



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

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NURSING CARE PLAN

ASSESSMENT	NURSING DIAGNOSIS	GOAL AND OBJECTIVES	INTERVENTIONS	RATIONALE	EVALUATION	
					STANDARD	OUTCOME
Subjective Cues: <ul style="list-style-type: none"> Eats pizza and fried chicken daily Objective Cues: <ul style="list-style-type: none"> BMI: 25kg/m² Negative for any illness 	Overweight r/t hi frequency of restaurant or fried food as evidenced by daily eating of pizza and fried chicken	<p>NOC: Weight Maintenance Behavior(1628)</p> <p>Goal: After 3 months of nursing interventions, the client will be able to (5/5) consistently demonstrate selection of nutritious meals.</p> <p>Objectives:</p> <ol style="list-style-type: none"> After 10 minutes of discussion on nutritional needs of school-age children, the client will be identify the food groups he needs to be healthy After 5 minutes of discussion on attitude and beliefs, the client will be able to realize that there is a need for nutritional change After 10 minutes of planning, the client will be able to have a concrete plan on food choices. 	<p>NIC: Nutritional Counseling (5246)</p> <p>The nurse will:</p> <ol style="list-style-type: none"> Discuss food guide pyramid and Pinggang Pinoy Discuss nutritional requirements and patient's perceptions of prescribed/recommended diet Determine attitudes and beliefs of significant others about food, eating, and the patient's needed nutritional change Plan for modification of diet with the guardian 	<ol style="list-style-type: none"> To know the standards of nutrition To self-assess the nutritional perception of the client To initiate reflection for need of nutritional change Provide autonomy in planning with the guardian 	<ol style="list-style-type: none"> The client will be able to correctly identify food groups and their importance The client will be able to realize the need for nutritional change The client will be able to produce a concrete list of healthy meals 	<p>GOAL MET: the client was able to consistently demonstrate selection of nutritious meals</p> <ol style="list-style-type: none"> The client was able to correctly identify food groups and their importance The client was able to realize the need for nutritional change The client was able to produce a concrete list of healthy meals

TEACHING PLAN

Name of Student:

Date:

Ward:

TITLE: Nutritional Counseling for Overweight School-age Children
 TARGET PARTICIPANT/AUDIENCE: School-age children and guardian
 GOAL: The patient will be able to realize the need for modification of eating behavior

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>Following a class on nutrition, the patient will be able to:</p> <ol style="list-style-type: none"> 1. identify the food groups he needs to be healthy 2. realize that there is a need for nutritional change 3. have a concrete plan on food choices. 	<ol style="list-style-type: none"> 1a. Discuss the food pyramid for children 1b. Discuss the Pinggang pinoy for Filipino Children 2a. Review the attitude and belief of the client when eating 2b. Reflection on the need for nutritional attitude change 3a. Create a list of healthy meals that the client can eat given that the child wants them. 	<p>Lecture/discussion</p> <p>Use of pictures or illustrations</p> <p>Lecture/discussion</p> <p>Reflection</p> <p>Interactive planning</p>	<p>25 minutes</p>	<p>Food Pyramid illustration</p> <p>Pinggang Pinoy</p>	<p>Question and Answer</p> <p>Clarification</p> <p>Reflection</p> <p>Written healthy food choices according to the likings of the client</p>