

Health Care Plan for School-age Child

Identified Nursing Problems	Rationale	Goal		Appropriate Nursing Interventions
		The client will:	The mother will:	The nurse will:
<p>Overweight related to high frequency of restaurant or fried food as evidenced by consumption of pizza and fried chicken every day and BMI of 25 kg/m²</p>	<p>NANDA (2020) defined overweight as a condition in which an individual accumulates excessive fat for age gender. In one of the defining characteristics of this nursing diagnosis, a child that is 2-18 years of age that has BMI of 25 kg/m² to 30 kg/m² in which the patient's BMI falls into as a 7-year-old child in the first grade. This is far from what CDC recommends as a healthy weight status that must be between the 5th and 84th percentile in BMI.</p> <p>Based on the assessment, the patient's diet was reported to be composed of pizza and</p>	<ol style="list-style-type: none"> 1. Have a normal weight for his height and age as evidenced by having a BMI in <85th percentile or <25 kg/m². 2. Implement the regimen established for his age. 3. 5. Practice at least three physical activities to incorporate in the daily routine. 4. Express adherence to the diet and activities established for his case. 	<ol style="list-style-type: none"> 1. Discuss the consequences of being overweight of a child based on age and gender. 2. Identify strategies to incorporate in healthy eating behavior. <ol style="list-style-type: none"> a) Pinggang Pinoy b) Daily Nutritional Guide for Filipino Children (7-12 years old) c) Dietary intake of 7-year-old child based on PDRI 	<ol style="list-style-type: none"> 1. Educate about the outcomes of continued unhealthy eating habits of the child and its effects on growth and development as well as in the different aspect in life of the child. Rationale: Presenting information of the probable outcomes of continued unhealthy habits will give rise to the knowledge of the clients that may influence their behavioral change. 2. Discuss the age, gender, ideal weight and height, and the recommended nutritional and caloric intake based on the established references that are evidence-based. Rationale: Educating the client with the nutritional guidelines and incorporating the client's age and gender, height and weight gives the client with options to tailor their own eating plan.

	<p>fried chicken when the patient is with the grandmother. Additionally, there have been reports of stomach ache that became a reason for the patient to miss school.</p> <p>Since the patient is in school-age, he should be in school and exploring of his world. He should also have a healthy diet that comprises of food that answers to his need as child that will allow him to grow and develop healthily.</p>		<p>3. Create a healthy eating plan based on the nutritional guidelines discussed.</p> <p>4. Encourage the child to adhere to the healthy meal plan and physical activities.</p>	<p>3. Assist the clients to incorporate the factor such as age, gender, weight and height with the use of the nutritional guidelines in creating a healthy meal plan for the child. Rationale: A plan that is developed together with the client is more likely to succeed as in the process of making the plan, the client has involvement.</p> <p>4. Evaluate progress of healthy meal plan in achieving the goals by established schedule of home visits. Rationale: As the healthy meal plan is implemented, weight loss is expected. As this continues, necessary changes to the healthy meal plan are needed to include as to prevent “plateaus” or where weight remain stable for a period of time.</p> <p>5. Emphasize the importance of physical activities tailored to the clients’ preferences in achieving weight loss. Rationale: Discuss that besides establishing a healthy meal plan, having an established physical activity will help in weight loss as</p>
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exercises further weight loss by reducing appetite; increasing energy; toning muscles; and enhancing cardiac fitness, sense of well-being, and accomplishment.

6. Present physical activities to the clients that could be incorporated into the daily routine.

Rationale: A plan that has the clients involve will likely be more successful.

7. Take weight and other appropriate body measurements periodically during the implementation of nursing interventions.

Rationale: This provides information if the regimen implemented were effective and if adjustments are necessary to make in order to stay in track of achieving the goals set.

8. Encourage the clients to continue implementing the healthy meal plan and physical activities to achieve healthy weight loss.

				<p>Rationale: To reinforce the behavioral changes to achieve the goal of weight loss and to continue promote adherence and participation in the healthy meal plan and physical activities.</p>
<p>Acute pain related to consumption of pizza and fried chicken everyday as evidenced by stomach ache felt before going to school</p>	<p>A school-age diet should be comprised of variety of foods considering the growth and development of the child. In the case of the patient, since most foods eaten were greasy and is often everyday consumed, this may result to stomach ache felt by the child. According to Mandl (n.d.), since greasy foods contain high amounts of fat, they delay stomach emptying which cause the pain in the stomach as the foods spends more time there.</p>	<ol style="list-style-type: none"> 1. Eats variety of foods such as vegetables, fruits, and meats and less on greasy foods. 2. Reports loss of pain on stomach. 3. Reports comfort going to school. 	<ol style="list-style-type: none"> 1. Create meals that are composed of variety of food. 2. Select healthy foods together with the grandmother to offer for the child. 3. Monitor the foods that were given to the child to make sure those are healthy. 	<ol style="list-style-type: none"> 1. Discuss the probable cause of the stomach ache of the child in relation to the foods eaten. <p>Rationale: Based on their reports, the child often eats greasy foods such as pizza and fried chicken. These greasy foods delay stomach emptying as it spends more time in the stomach which may result to the reports of stomach ache.</p> 2. Present the food pyramid guide appropriate for the school-age child. <p>Rationale: This food pyramid guide could serve as the basis of the amounts and variety of foods that will be incorporated for the meals served to the child.</p> 3. Explain how pinggang pinoy works and how it can be used for planning the meals that will be offered for the child.

