

CARE OF SCHOOL-AGE CHILD

HEALTH CARE PLAN				
Identified Nursing Problem	Rationale	Goals of Care		Appropriate Interventions
		The client will:	The mother will:	The nurse will:
<p>Overweight (00233) r/t improper nutritional intake aeb BMI \geq 25kg/m² and intake of pizza or fried chicken every day.</p>	<p>Being overweight puts children at higher risk of complications such as diabetes, high blood pressure, and high cholesterol. The extra weight also puts unnecessary pressure on the child's hips and knees, causing joint pain. Deposits of fats can build up in the liver causing non-alcoholic fatty liver disease (NAFLD) which can cause liver damage when proper intervention is not provided (Mayo Clinic, 2020).</p>	<ul style="list-style-type: none"> ▶ Have a BMI within the range of 18.5-24.9 ▶ Report consistency with performing \geq60-minute worth of physical activities every day. This includes aerobic exercises like jumping and running. ▶ Adhere to the recommended diet 	<ul style="list-style-type: none"> ▶ Monitor the weight loss progress of the child ▶ Create a logbook to track nutrition, exercise, and weight ▶ Collaborate with the grandmother in lessening the provision of fatty foods 	<ul style="list-style-type: none"> ▶ Obtain anthropometric measurements of body composition <ul style="list-style-type: none"> - BMI - Waist measurement. ▶ Monitor changes in weight. ▶ Discuss the relationship between exercise, diet, weight gain, and weight loss. ▶ Discuss the risks that come with being overweight. ▶ Encourage proper hydration of the individual. ▶ Discuss importance of exercising and maintaining proper nutrition
<p>Acute pain (00132) r/t improper nutritional intake aeb missing school d/t stomach aches.</p>	<p>One of the most common causes of abdominal pain in children is food-related problems such as too much food intake (Michigan Health, 2017). Everyday intake of fried food contributes to the pain as fats take longer to digest (Watson, 2017). Stomach aches are easily avoided when eating a healthy and balanced meal with fruits and vegetables. Avoiding the intake of pizza, fried chicken, and other fatty food can also aid in the relief of stomach aches (Sissons, 2020).</p>	<ul style="list-style-type: none"> ▶ Report absence of pain ▶ Report improvement in class attendance 	<ul style="list-style-type: none"> ▶ Monitor child's abdominal pain ▶ Perform non-pharmacological pain relief measures on the child ▶ Report to health professionals when abnormalities arise 	<ul style="list-style-type: none"> ▶ Assess pain using the PQRST pain assessment tool ▶ Observe for nonverbal cues of discomfort ▶ Monitor patient pain using the 0-10 pain scale ▶ Encourage monitoring of pain and reporting when the pain worsens ▶ Teach the use of nonpharmacological pain relief measures

<p>Risk for impaired attachment r/t parent-child separation.</p>	<p>Parent-child separation, which causes interrupted attachment and weakened nurturing, can lead to short-term or long-term impediments to child development in terms of learning, behavior, and both mental and physical well-being (Shi et al., 2021).</p>	<ul style="list-style-type: none"> ▶ Report feeling closer to his parents ▶ Report improvement in mood ▶ Report feeling supported by his parents 	<ul style="list-style-type: none"> ▶ Assure the child of his father's role ▶ Exhibit nurturant and protective behaviors toward the child ▶ Engage in mutually satisfying interactions with the child ▶ Support the child throughout the intervention 	<ul style="list-style-type: none"> ▶ Interview the mother, and if possible, both parents, and gain their insights about the situation ▶ Assess parent-child interactions ▶ Assist parent in identifying and prioritizing family strengths and weaknesses ▶ Establish a time for daily phone calls ▶ Assist parents in developing support systems (e.g. friends, extended families)
<p>Readiness for enhanced knowledge about proper nutrition aeb mother seeking for medical help.</p>	<p>Children's eating habits is greatly influenced by their guardians. Parent involvement is essential in increasing the success of proper nutrition promotion (Bevan & Reilly, 2011).</p>	<ul style="list-style-type: none"> ▶ Understand the importance of including Go, Grow, and Glow food in every meal ▶ Define Go, Grow, and Glow, food groups ▶ Report adherence to the recommended healthy diet 	<ul style="list-style-type: none"> ▶ Relate weight, proper nutrition, and physical activity in the overall health of a school-age child ▶ Collaborate with the student nurse to develop a meal plan for the child using Pinggang Pinoy as the basis 	<ul style="list-style-type: none"> ▶ Discuss the relationship between weight, proper nutrition, and physical activity when it comes to influencing health ▶ Discuss the major food groups named Go, Grow, and Glow ▶ Discuss the importance of adherence to recommended health diet ▶ Discuss the essence of developing a meal plan

