

Title: Nutrition Counseling: Bakit Natin Kailangang Pahalagahan Ang Diet kahit sa murang edad pa lamang?

Target Participant: Patient J and his family members

Goal: After twenty minutes on the health teaching, the patient and his family members will have a better understanding of the importance of diet specifically for school-aged children

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>At the end of the nursing interventions on Nutrition Counseling, the patient and his family will:</p> <ol style="list-style-type: none"> Identify the effects of being overweight in the patient 	<ul style="list-style-type: none"> - Define overweight - Enumerate the causative factors of overweight to the patient - Discuss the harmful effects of overweight to the patient 	<p>Lecture/ Discussion Use of Illustration</p>	<p>3 minutes</p>	<p>WHO. (2022). <i>Overweight in school-age children and adolescents</i>. WHO. https://www.who.int/data/nutrition/nlis/info/overweight-in-school-age-children-and-adolescent#:~:text=The%20immediate%20consequences%20of%20overweight,its%20family%20and%20the%20society.</p> <p>Sahoo, K., Sahoo, B., Choudhury, A. K., Sofi, N. Y., Kumar, R., & Bhadoria, A. S. (2015). Childhood obesity: causes and consequences. <i>Journal of family medicine and primary care</i>, 4(2), 187–192. https://doi.org/10.4103/2249-4863.154628</p>	<p>Question and Answer</p>
<ol style="list-style-type: none"> Identify the nutrients needed for patient 	<ul style="list-style-type: none"> - Enumerate the nutrients needed for school-aged children 	<p>Lecture/ Discussion Use of Illustration</p>	<p>3 minutes</p>	<p>Stanford Children's Health. (n.d.). <i>Nutrition: School-Age</i>. Stanfordchildrens.Org. https://www.stanfordchildrens.org</p>	<p>Question and Answer</p>

<p>3. Identify the importance of the recommended diet to the patient</p>	<ul style="list-style-type: none"> - Enumerate food sources that may provide the needed nutrients to the patient - Discuss the diet prescribed by the physician and/or dieticians specifically for the patient - Discuss the importance of the recommended diet to the patient 	<p>Lecture/ Discussion Use of Illustration</p>	<p>4 minutes</p>	<p>rg/en/topic/default?id=school-aged-child-nutrition-90-P02280</p> <p>Johns Hopkins Medicine. (n.d.). <i>School-Aged Child Nutrition</i>. https://www.hopkinsmedicine.org/health/wellness-and-prevention/schoolaged-child-nutrition</p> <p>NNC. (2021). <i>NNC distributes Pinggang Pinoy Handbook for Use of Nutrition Workers</i>. National Nutrition Council. https://www.nnc.gov.ph/regional-offices/luzon/region-iv-b-mimaroipa/4566-nnc-distributes-pinggang-pinoy-handbook-for-use-of-nutrition-professionals#:~:text=Orange%2Dcolored%20placemats%20help%20stimulate,and%20lastly%2C%20green%20symbolizes%20new</p> <p>FNRI. (2016, August 23). <i>Pinggang Pinoy</i>. FNRI Website. https://www.fnri.dost.gov.ph/index.php/tools-and-standard/pinggang-pinoy</p>	<p>Question and Answer</p>
<p>4. Identify unhelpful eating behaviors and of how they can address</p>	<ul style="list-style-type: none"> - Enumerate current unhelpful eating behaviors of the patient - Discuss other unhealthy eating habits 	<p>Lecture/ Discussion Use of Illustration</p>	<p>5 minutes</p>	<p>Kowal-Connelly. (2020). <i>How Children Develop Unhealthy Food Preferences</i>. HealthyChildren.Org. https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-Children-Develop-</p>	<p>Question and Answer Demonstration</p>

<p>the kinds of activities associated with eating</p> <p>5. Demonstrate how to utilize a food diary</p>	<p>that the patient should avoid</p> <ul style="list-style-type: none"> - Provide solutions on how to address these poor eating habits <p>- Discuss the parts included in the food diary</p> <ul style="list-style-type: none"> - Demonstrate how to utilize the food diary 	<p>Lecture/ Discussion Use of Illustration Video</p>	<p>5 minutes</p>	<p><u>Unhealthy-Food-Preferences.aspx</u></p> <p>National Health and Medical Research Council (NHMRC) (2015). <i>Healthy eating for infants, children and teenagers</i>. Canberra: NHMRC. <u>https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-in-fants-children-and-teenagers</u>.</p> <p>Nutrition: Keeping a Food Diary. (2020, June 8). <i>familydoctor.org</i>. <u>https://familydoctor.org/nutrition-keeping-a-food-diary/</u></p>	<p>Return Demonstration</p>
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Teaching Plan

Title: **Ano ang school phobia at papaano ito nakakaapekto sa mga bata?**

Target Participant: Patient J and his family members

Goal: After ten minutes on the health teaching, the patient and his family members will have a better understanding about school phobia among school-aged children

Objectives	Content Outline	Method of Instruction	Time Allotted	Resources	Method of Evaluation
<p>At the end of the nursing interventions, the patient and his family will:</p> <ol style="list-style-type: none"> Identify the causes and effects of school phobia Identify possible ways to eradicate the school phobia of the patient 	<ul style="list-style-type: none"> - Define school phobia - Discuss the prevalence of school phobia among school-aged children - Discuss the causative factors of school phobia - Discuss the effects of school phobia <ul style="list-style-type: none"> - Enumerate ways that may eradicate the fear of the patient in attending school 	<p>Lecture/ Discussion Use of Illustration</p> <p>Lecture/ Discussion Use of Illustration</p>	<p>3 minutes</p> <p>3 minutes</p>	<p>Fremont, W. P. (2003, October 15). <i>School Refusal in Children and Adolescents</i>. American Family Physician. https://www.aafp.org/afp/2003/1015/p1555.html</p> <p>Mrunal. (2020, October 27). <i>School Phobia - Reasons, Signs and Treatment</i>. FirstCry Parenting. https://parenting.firstcry.com/articles/school-phobia-reason-signs-and-treatment/</p> <p>Maeda, N. (2019). <i>Rapid Return for School Refusal: A School-Based Approach Applied With Japanese Adolescents</i>. Frontiers. https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02862/full</p> <p>Burch, J. M., PhD. (2018, September 18). <i>School refusal:</i></p>	<p>Question and Answer</p> <p>Question and Answer</p>

<p>3. Demonstrate effective coping mechanisms or behaviors</p>	<ul style="list-style-type: none"> - Enumerate effective coping mechanism or behaviors that the patient may apply during school refusal situations of the patient - Demonstrate how to properly apply these 	<p>Lecture/ Discussion Use of Illustration Video Demonstration</p>	<p>4 minutes</p>	<p><i>When a child won't go to school.</i> Harvard Health. https://www.health.harvard.edu/blog/school-refusal-when-a-child-wont-go-to-school-2018091814756</p> <p>University of Houston. (n.d.). <i>Visualization and Guided Imagery University of Houston-Clear Lake.</i> University of Houston Clear Lake. https://www.uhcl.edu/counseling-services/resources/visualization</p> <p>Rief, S. F., MA. (2017, July 7). <i>Relaxation, Guided Imagery, and Visualization Techniques.</i> FamilyEducation. https://www.familyeducation.com/school/coping-adhd/relaxation-guided-imagery-visualization-techniques</p>	<p>Question and Answer Return Demonstration</p>
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Teaching Plan