

Care of the School-Age Child

Case Study

Health Care Plan

Identified Nursing Problem	Rationale	Goal of Care	Intervention
Overweight related to unhealthy eating habits as evidenced by a BMI of 25 kg/m ² and the frequent consumption of pizza and fried chicken.	Fat is a nutrient that is used by the body to build nerve tissue and hormones. For a school-aged child, having fats in their diet is important but excessive consumption of fat can cause many health problems. Fat is high in calories, which can greatly impact an individual's weight if consumed in great amounts. Frequent eating of fatty foods such as pizza and fried chicken can lead to harmful effects such as a greater risk for heart disease, high blood pressure, and diabetes.	The child will: <ul style="list-style-type: none">• identify the importance of healthy eating;• identify nutritious food; and• demonstrate a normal BMI. The family will: <ul style="list-style-type: none">• recognize the effects of being overweight on growing children; and• demonstrate how to build a balanced meal by creating a meal plan for the week.	The nurse will: <ul style="list-style-type: none">• Assess the family's knowledge level about healthy eating and balanced diets.• Determine the family's financial situation and budget allotment for food.• Educate the family on balanced diets and healthy eating habits.• Explain the effects of being overweight on a growing child.• Demonstrate how to build a balanced meal.
Fear related to school phobia as evidenced by stomachache.	School phobia or school refusal may stem from the child being overly dependent on his or her parent/s causing a fear of separation from them. This fear can manifest physically, such as abdominal pain, headaches, and diarrhea. Having this fear prevents the child from going to	The child will: <ul style="list-style-type: none">• demonstrate a decrease on school absence; and• absence of abdominal pains of unknown cause.	The nurse will: <ul style="list-style-type: none">• Determine how family behavior affects the client.• Educate the family on the client's fear and ensure them that it is a common and normal problem for children his age.

	<p>school regularly, and in the long-term this can lead to outcomes such as school dropout and social, occupational, and psychiatric concerns that can continue into adulthood.</p>	<p>The family will:</p> <ul style="list-style-type: none"> • aid the child in home-to-school transition through: <ul style="list-style-type: none"> ○ counseling; and ○ engaging in social and community activities. 	<ul style="list-style-type: none"> • Encourage the family to engage the child to social and community activities gradually. • Appraise the client's needs/desires for social support.
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Health Education Plan

<p>Title: Tamang Pagkain Target Audience: Justin and Justin's Family Goal: The family will maintain healthy eating practices and a balanced diet.</p>			
Objectives	Outline	Materials	Activities
<p>Following a discussion on proper nutrition and healthy eating habits, the family will be able to:</p> <ol style="list-style-type: none"> 1. Explain the effects of being overweight on growing children 2. Identify the recommended daily serving size for food groups 	<p>During the discussion, the nurse will:</p> <ol style="list-style-type: none"> 1a. Define the overweight 1b. Discuss the effects of being overweight on growing children. 1c. State the importance of a healthy and balanced diet in the development of children 2a. Discuss the daily recommended daily servings for Filipino Adults <ul style="list-style-type: none"> • Water and beverages • Rice and rice products • Vegetables • Fruits • Milk • Egg 	<p>Infographics on the impact of diet on a child's weight and development</p> <p>Daily Nutritional Guide Pyramid for Filipino Adults Daily Nutritional Guide Pyramid for Filipino Adults. (n.d.). Republic of the Philippines: Department of Science and Technology - Food and Nutrition Research Institute. https://www.fnri.dost.gov.ph/index.php/tools-and-standard/nutritional-guide-pyramid#adults-20-39yrs-old</p>	<ul style="list-style-type: none"> • Discussion with use of visual aids • Question and Answer <ul style="list-style-type: none"> ○ What are the effects of being overweight on growing children? • Discussion with use of visual aids • Question and Answer <ul style="list-style-type: none"> ○ List the components of the daily recommended

<p>3. List unhealthy foods to avoid</p>	<ul style="list-style-type: none"> • Fish and meat • Sugar or sweets • Fats and oils <p>3a. Enumerate and discuss unhealthy foods to limit or avoid</p> <ul style="list-style-type: none"> • Sugary food • High saturated fat food • Salty food <p>3b. Highlight the impact of excess consumption fast food to a child's development</p>	<p>Infographic on unhealthy foods</p> <p>Cut Out Added Sugars. American Heart Association. (n.d.). https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/cut-out-added-sugars-infographic</p> <p>Fats. American Heart Association. (n.d.). https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats</p> <p>Sodium. American Heart Association. (n.d.). https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium</p>	<p>servings given in the Daily Nutritional Guide Pyramid.</p> <ul style="list-style-type: none"> • Discussion with use of visual aids • Question and Answer <ul style="list-style-type: none"> ○ Give examples of each identified unhealthy food group
<p>4. Build a diet that promotes balance nutrition</p>	<p>4a. Discuss the purpose of Pinggang Pinoy</p> <p>4b. Enumerate and discuss the different components of balanced food portions shown in Pinggang Pinoy</p>	<p>Pen and Paper</p> <p>Pinggang Pinoy</p> <p>Pinggang Pinoy. (n.d.). Republic of the Philippines: Department of Science and Technology - Food and Nutrition Research Institute. https://fnri.dost.gov.ph/index.php/116-pinggang-pinoy</p>	<ul style="list-style-type: none"> • Discussion with use of visual aids • Build a meal plan for the week using the Pinggang Pinoy

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