



University of the Philippines Manila

The Health Sciences Center

COLLEGE OF NURSING

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NURSING CARE PLAN

Client Name: Justine

Age: 7 y.o. Sex: M

ASSESSMENT CUES	NURSING DIAGNOSIS	GOAL AND OBJECTIVES (NOC)	NURSING INTERVENTIONS (NIC)	EVALUATION
<p><u>Subjective Cues:</u></p> <ul style="list-style-type: none"> The client's mother, Jane, verbalized that while she is at work, his grandmother buys him pizza or fried chicken everyday. The client's mother also reported that he always gets stomach aches so he has been missing school a lot. <p><u>Objective cues:</u></p> <ul style="list-style-type: none"> The client's BMI is 25 kg/m² which is already considered overweight for children his age. All of his examinations and tests were negative for any illness. 	<p>Overweight related to high frequency of restaurant or fried food as evidenced by BMI of 25 kg/m².</p>	<p>I. Knowledge: Healthy Diet (1854) II. Weight Loss Behavior (1627) III. Weight Maintenance Behavior (1628) IV. Physical Fitness (2004)</p> <p><u>Goal:</u> After a month of nursing interventions, the child will obtain and apply basic knowledge about proper nutrition by the following indicators: normal BMI, weight maintenance in accordance with his age, and adherence to weight loss program.</p> <p><u>Objectives:</u> By the end of the monthlong nursing interventions, the client will be able to:</p> <ol style="list-style-type: none"> Set realistic increment goals with the family for weekly weight loss. 	<p>I. Nutritional Counseling (5246) II. Weight Management (1260) III. Behavior Modification (4360) IV. Exercise Promotion (0200)</p> <p>In collaboration with the client's family, the nurse will:</p> <ol style="list-style-type: none"> Assist the client and his family in setting realistic short-term and long-term goals for healthy 	<ol style="list-style-type: none"> Set at least three (3) short-term and long-term goals each.



		<ol style="list-style-type: none"> 2. Implement a daily food diary and exercise log. 3. Review eating habits and dietary patterns with the family. 4. Describe the nutritional needs of a school-age child in relation to the MyPlate guide. 5. Explain the importance of exercise in weight loss and maintenance. 6. Formulate an eating plan and exercise routine with the family. 7. Demonstrate a change in eating patterns, food choices, and lifestyle. 	<p>weight loss.</p> <ol style="list-style-type: none"> 2. Teach the client and his family what a food diary and exercise log should include. 3. Identify unhealthy eating patterns or behaviors and consequences associated with overeating or weight gain. 4. Explain the MyPlate food guide to give an overview of food groups, portioning, and healthy food choices. 5. Relate exercise to healthy weight loss and maintenance. 6. Create a feasible weight loss plan incorporating healthy foods and an exercise routine. 7. Encourage health practices that maintain weight management throughout life. 	<ol style="list-style-type: none"> 2. Demonstrate use of food diary and exercise log daily. 3. Enumerate three (3) inappropriate eating patterns and its corresponding consequences. 4. Identify the food groups and give five (5) examples of healthy food in each group based on the MyPlate guide. 5. Explain the importance of exercise for weight maintenance in his own words with a brief 2-3 sentences. 6. Develop own eating plan and basic exercise routine. 7. Display healthy weight loss of 2-5 kg with optimal maintenance of health.
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References:

Bulechek, G.M., Butcher, H.K., Dochterman, J.M., & Wagner, C. (2013). *Nursing Interventions Classification (NIC)* (6th ed.). Mosby.
 Carpenito, L.J. (2016). *Nursing Diagnosis: Application to Clinical Practice* (15th ed.). Lippincott Williams & Wilkins.
 Moorhead, S., Johnson, M., Maas, M.L., & Swanson, E. (2013). *Nursing Outcomes Classification (NOC)*. Mosby In



TEACHING PLAN

Title: Proper Nutrition and Exercise for School-Age Children Target Participant/Audience: Patient JCN Goal: The client and his family will have improved knowledge on proper nutrition and exercise for school-age children.					
LEARNING OBJECTIVES	CONTENT OUTLINE	METHOD OF INSTRUCTION	TIME ALLOTTED	RESOURCES	METHOD OF EVALUATION
<p>At the end of the teaching session, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Explain the importance of maintaining healthy weight. 2. Formulate a realistic age-appropriate meal plan. 	<ul style="list-style-type: none"> • Nutritional requirements and normal weight range of school-age children • Benefits of a healthy weight to one's overall wellbeing • Ways to achieve and maintain healthy weight • Composition of a balanced diet 	<p>Lecture/Discussion</p> <p>Lecture/Discussion</p>	<p>Total time:</p> <p>5 minutes</p> <p>10 minutes</p>	<p>PowerPoint presentation</p> <p>MyPlate food guide Pinggang Pinoy</p>	<p>Verbal Feedback (Question and Answer)</p> <p>Output (meal plan)</p>

