



**CASE STUDY #4- CARE OF THE SCHOOL-AGE CHILD**

**Nursing Care Plan**

**Client: Justine**

**Age: 7**

**Gender: Male**

Assessment	Nursing Diagnosis	Rationale	Goals and Objectives	Interventions
<p><b>Subjective:</b></p> <ul style="list-style-type: none"> <li>● Everyday consumption of pizza or chicken</li> <li>● Pajamas do not fit the body size and shape</li> <li>● Has an apple-sized body shape</li> </ul> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>● <b>BMI:</b> 25 kg/m<sup>2</sup> <ul style="list-style-type: none"> <li>○ Considered overweight</li> </ul> </li> </ul>	<p><b>Overweight</b> related to frequent consumption of restaurant or fried foods</p>	<p>Restaurant or fried foods such as pizza or chicken contain excessive calories that can cause weight gain. Weight gain can then lead to obesity which increases one's risk of developing systemic and chronic diseases. This would be dangerous if not addressed especially in school-age children as long-term health problems, like respiratory and cardiovascular diseases, may develop.</p>	<p><b>Goal:</b> Achieve a Normal weight status (BMI = 18.5-24.9)</p> <p><b>Objectives:</b>  <b>NOC: Eating Disorder Self-Control (1411)</b>          Within 12 weeks to 1 month of nursing care, the client will:</p> <ol style="list-style-type: none"> <li>1. Enumerate eating behaviors and consequences associated with weight gain;</li> <li>2. Consistently demonstrate a change in eating patterns, especially minimizing intake of pizza and chicken;</li> <li>3. Consume daily caloric intake appropriate for</li> </ol>	<p><b>NIC: Nutrition Management [1100]</b></p> <p><i>Definition: Providing and promoting a balanced intake of nutrients</i></p> <p><b>Activities:</b>          The nurse will:</p> <ol style="list-style-type: none"> <li>1. Instruct patient about nutritional needs (i.e., discuss dietary guidelines and food pyramids);</li> <li>2. Adjust diet by providing high protein foods, suggesting food alternatives, decreasing calories, and increasing vitamins;</li> <li>3. Instruct patient on specific dietary needs based on</li> </ol>

			<p>metabolic needs, as a school-age child;</p> <p>4. Engage in a recommended exercise routine.</p>	<p>development or age, i.e., 3-5 servings of vegetables daily, 2-4 servings of fruits daily, and 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day;</p> <p>4. Instruct guardian to monitor the child's calorie and dietary intake through a food diary;</p> <p>5. Assist the individual to develop a basic exercise program to meet his needs.</p>
<p><b>Subjective:</b></p> <ul style="list-style-type: none"> <li>Justine lives with his maternal grandmother</li> <li>His father works abroad while his mother also has to go to work</li> <li>Justine consumes pizza or chicken every day, as her grandmother keeps ordering for him.</li> </ul> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><b>BMI:</b> 25 kg/m<sup>2</sup> <ul style="list-style-type: none"> <li>Considered overweight</li> </ul> </li> </ul>	<p><b>Ineffective child-eating dynamics</b> related to the parental inability to support healthy eating patterns as evidenced by absent parents due to occupation, and maternal grandmother's everyday ordering of pizza or chicken.</p>	<p>Ineffective child-eating dynamics is defined as <i>altered attitudes, behaviors, and influences on eating patterns resulting in compromised nutritional health</i>. Justine is not properly guided on which foods should be eaten and instead has his diet focused on foods rich in sodium that could get unhealthy for his age. Absent parents due to their occupations also play a role since they can't properly manage their children's diet and implement healthy eating habits. This may also taint their parent-child relationship as the parents need to be more involved in their child's diet, especially if he's still in his early grade school years.</p>	<p><b>Goal:</b> Develop improved eating behaviors in collaboration with the patient's parents.</p> <p><b>Objectives:</b> Within 12 weeks to 1 month of nursing care, the client will:</p> <ol style="list-style-type: none"> <li>Spend more time with his parents, especially during meal time so they can monitor his food intake;</li> <li>Reduce to once per two weeks consumption of chicken and/or pizza;</li> <li>Change his diet to a healthier plan;</li> <li>Slowly learn to express his feelings and emotions to family members;</li> </ol>	<p><b>Activities:</b> The nurse will:</p> <ol style="list-style-type: none"> <li>Ask the parents to describe their relationship with Justine;</li> <li>Teach parents and guardian on the specific dietary needs of the child;</li> <li>Discuss the significance of guiding the school-age child towards healthier food choices;</li> <li>Encourage the parents and guardian to provide positive reinforcement and support.</li> </ol>
<p><b>Subjective:</b></p> <ul style="list-style-type: none"> <li>Justine has been missing school due to stomach aches</li> </ul>	<p><b>Fear</b> related to school phobia as evidenced by frequent stomach aches before going to school</p>	<p>Justine has been missing school due to his stomach aches but is reported to have no relation to any illness.</p>	<p><b>Goal:</b> Successfully attend school without having stomach aches.</p>	<p><b>NIC: Coping Enhancement [5230]</b> <i>Definition: Facilitation of cognitive</i></p>