				<p>Rationale: Pinggang pinoy is an evidence-based guide for the food that should be eaten by Filipinos. This is a good visual guide for the foods from Go, Grow, and Glow that should be in proportion in the plate. This could serve as a guide for both the guardians giving food to the child as well as the child himself for him to be aware of the number of foods he should consume.</p>
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4. Encourage them to create a meal plan for the child based on the presented nutritional guidelines.

Rationale: As the mother has her work and mostly the grandmother is left to care for the child, it will be helpful for both of them to create a meal plan that both of the parties agreed to create. Involving the mother and grandmother in creating such plan will promote their adherence in serving healthy foods for the child.

References:

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Health Teaching Plan

Title: Strategies for Weight Loss
Target Participant/Audience: The mother and J.
Goal: The clients will be able to increase their knowledge with the strategies to have in order to achieve healthy weight loss and normal BMI.

Topic	Objectives	Materials	Activities
<ul style="list-style-type: none"> • Consequences of continued unhealthy behavior towards the eating habits of the child and the BMI • Nutritional Guidelines that could help in creating healthy meal plans for weight loss 	<p>The client will be able to:</p> <ol style="list-style-type: none"> 1. Explain the consequences of continued unhealthy behavior towards the eating habits of the child in relation with the BMI 2. Discuss nutritional guidelines that could help in creating healthy meal plans for weight loss <ol style="list-style-type: none"> a) Pinggang Pinoy 	<p>Infographic – Childhood Obesity (Although the child is overweight, this infographic could still be utilized to present the consequences of unhealthy behavior and the current BMI) https://www.vectorstock.com/royalty-free-vector/childhood-obesity-infographic-vector-11621470</p> <p>Posters and reference</p> <ul style="list-style-type: none"> ▪ Pinggang Pinoy https://www.fnri.dost.gov.ph/images/sources/PinggangPinoy-Kids.pdf ▪ Daily Nutritional Guide for Filipino Children (7-12 years old) https://www.fnri.dost.gov.ph/index.php/tools-and-standard/nutritional-guide-pyramid#kids-7-12yrs-old ▪ Dietary intake of 7-year-old child based on PDR 	<p>(Mother) Lecture Question and Answer – Simple recalling of what have learned</p> <p>(Mother) Lecture Question and Answer – Describe how the nutritional guidelines will help in meal planning</p>

<ul style="list-style-type: none"> • Weekly meal plan of variety of foods • Physical activities that the child could incorporate in the daily basis • Calculating BMI for the 	<p>b) Daily Nutritional Guide for Filipino Children (7-12 years old)</p> <p>c) Dietary intake of 7-year-old child based on PDRI</p> <p>3. Create a meal plan utilizing the presented nutritional guidelines</p> <p>4. Identify at least three physical activities that the child prefers and incorporate in his daily routine</p> <p>5. Demonstrate calculation of</p>	<p>https://www.fnri.dost.gov.ph/images/images/news/PDRI-2018.pdf</p> <p>Poster and template</p> <ul style="list-style-type: none"> ▪ Pinggang Pinoy with sample meal plan https://www.fnri.dost.gov.ph/images/sources/PinggangPinoy-Kids.pdf ▪ Weekly meal plan template https://www.papertraildesign.com/wp-content/uploads/2019/01/weekly-meal-menu-plan-3.jpg <p>Poster – Children’s Activity Pyramid https://studylib.net/doc/8282241/children-s-activity-pyramid</p> <p>Infographic – Calculating BMI</p>	<p>(Mother) Demonstration Return Demonstration</p> <p>Discussion (J.) Question and Answer – Identification of physical activities</p> <p>(Mother) Demonstration</p>
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<p>monitoring of weight loss</p>	<p>BMI in monitoring the effectiveness of the implemented interventions</p>	<p>https://www.shutterstock.com/image-vector/over-weight-obesity-infographics-209826322</p>	<p>Return Demonstration</p>
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References:

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