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COLLEGE OF NURSING



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CARE OF THE SCHOOL-AGE CHILD

I. Health Care Plan

Identified Nursing Problems	Rationale	Goals of Care		Interventions
		The client will:	The family will:	The nurse will:
<p>Overweight related to unhealthy eating practices as evidenced by frequent consumption of pizza and chicken, BMI of 25kg/m², and stomach aches.</p>	<p>Pizza and fried foods like chicken are high-calorie and high fat foods that make the children gain weight. Frequent consumption of these foods without proper exercise contributes to the child's weight. Overweight in children can result in future health complications like heart disease, cancers, diabetes, and mental health problems. This problem needs to be addressed to prevent the child from being at risk for health problems.</p>	<ol style="list-style-type: none"> 1. Engage in physical activities <ol style="list-style-type: none"> a. Riding a bicycle b. Walking c. Playing with friends 2. Identify the importance of consuming nutritious foods. 3. Achieve desired body weight 	<ol style="list-style-type: none"> 1. Demonstrate what comprises a balanced meal. <ol style="list-style-type: none"> a. Developing a meal plan for the week. b. Changing to structured family meals. 2. Identify the effects of being overweight on children. 3. Practice healthy living <ol style="list-style-type: none"> a. Engaging in physical exercises with 	<ol style="list-style-type: none"> 1. Determine the clients' knowledge level about balanced diet and the family's financial capability, food preferences, and culture. <ol style="list-style-type: none"> a. Determine the family's budget allotment for food. 2. Collaborate with the school in providing health programs (wellness and physical activities) 3. Provide materials that focus on balanced meals and its importance. 4. Determine the family's capability on performing exercises. 5. List exercises and physical activities that the child can perform. 6. Teach the family on how to formulate a meal plan. 7. Discuss the Pinggang Pinoy for school-age children. 8. Teach the family on how to monitor the

			the child.	<p>child's growth and activity.</p> <ol style="list-style-type: none"> 9. Explain to the family the normal values of growth in a school-age child. 10. Identify strategies to have healthy food choices. 11. Aid the family to identify healthy eating strategies. 12. Develop a weekly planner for meals and activities of the child. 13. Make a scheduled mealtime. 14. Instruct the family to prepare nutritious school meals for the child.
<p>Impaired parenting related to inadequate child care and unmet social and emotional needs as evidenced by frequent illness of child and developmental delay.</p>	<p>According to Erikson's Psychosocial Developmental Stage, 6-11 years old happens to be in initiative vs. guilt psychosocial conflict. In the case of Justine, he is showing struggles socially and emotionally which means he failed to master critical tasks based on his developmental stage. In Erikson's theory, a child's interaction is centered primarily on caregivers and family members that builds confidence and competency.</p>	<p>The mother and the grandmother will:</p> <ol style="list-style-type: none"> 1. Establish a positive relationship with the child. <ol style="list-style-type: none"> a. Providing time to one another. b. Enhancing communication 2. Determine the importance of being a good role model to the child. 	<ol style="list-style-type: none"> 1. Assist the mother in making time for her child. <ol style="list-style-type: none"> a. Discuss with the mother how she can help the child in meeting emotional needs. 2. Aid the primary caregiver in helping the child to express his feelings and personal needs. 3. Discuss with the primary caregiver the developmental tasks for school-age children. 4. Discuss about giving positive reinforcement as support and encouragement to the child. 	
<p>Anticipated problem: Fear related to school phobia as evidenced by stomach aches whenever he is about to go to school and negative examination and tests for any illness.</p>	<p>Rationale: Justine reports stomach aches whenever he is about to go to school but he is negative for any illnesses as stated on his tests and examination results at the ER. At his developmental stage, it is when the child uses illness to avoid unpleasant things like school. Stomach aches are also an effect of stress that can be academic or social.</p>			

II. Health Education Plan

Client: Justine

Age: 7y.o

Sex: Male

Nursing Diagnosis: Overweight related to unhealthy eating practices as evidenced by frequent consumption of pizza and chicken, BMI of 25, and stomach aches.

Title: Promotion of healthy eating patterns

Target Participant: Justine, Mother, and Grandmother

Goal: At the end of discussion:

- the family will be able to practice healthy eating practices, and demonstrate structured family meals.
- Justine will be able to determine a balanced meal.

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>Following a discussion on balanced nutrition, the target participants will be able to:</p> <p>1) Demonstrate a balanced meal.</p>	<p>1a. Demonstrate the contents of a balanced meal recommended for Justine's age.</p> <p>1b. Introduce the Pinggang Pinoy</p> <p>1c. Instruct the client on how to formulate a meal plan for the family.</p>	<p>Lecture and discussion</p> <p>One-to-one instruction</p> <p>Demonstration</p>	<p>20 minutes</p>	<p>Video containing information about Healthy eating for kids</p> <p>Link: https://www.youtube.com/watch?v=a-084pq105U</p>	<p>Question and Answer</p> <p>Clarification</p> <p>Return demonstration of a meal plan</p>
<p>2) List at least 1-2 importance of a balanced meal.</p>	<p>2a. Inform the client about the importance of a balanced meal.</p> <p>2b. Discuss the health complications of being overweight in</p>	<p>Lecture and discussion</p>	<p>10 minutes</p>	<p>Video about the importance of a balanced meal on the children.</p> <p>Link: https://www.youtube.c</p>	<p>Question and Answer</p>

<p>3) Adhere to the regimen for achieving desired body weight.</p>	<p>children. 3a. Discuss the importance of adhering in the prescribed regimen. 3b. Encourage the family to monitor the growth and activity of the child. 3c. Provide a sample meal diary.</p>	<p>Lecture and Discussion Demonstration</p>	<p>10 minutes</p>	<p>om/watch?v=B-SCwJ4kUJ4 Sample diary of daily food intake. Printed monitoring sheet of growth and activity of child, meal planning, and sample diary.</p>	<p>Verbalization of willingness to adhere in the prescribed regimen. Return demonstration of monitoring sheet and sample meal diary.</p>
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References

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