<p>before he goes to school.</p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>Examinations and tests showed that he is negative for any illness.</li> </ul>		<p>This concern could be linked to emotional factors, given his age.</p>	<p><b>Objectives:</b></p> <p>Within 12 weeks to 1 month of nursing care, the client will:</p> <ol style="list-style-type: none"> <li>Identify social situations that affect food intake;</li> <li>Plan coping strategies for fearful situations;</li> <li>Use relaxation techniques to reduce fear.</li> </ol>	<p><i>and behavioral efforts to manage perceived stressors, changes, or threats that interfere with meeting life demands and roles</i></p> <p><b>Activities:</b></p> <p>The nurse will:</p> <ol style="list-style-type: none"> <li>Ask the parents or guardian of the child how he usually deals with stressful situations;</li> <li>Teach relaxation techniques to reduce fear;</li> <li>Encourage verbalization of feelings, perceptions, and fears;</li> <li>Encourage social and community activities, especially in school.</li> </ol>
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**Health Education Plan**

<p><b>Nursing Diagnosis: Overweight</b> related to frequent consumption of restaurant or fried foods          Title: Health Teaching about patient's nutritional needs          Target Participant/s: Justine, his family          Goal: At the end of the 1-hour discussion, the patient will be able to:</p> <ul style="list-style-type: none"> <li>Exhibit willingness to deviate from eating chicken and/or pizza</li> </ul>					
Objectives	Content Outline	Method of Instruction	Time allotted	Resources	Method of Evaluation
<p>Following a health teaching about nutritional needs for his age, the patient will be able to:</p>					

1. Identify the criteria to be categorized as overweight.	1a. Discuss the age specificities 1b. Discuss the weight range 1c. Discuss the BMI range	Discussion	5 minutes	WHO Classification of Weight Status Distribution of BMI Category-Age wise	<b>Recall</b> the criteria to be categorized as overweight <b>Question and Answer</b>
2. Enumerate health problems associated with being overweight.	2a. Explain the connection of being overweight with heart disease, diabetes, hypertension, and trouble breathing. 2b. Include the causes and risk factors of acquiring these conditions, besides lifestyle and diet.	Lecture, Discussion  Active recall through visual aids, flash cards	10 minutes	Diagram	Ability to <b>explain</b> connection of the health conditions with being overweight  <b>Enumerate</b> risk factors
3. Verbalize adjustments to diet.	3a. Importance of providing healthy beverages, especially water and milk. 3b. Offer better alternatives to chicken and pizza, such as fruits and vegetables. 3b. Suggest ways to be enticed to other meals, such as taking a trip to the local market, or growing plants and cook them afterwards. 3c. Emphasize importance of eating together.	Inquiry Guided Learning  Directed discussion (include open-ended questions)  Guided instruction	15 minutes	Example of	Answer open-ended questions (What will happen if you do not hydrate yourself enough?) Enumerate healthier eating options Show examples
4. Assist the child to develop a basic exercise program to meet his needs.	4a. Aerobic exercise: playing sports, running, cycling 4b. Bone strengthening activities: Walking for 20 minutes, 3x a week; doing sports	Interactive lecture  Demonstration	20 minutes	Video resources LINK: [1] <a href="https://www.youtube.com/watch?v=N9mOvsU0bX0">https://www.youtube.com/watch?v=N9mOvsU0bX0</a>	Verbalization of appreciation of quality time with family  Return Demonstration

	4c. Extension (Strain): yoga, dancing, gymnastics			[2] <a href="https://www.youtube.com/watch?v=nCNS-Lpubaw">https://www.youtube.com/watch?v=nCNS-Lpubaw</a>	
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**References:**

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