



N13: MATERNAL AND CHILD NURSING

NURSING CARE PLAN: CARE OF A SCHOOL-AGE CHILD

ASSESSMENT	NURSING DIAGNOSIS	GOALS AND OBJECTIVES	NURSING INTERVENTIONS	EVALUATION	
				Standard	Outcome
<p>Subjective Cues</p> <ul style="list-style-type: none"> Mother verbalizes that grandmother buys Justine pizza or fried chicken everyday when she is at work Mother verbalizes that Justine has been missing school because he always gets stomach aches <p>Objective Cues</p> <ul style="list-style-type: none"> 25 kg/m² Examination and tests were all negative for any illness 	<p><i>Overweight related to high frequency of restaurant or fried food as evidenced by consumption of pizza and fried chicken everyday</i></p>	<p>GOAL: After a month of nursing interventions, the client would be able to adhere to a weight loss program and selection of nutritious meals.</p> <p>NOCs: Weight Loss Behavior (1627), Exercise Participation (1633), Knowledge: Healthy Diet (1854), Adherence Behavior: Healthy Diet (1621)</p> <p>Objectives: After 1 hour of nursing interventions, the client would be able to:</p> <ol style="list-style-type: none"> Gather information about recommended nutritional guidelines Identify risks associated with being overweight 	<p>NICs: Weight Management (1260), Weight Reduction Assistance (1280), Teaching: Prescribed Diet (5614)</p> <p>The student nurse will:</p> <ol style="list-style-type: none"> Discuss established dietary guidelines and food pyramids Discuss with family the risks associated with being overweight as a child <p><i>R: To guide and enhance client knowledge on various healthy food choices</i></p>	<p>The client would be able to:</p> <ol style="list-style-type: none"> Correctly identify nutritional needs and food groups appropriate to his age Identify at least 3 risks associated with being 	<p>The client was able to:</p> <ol style="list-style-type: none"> Identify nutritional needs and food groups appropriate to his age Identify 4 risks associated with being overweight

		<p>3.) Create a healthy eating plan</p> <p>4.) Verbalize desire to adhere to prescribed diet</p> <p>5.) Develop a simple and appropriate exercise routine</p> <p>6.) Perform exercise correctly</p>	<p><i>R: To engage the child and family to realize the consequences of being overweight.</i></p> <p>3.) Assist client in developing a daily meal plan</p> <p><i>R: Children are more likely to eat foods that they help select or prepare.</i></p> <p>4.) Explain the purpose of diet adherence to overall health</p> <p><i>R: Clients who are informed and effectively motivated are more likely to adhere to their treatment recommendations.</i></p> <p>5.) Assist client in planning an exercise program</p> <p><i>R: Increased physical activity facilitates weight loss.</i></p> <p>6.) Demonstrate exercise routine</p> <p><i>R: To enhance client participation</i></p>	<p>overweight</p> <p>3.) Develop a daily healthy eating plan</p> <p>4.) Verbalize desire to adhere to the prescribed diet</p> <p>5.) Develop an appropriate exercise routine</p> <p>6.) Demonstrate and perform the exercises correctly</p>	<p>3.) Develop a daily healthy eating plan with the nurse's assistance</p> <p>4.) Verbalize desire to adhere to prescribed diet</p> <p>5.) Develop an appropriate exercise routine with the nurse's assistance</p> <p>6.) Perform all routines correctly</p>
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TEACHING PLAN: CARE OF A SCHOOL-AGE CHILD

Title: Health Teaching on Proper Diet and Exercise Target Participants: Client Justine and guardians Goal: The client would be able to adhere to a weight loss program and selection of nutritious meals.					
OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
After 1 day of nursing interventions, the client would be able to: 1.) Gather information about recommended nutritional guidelines a. Create a healthy eating plan	<ul style="list-style-type: none"> Daily Nutritional Guide Pyramid for Filipino Children (7-12 yrs) Pinggang Pinoy: Healthy food plate for Filipino children 	Lecture/discussion	15 minutes	Illustration DOST FNRI. (n.d.). <i>Pinggang Pinoy [Illustration]. Food and Nutrition Research Institute.</i> https://www.fnri.dost.gov.ph/images/sources/PinggangPinoy-Kids.pdf DOST FNRI. (2014). Daily Nutritional Guide Pyramid for Filipino Children (7–12 yrs) [Illustration]. Food and Nutrition Research Institute. https://www.fnri.dost.gov.ph/index.php/tools-and-standard/nutritional-guide-pyramid/28-nutrition-statistic/nutritional-guide-pyramid#kids-7-12yrs-old	Verbal feedback Output: Meal Plan
2.) Identify risks associated with being overweight	<ul style="list-style-type: none"> Health Risks of Overweight Children Obesity in Children 	Discussion Video Presentation	20 minutes	Infographic	Verbal feedback: Enumeration

<p>3.) Realize the importance of diet adherence to overall health</p>	<ul style="list-style-type: none"> a. Risk factors b. Causes c. Assessment <ul style="list-style-type: none"> ● Importance of balanced diet and nutrition <ul style="list-style-type: none"> a. Effects of unhealthy food habits b. Type of diets c. Five basic food groups and their significance d. Steps to maintain ideal weight and stay healthy e. Advantages of a balanced diet 	<p>Discussion Video Presentation</p>	<p>10 minutes</p>	<p>EUFIC. (2018). Childhood Obesity [Infographic]. Www.Eufic.Org. https://www.eufic.org/en/healthy-living/article/childhood-obesity-infographic</p> <p>Video</p> <p>How to Medicate. (2019, February 8). Obesity in Children - Risk Factors, Causes and Assessment [Video]. YouTube. https://www.youtube.com/watch?v=iHjTFkQRZYY</p> <p>Video</p> <p>Narayana Health. (2020, February 14). Importance of Balanced Diet and Nutrition to Stay Healthy Ms. Emmany[Video]. YouTube. https://www.youtube.com/watch?v=rkj7w-aVQwo&t=21s</p>	<p>Question and Answer</p>
<p>4.) Develop a simple and appropriate exercise routine</p> <ul style="list-style-type: none"> a. Perform exercise correctly 	<ul style="list-style-type: none"> ● 10-minute exercise routine for kids 	<p>Video Presentation Demonstration</p>	<p>15 minutes</p>	<p>Video</p> <p>Little Sports. (2019, October 14). Kids Exercise: Burn Fat in 10 Minutes! [Video]. YouTube. https://www.youtube.com/watch?v=N5gX--B1ilc</p>	<p>Output: Exercise Program</p> <p>Return Demonstration</p>