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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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CARE OF THE SCHOOL-AGE CHILD

Client: Justine

Age: 7 yrs. Old

Sex: M

Identified Nursing Problem	Rationale	Goal of Care	Intervention
Fear r/t school aeb stomach aches	School refusal/phobia is a type of social phobia that is characterized by having fear of going to school. This is manifested through physical signs of illness, such as vomiting, diarrhea, headache, or abdominal pain on school days. This is a priority problem because it decreases the client's psychological and physiological comfort. Moreover, it prevents the client from regularly attending school which may result in additional problems such as school failure, peer ridicule, or a pattern of avoiding difficulties.	The child will exhibit or relate increased psychological and physiological comfort, as evidenced by the following indicators: <ul style="list-style-type: none">● Discuss fears● Report less stomach aches	The nurse will: <ul style="list-style-type: none">● Assess contributing factors to school refusal/phobia● Provide child opportunities to talk and write about fears and to learn healthy outlets for anger or sadness, such as play therapy● Share with the child that these fears are okay● Encourage reinforcement by parents to go to school helps to prevent problems such as school failure, peer

			<p>ridicule, or a pattern of avoiding difficulties</p> <ul style="list-style-type: none"> ● Coordinate among the school, school nurse, and health care provider
<p>Overweight r/t high frequency of restaurant and fried food aeb BMI of 25 kg/m²</p>	<p>Obesity is a complicated disease that happens when an individual's weight exceeds the limit for his or her height. The client became overweight because of his unhealthy diet which mostly consisted of fast and fried foods. This problem requires intervention because overweight children begin to develop many of the same health problems as adults such as Hypertension, Diabetes, Anxiety and Depression, and Low self-esteem.</p>	<p>The child will verbalize what is healthy eating by the following indicators:</p> <ul style="list-style-type: none"> ● Describe "Pinggang Pinoy" ● Describe what "empty calories" mean ● Name "empty calories" beverages and healthier substitutions ● Name foods high in nutrients ● Name food high in sugar and "empty calories" and healthier substitutions 	<p>The nurse will:</p> <ul style="list-style-type: none"> ● Explain the client's situation and the necessary changes needed ● Discuss the hazards of obesity ● Review usual daily intake to identify patterns that contribute to excess weight ● Address the barriers to parents taking action to help their child eat better and exercise more ● Explain nutrient density of foods using creative visual aids ● Initiate health teaching about "pinggang pinoy"
<p>Risk for impaired attachment r/t interruption of bonding process s/t work</p>	<p>The client is at risk of impaired attachment because both of his parents are mostly away for work. His parents' work</p>	<p>The parent/primary caregiver demonstrates two effective skills to increase parenting effectiveness, as evidenced by</p>	<p>The nurse will:</p> <ul style="list-style-type: none"> ● Encourage parents to express frustrations regarding role

	<p>interrupts the bonding process between him and his parents. This condition could affect the client's growth and development and make managing his school refusal/phobia more difficult.</p>	<p>the following indicators :</p> <ul style="list-style-type: none"> ● Will acknowledge an issue with parenting skills ● Will identify resources available for assistance with improvement of parenting skills that are culturally considerate 	<p>responsibilities, parenting, or both</p> <ul style="list-style-type: none"> ● Educate parents about normal growth and development and age-related expected behaviors ● Acknowledge and encourage parent/caregiver's strengths in their parenting role
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Health Education Plan

<p>TITLE: Healthy Eating for school-age children TARGET PARTICIPANT/AUDIENCE: Justin and his family GOAL: The child will verbalize what is healthy eating</p>			
Objectives	Content Outline	Materials	Activities
<p>The child will verbalize what is healthy eating by the following indicators:</p> <ul style="list-style-type: none"> ● Describe "Pinggang Pinoy" ● Describe what "empty calories" mean 	<ol style="list-style-type: none"> I. Pinggang Pinoy <ol style="list-style-type: none"> A. What is pinggang pinoy? B. How to use it? II. Nutrient Density of Foods <ol style="list-style-type: none"> A. "Empty Calories" <ol style="list-style-type: none"> i. Definition 	<p>Colored copy of "Pinggang Pinoy" (https://www.ajinomoto.com.ph/wp-content/uploads/2020/07/PinggangPinoy-Kids.pdf)</p> <p>Visual Aids</p> <ul style="list-style-type: none"> ● felt board with pictures of food groups, vegetables, 	<p>Discussion Q and A</p> <p>Discussion Matching-type games</p>

<ul style="list-style-type: none"> ● Name "empty calories" beverages and healthier substitutions ● Name foods high in sugar and "empty calories" and healthier substitutions ● Name foods high in nutrients 	<ul style="list-style-type: none"> ii. Examples iii. Healthy alternatives <p style="text-align: center;">B. Foods high in nutrients</p> <ul style="list-style-type: none"> i. Examples ii. Healthy snacks at home 	<p>grains, milk, meat, cheese, yogurt, and fruits</p> <ul style="list-style-type: none"> ● books that emphasize good food with more energy, strong muscles and bones 	<p>Q and A</p>
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References

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