



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"> <li>Eats pizza and fried chicken daily</li> </ul> Objective Cues: <ul style="list-style-type: none"> <li>BMI: 25kg/m<sup>2</sup></li> <li>Negative for any illness</li> </ul>	<p><b>Overweight r/t hi frequency of restaurant or fried food as evidenced by daily eating of pizza and fried chicken</b></p> <p>Rationale: The nutrition of a school-aged child is very detrimental to different developments of the child. With this, it is important to modify the eating habits to avoid complications.</p>	<p><b>NOC: Weight Maintenance Behavior(1628)</b></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"> <li>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</li> <li>After 5 minutes of discussion on attitude and beliefs, the client will be able to realize that there is a need for nutritional change</li> <li>After 10 minutes of planning, the client will be able to have a concrete plan on food choices.</li> </ol>	<p><b>NIC: Nutritional Counseling (5246)</b> The nurse will:</p> <ol style="list-style-type: none"> <li>Discuss food guide pyramid and Pinggang Pinoy</li> <li>Discuss nutritional requirements and patient's perceptions of prescribed/recommended diet</li> <li>Determine attitudes and beliefs of significant others about food, eating, and the patient's needed nutritional change</li> <li>Plan for modification of diet with the guardian</li> </ol>	<ol style="list-style-type: none"> <li>To know the standards of nutrition</li> <li>To self-assess the nutritional perception of the client</li> <li>To initiate reflection for need of nutritional change</li> <li>Provide autonomy in planning with the guardian</li> </ol>	<ol style="list-style-type: none"> <li>The client will be able to correctly identify food groups and their importance</li> <li>The client will be able to realize the need for nutritional change</li> <li>The client will be able to produce a concrete list of healthy meals</li> </ol>	<p>GOAL MET: the client was able to consistently demonstrate selection of nutritious meals</p> <ol style="list-style-type: none"> <li>The client was able to correctly identify food groups and their importance</li> <li>The client was able to realize the need for nutritional change</li> <li>The client was able to produce a concrete list of healthy meals</li> </ol>

<p>Subjective Cues:</p> <ul style="list-style-type: none"> <li>Expresses gastrointestinal discomforts when going to school</li> </ul> <p>Objective Cues:</p> <ul style="list-style-type: none"> <li>Examinations and tests negative for any illness</li> </ul>	<p><b>Fear r/t response to phobic stimulus as evidenced by gastrointestinal discomfort</b></p> <p>Rationale: The child has a fear of going to school because he is reporting discomforts even with negative tests for illness.</p>	<p><b>NOC: Fear Level: Child (1213)</b></p> <p>Goal: After a month of interventions, the child will have (5/5) no stomach aches and avoidance behavior when going to school.</p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>After 5 minutes of discussion about sources of fears in schools, the client will be able to identify the source of his fears.</li> <li>After 5 minutes of health teaching, the child will be able to identify ways to calm himself and understand them.</li> <li>After 10 minutes of demonstration, the child will be able to perform deep breathing exercises and visualization for fear correctly.</li> </ol>	<p><b>NIC: Calming Technique (5880)</b></p> <p>The nurse will:</p> <ol style="list-style-type: none"> <li>Reassure that the child is safe and secured.</li> <li>Interview the child about sources of fear</li> <li>Discuss stress relieving interventions for children</li> <li>Demonstrate deep breathing exercises</li> <li>Demonstrate visualization</li> </ol>	<ol style="list-style-type: none"> <li>To gain trust from child</li> <li>To identify the source of fear</li> <li>To give choices on what else he can use</li> <li>To correctly perform the intervention</li> <li>To correctly perform the intervention</li> </ol>	<ol style="list-style-type: none"> <li>The client will be able to identify his sources of fears.</li> <li>The client will be able to understand and identify ways on calming himself</li> <li>The client will be able to correctly perform deep breathing exercises and visualization</li> </ol>	<p>GOAL MET: The child was able to report no stomach aches and signs of avoidance behavior.</p> <ol style="list-style-type: none"> <li>The client was able to identify his sources of fears.</li> <li>The client was able to understand and identify ways on calming himself</li> <li>The client was able to correctly perform deep breathing exercises and visualization</li> </ol>
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**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"> <li>1. identify the food groups he needs to be healthy</li> <li>2. realize that there is a need for nutritional change</li> <li>3. have a concrete plan on food choices.</li> </ol>	<ol style="list-style-type: none"> <li>1a. Discuss the food pyramid for children</li> <li>1b. Discuss the Pinggang pinoy for Filipino Children</li> <li>2a. Review the attitude and belief of the client when eating</li> <li>2b. Reflection on the need for nutritional attitude change</li> <li>3a. Create a list of healthy meals that the client can eat given that the child wants them.</li> </ol>	<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>