



University of the Philippines Manila  
The Health Sciences Center

**COLLEGE OF NURSING**

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**NURSING CARE PLAN**

**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"> <li>Justine's grandmother buys him pizza or fried chicken every day when she is at work</li> <li>Justine has been missing school because he always gets stomach aches whenever he is about to go to school</li> </ul> <p>Objective Cues:</p> <ul style="list-style-type: none"> <li>Justine's BMI is 25 kg/m</li> <li>His examinations and tests were all negative for</li> </ul>	<p>Overweight related to high frequency of restaurant or fried food as evidenced by verbalization of the client's grandmother buying him pizza or fried chicken everyday while his mother is at work</p>	<p>Weight Loss Behavior (1627)</p> <p>Knowledge: Healthy Diet (1854)</p> <p>Physical Fitness (2004)</p> <p><b>Goal:</b> A month after the nursing interventions, the client will have a normal BMI and will be able to maintain the recommended weight for his age, while still adhering to the prescribed diet and exercise program</p> <p><b>Objectives:</b> At the end of the</p>	<p>Nutrition Management (1100)</p> <p>Teaching: Prescribed Diet (5614)</p> <p>Exercise Promotion (0200)</p>	

<p>any illness</p>		<p>nursing interventions, the client and his family will:</p> <ol style="list-style-type: none"> <li>1. Explain the nutritional needs of a school-age child</li> <li>2. Create an appropriate meal plan</li> <li>3. Verbalize adherence to prescribed diet</li> <li>4. Explain the importance of his adherence to the prescribed diet</li> <li>5. Develop an appropriate exercise program with the nurse's assistance</li> </ol>	<p>The nurse will:</p> <ol style="list-style-type: none"> <li>1. Instruct patient about nutritional needs (i.e., discuss dietary guidelines and food pyramids)</li> <li>2. Instruct the patient about how to plan appropriate meals</li> <li>3. Explain the purpose of diet adherence to overall health</li> <li>4. Assist individual to develop an appropriate exercise program to meet needs</li> <li>5. Monitor individual's adherence to exercise program/activity</li> </ol>	<ol style="list-style-type: none"> <li>1. Correctly explains the nutritional needs of a school-age child</li> <li>2. Together with the nurse, create a meal plan appropriate for his condition</li> <li>3. Verbalizes adherence to the diet formulated with the nurse</li> <li>4. Explains the importance of adhering to the diet/meal plan</li> <li>5. Develops an appropriate exercise program with the nurse's assistance</li> </ol>
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		6. Verbalize adherence to exercise program	6. Monitor individual's response to exercise program  7. Provide positive feedback for individual's efforts	6. Verbalizes adherence to the exercise program developed with the nurse
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References:

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

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) (5th ed.). Mosby.

## HEALTH TEACHING PLAN

**Name of Student:** Leonardo Vincent R. Placido

**Date:** March 29, 2022

**TITLE:** Nutrition and Exercise

**TARGET PARTICIPANT/AUDIENCE:** The client (Justine) and his family (mother and grandmother)

**GOAL:** The client and his family will be able to state the importance of maintaining a healthy weight and what can be done to achieve it

OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
<p>Following a class on nutrition and exercise, the participants will be able to:</p> <ol style="list-style-type: none"> <li>1. State the importance of maintaining a healthy weight</li> <li>2. Create a meal plan appropriate for the school-age child</li> </ol>	<ol style="list-style-type: none"> <li>1.               <ol style="list-style-type: none"> <li>a. Implications of having a BMI higher than normal</li> <li>b. The benefits of maintaining a healthy weight to one's overall health</li> <li>c. How to achieve and maintain a healthy weight</li> </ol> </li> <li>2.               <ol style="list-style-type: none"> <li>a. What comprises a balanced diet?</li> <li>b. The correct food portion sizes for children aged 3-12</li> </ol> </li> </ol>	<p>Discussion</p> <p>Discussion</p>	<p>10 minutes</p> <p>15 minutes</p>	<p>PowerPoint Presentation</p> <p>PowerPoint Presentation</p>	<p>Verbal feedback</p> <p>Output (meal plan)</p>

<p>3. Develop an appropriate exercise program</p> <p>4. Demonstrate the different routines included in the exercise program</p>	<p>years old according to “Piggang Pinoy”</p> <p>c. How to create a meal plan</p> <p>3.</p> <p>a. Possible exercises appropriate and enjoyed by a school-age child</p> <p>b. Examples of exercises done to lose weight</p> <p>4. Proper procedure on how to perform the different exercises included in the exercise program</p>	<p>Discussion</p> <p>Discussion; video demonstration</p>	<p>10 minutes</p> <p>10 minutes</p>	<p>PowerPoint Presentation</p> <p>Video</p>	<p>Output (exercise program)</p> <p>Return demonstration</p>
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