o 15g ng karne (chicken, pork, beef) ■ 1/2 piraso ng tokwa o tofu ■ 1/2 o kalahati ng isang itlog ○ Glow Foods <ul style="list-style-type: none"> ■ 1/2 cup of cooked vegetables ■ 1/2 piraso ng medium sized fruit (tulad ng saging, mansanas at manga) o 1/2 slice ng malaking prutas (tulad ng papaya o pakwan) 				food groups in accordance with the patients age.
Ineffective health maintenance behaviors related to inadequate health literacy as evidenced by the patient's current cold that is also reported to be her 5th episode of cold for this year.					
6. Identify at least five of the sign and symptoms of common cold	<ul style="list-style-type: none"> ● Signs and symptoms of Common Cold <ul style="list-style-type: none"> ○ Stuffy, runny nose ○ Scratchy, tickly throat ○ Watery eyes ○ Sneezing ○ Mild hacking cough ○ Congestion ○ Sore throat ○ Achy muscles and bones ○ Headaches ○ Low-grade fever ○ Chills 	<ul style="list-style-type: none"> ● One-on-One Discussion ● Use of Visual Aids 	5 minutes	Infographic on the Signs and Symptoms of Common Cold	Questions and Answer What are the Signs and Symptomts of Common Cold?



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	<ul style="list-style-type: none"> ○ Watery discharge from the nose that thickens and turns yellow or green ○ Extreme tiredness (fatigue) 				
7. Identify at least two risk factors for common cold	<ul style="list-style-type: none"> ● Risk Factors of Common Cold <ul style="list-style-type: none"> ○ Close contact with someone who has a cold ○ Season (colds are more common during the fall and winter, but it is possible to get a cold any time of the year) ○ Age (infants and young children have more colds per year than adults) ○ Smoker among the family members 	<ul style="list-style-type: none"> ● One-on-One Discussion ● Use of Visual Aids 	5 minutes	Infographic on the Risk Factors of Common Cold	Questions and Answer What are the Risk Factors of Common Cold?
8. Explain how to properly manage colds.	<ul style="list-style-type: none"> ● Ways to manage common cold in preschoolers <ul style="list-style-type: none"> ○ Give your child plenty of fluids, such as water, electrolyte solutions, apple juice, and warm soup. This helps prevent fluid loss (dehydration). ○ Make sure your child gets plenty of rest. ○ To ease nasal congestion, try saline nasal sprays. ○ Keep your child away from tobacco smoke. Smoke will make the irritation in the nose and throat worse. 	<ul style="list-style-type: none"> ● One-on-One Discussion ● Use of Visual Aids 	5 minutes	Infographic on Ways to manage common cold in preschoolers	Questions and Answer What are the ways to manage common cold in preschoolers?



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	<ul style="list-style-type: none">○ Keep your child home until they have been fever-free for 24 hours.				
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