HEALTH EDUCATION PLAN

TITLE: Health education about proper nutrition for school-aged children

TARGET PARTICIPANT/AUDIENCE: J. and mother.

GOAL: The patient will be able to explain and apply the importance of proper nutrition in the development of a school-aged child.

Topic	Objectives	Material	Activities
<p>1. Importance of maintaining weight within the normal range (BMI 18.5 - 24.9)</p> <p style="padding-left: 20px;">a. Monitoring weight and BMI</p>	<ul style="list-style-type: none"> ▶ Realize the importance of monitoring food intake, but not to the extent of cutting calories as children are still growing and will need the calories in order to grow. ▶ Learn how to calculate BMI by using weight and height in meters. 	<p>Infographic containing information about the proper calculation of BMI at home CDC. (2022). <i>Measuring Children's Height and Weight Accurately At Home</i>. Retrieved from https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/measuring_children.html</p>	<p>Question and Answer <i>Can you enumerate at least 3 reasons as to why maintaining weight within the normal range is important?</i></p> <p>Short Quiz about calculating BMI</p>
<p>2. Importance of meeting the recommended physical activity levels every day</p> <p style="padding-left: 20px;">a. ≥ 60-minute aerobic exercises/day</p>	<ul style="list-style-type: none"> ▶ Parents will serve as role models to the child and will get themselves involved in performing physical activities. ▶ Establish a time routine when the said physical activity is to occur. This will help in developing a sense of consistency and discipline. 	<p>Pamphlet <i>India, F. (2020). Activities To Keep Your Kids Engaged At Home</i>. Retrieved from https://www.femina.in/relationships/parenting/activities-to-keep-your-children-engaged-at-home-153342.html</p>	<p>Question and Answer <i>Can you enumerate at least 3 exercises that both you, the parent, and the child can do together?</i></p>
<p>3. Proper nutrition and its importance</p> <p style="padding-left: 20px;">a. Go, Grow, Glow food</p> <p style="padding-left: 20px;">b. Pinggang Pinoy for Kids</p>	<ul style="list-style-type: none"> ▶ Realizes the importance of providing proper nutrition to the growing child. ▶ Create a meal plan according to the 3 food groups (Go, Grow, Glow) and Pinggang Pinoy for Kids 	<p>Infographic <i>Gumaru, M. (2022). Pinggang Pinoy</i>. Retrieved from https://www.fnri.dost.gov.ph/index.php/tols-and-standard/pinggang-pinoy/94-pinggang-pinoy/190-pinggang-pinoy</p>	<p>Question and Answer <u>For the kid:</u> <i>Can you give at least 3 examples each of Go, Grow, and Glow?</i></p> <p>Demonstration and Return Demonstration for the parent.</p>

<p>4. Relationship between weight, proper nutrition, and physical exercises in maintaining the health of a school-aged child</p>	<p>► Be able to relate how weight, proper nutrition, and physical exercises interact to achieve optimal health for a school-aged child.</p>	<p>Infographic (Benefits of Healthy Eating) CDC. (2021). <i>Benefits of Healthy Eating</i>. Retrieved from https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html</p>	<p>Create a sample meal plan that consists of all the essential food groups.</p> <p>Question and Answer <i>Can you explain the relationship between weight, proper nutrition, and physical exercise?</i></p>
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References:

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