



University of the Philippines Manila
The Health Sciences Center
COLLEGE OF NURSING
WHO Collaborating Centre for Leadership in Nursing Development
Commission on Higher Education (CHED Center for Excellence)
Sotejo Hall, Pedro Gil St., Ermita, Manila
Tel.: (632)523-1472 / Telefax: (632)523-1485



NAME: JUSTINE

AGE: 7 YEARS OLD

SEX: MALE

ASSESSMENT CUES	NURSING DIAGNOSIS	GOALS AND OBJECTIVES (NOC)	NURSING INTERVENTION (NIC)	EVALUATION
<p>Subjective Cues:</p> <ul style="list-style-type: none"> Mother verbalized that the grandmother buys the client pizza or fried chicken everyday when she is at work. The client has been missing school because he always gets stomach aches whenever 	<p>Overweight related to high frequency of restaurant or fried food as evidenced by the client eating pizza and fried chicken when her mother goes to work</p>	<p>A. Nutritional Status (1004) B. Weight Loss Behavior (1627) C. Exercise Participation (1633)</p> <p>Goal: After performing the nursing intervention, the client and family will establish:</p> <ul style="list-style-type: none"> diet modification that promotes weight control using the concept of balanced intake of nutrients physical exercises and activities that increase energy expenditure 	<p>A. Nutrition Management (1100) B. Nutritional Counseling (5246) C. Weight Management (1260) D. Exercise Promotion (0200)</p> <p>The nurse will:</p> <ol style="list-style-type: none"> determine the family and client's food intake and eating habits Rationale: To determine contributing factors to overweight determine the family and client's nutritional status and ability to meet nutritional needs Rationale: To determine the family and the client's state of health in terms of nutrition 	



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<p>he is about to go to school.</p> <p>Objective Cues:</p> <ul style="list-style-type: none"> • BMI: 25 kg/m² 		<p>Objectives: At the end of the nursing intervention, the client and family will:</p> <ul style="list-style-type: none"> • Enumerate one of the three kinds of food included in the “Pinggang Pinoy” • Develop and come up with structured family meal plan 	<p>3. Initiate Discussion: "How Can You Be Healthier? "</p> <p>Rationale: The nurse should be cautioned against applying a nursing diagnosis for an overweight or obese person who does not want to participate in a weight-loss program. Motivation for weight loss must come from within.</p> <p>4. Discuss the three kinds of food included in the “Pinggang Pinoy” as well as the perception of the needed diet modification.</p> <p>Rationale: To educate the client about the different kinds of food included in the “Pinggang Pinoy” as well as the perception of the needed diet modification.</p> <p>4. Assist the family in determining guidelines most suited in meeting nutritional needs and preferences</p> <p>Rationale: To aid the family in making a structured family meal plan</p> <p>5. Provide food selection while offering guidance towards healthier choices</p>	<p>The client and family identify one of the three kinds of food included in the “Pinggang Pinoy”</p> <p>The client and family will make and establish structured meal plan.</p>
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		<ul style="list-style-type: none"> • Identify physical activities that help in weight management and craft an active exercise program incorporating informal exercises • Verbalize understanding of the need for a lifestyle change to maintain a healthy body 	<p>Rationale: To assist the family in selecting food for the structured meal plan that are appropriate in meeting nutritional needs</p> <p>6. Presents and introduce various exercise that helps in weight management. Rationale: To know the different exercises that help in weight management</p> <p>6. Conduct health teaching about the importance of lifestyle change Rationale: Educating the family about the proper information will help the family understand more the importance of lifestyle change</p>	<p>The client and family identify and develop an active exercise program.</p> <p>The client and family verbalize understanding about lifestyle change.</p>
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References:

Berman, A., Snyder, S., & Frandsen, G. (2021). *Kozier & Erb's fundamentals of nursing: Concepts, process, and practice*. Hoboken, NJ: Pearson.

Bulechek, G.M., Butcher, H.K., Dochterman, J.M., & Wagner, C. (2013). *Nursing Interventions Classification (NIC) (6th ed.)*. Mosby.

Carpenito, L. J. (2006). *Nursing diagnosis: Application to clinical practice*. Philadelphia: Lippincott Williams & Wilkins.

Herdman, T.H., & Kamitsuru, S. (2018). *NANDA International, Inc. Nursing Diagnoses Definitions and Classification 2018-2020 (11th ed.)*. NANDA International.

Moorhead, S., Johnson, M., Maas, M.L., & Swanson, E. (2013). *Nursing Outcomes Classification (NOC)*. Mosby Inc.

TEACHING PLAN

Name of Student: Mark Eliezer Nalunne

Date: 03/29/2022

Ward: N/A

TITLE: Weight Management: Lifestyle Change TARGET PARTICIPANT/AUDIENCE: Client Justine and his family GOAL: The client and family will establish and follow a diet modification and exercise plan that promotes weight management and increase energy expenditure.					
Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>After the session, the family and the client will be able to:</p> <ol style="list-style-type: none"> 1. state the importance of lifestyle change to weight management 2. introduce some home and informal exercise that increase energy expenditure 3. formulate an active exercise program in line with the goals and capabilities of the family and the client. 4. Formulate a structured family meal plan 	<ol style="list-style-type: none"> i. Diet, balanced diet, and its importance to weight management <ol style="list-style-type: none"> i.a. Benefits of diet modification i.b. Exercise and its importance to weight management i.c. Benefits of Exercise ii. At-home and informal exercises iii. Composition of an exercise plan/program (principle, frequency, intensity and type) iv. "Pinggang Pinoy" 	<p>Lecture/discussion</p> <p>Demonstration and return demonstration</p> <p>One-on-one discussion</p> <p>One-on-one discussion</p>	<p>30 minutes</p>	<p>Powerpoint Presentation Infographic</p> <p>Videos/Pictures and Illustrations</p> <p>Powerpoint Presentation Instructional Infographic</p> <p>Powerpoint Presentation Instructional Infographic</p>	<p>Oral Questioning</p> <p>Return demonstration of the different exercises</p> <p>Demonstration of crafting a exercise plan/program</p> <p>Demonstration of crafting a meal plan</p>