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N13 Maternal & Child Nursing  
 Care of Child from Infancy to Adolescence

**Forum 5: Care of an Adolescent**

**HEALTH/NURSING CARE PLAN**

Patient: **Ginny**

Age: **16 years old**

Mother: **Jennifer**

IDENTIFIED NURSING PROBLEMS	RATIONALE	GOALS OF CARE		APPROPRIATE INTERVENTIONS <i>The nurse will:</i>
		<i>The client will:</i>	<i>The mother will:</i>	
<b><i>Disturbed body image</i></b> r/t changes in self-esteem and perceived need to lose weight a.e.b. being underweight	As their own worst critics with respect to their bodies, adolescents may be affected by developmental changes in body structure, especially during this stage when building social and intimate relationships is significantly important. They may perceive a need to lose weight to fit the standard of	<ul style="list-style-type: none"> <li>Express positive feelings of self-worth, including comfort and security with own body image and structure.</li> <li>Commit and report adherence to balanced dietary plans that meet recommended nutritional</li> </ul>	<ul style="list-style-type: none"> <li>Provide emotional support and assist client in developing positive self-esteem and self-worth.</li> </ul>	<ul style="list-style-type: none"> <li>Determine reasons for losing weight.</li> <li>Acknowledge verbal expression of feelings on body changes as normal and guide client in separating appearance from self-esteem and personal worth.</li> </ul>

	<p>their peers or of society, resorting to low-calorie or starvation diets. Even though Ginny is underweight, her perceived weight may contrast with her actual weight, especially as she is already in a relationship. Improving her body image and providing health teaching on proper diet and nutrition may also address the unhealthy eating habits that Ginny has developed to lose weight (i.e. <i>undereating</i>) and prevent it from worsening to eating disorders like <i>anorexia nervosa</i>.</p>	<p>requirements appropriate for age, sex, and development.</p> <ul style="list-style-type: none"> <li>● Maintain a normal BMI.</li> </ul>		<ul style="list-style-type: none"> <li>● Discuss significance of healthy eating for optimal adolescent development.</li> <li>● Assist in identifying realistic and attainable healthy weight goal.</li> <li>● Discuss various high-calorie nutritious foods and foods abundant in required vitamins and minerals while also considering client preferences.</li> <li>● Demonstrate and guide client in creating sample nutritious meal plan.</li> </ul>
<p><b>Risk for situational low self-esteem</b> r/t facial and neck acne breakout a.e.b. verbalization of being extra conscious of her looks</p>	<p>Facial beauty matters a lot to adolescents who often associate physical appearance as the foundation upon which popularity is achieved and lasting relationships are built. Their body awareness may cause them to become overly conscientious about personal hygiene and appearance. Acne is the</p>	<ul style="list-style-type: none"> <li>● Demonstrate increased self-confidence and self-esteem.</li> <li>● Verbalize that acne does not affect self-image.</li> <li>● Maintain therapeutic management through accurate execution of</li> </ul>	<ul style="list-style-type: none"> <li>● Provide emotional support and assist client in developing positive self-confidence, esteem, and self-worth.</li> </ul>	<ul style="list-style-type: none"> <li>● Facilitate discussion of and respect client's feelings and concerns about condition.</li> <li>● Explain and emphasize acne breakout, its disease process &amp; causes, as a common skin disorder for adolescents.</li> </ul>

	<p>most common skin order of adolescents resulting from increased secretion of sebaceous glands which are trapped in hair shafts. The outbreak of acne in her face and neck has made Ginny overly conscious of her looks, particularly because she already has a boyfriend. Aside from correcting a potentially undesirable self-perception, therapeutic management of this health problem is also important to establish hygienic practices and prevent the breakout from worsening.</p>	<p>grooming and hygiene regimen for acne care.</p>		<ul style="list-style-type: none"> <li>● Assist in creating an attainable skin care routine and encourage adherence to reduce - if not prevent - acne outbreaks. Emphasize the need for washing face and other affected areas daily with mild soap and water.</li> <li>● Advise against picking or squeezing acne lesions which may only increase inflammation.</li> <li>● Encourage a balanced diet, adequate fluids, exercise, and adequate rest.</li> <li>● Inspect acne lesions if they are mild, moderate, or severe.</li> <li>● Refer client (and parents) to a physician for medical treatment and medication regimen if acne breakout is abnormal or severe.</li> </ul>
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<p><b><i>Stress overload</i></b> r/t maintenance of academic grades and college application a.e.b. verbalized feelings of pressure and acne breakout</p>	<p>As an adolescent, Ginny is undergoing a transition between childhood and young adulthood. Extreme stress may be felt during life-changing events such as preparing for college and making a career decision, especially in the face. In Ginny's case, juggling academics, relationships, personal matters and body image, in addition to the constant pressure of the environment or of her peers to excel, may become a burden. These emotional stressors may also be behind the flare-ups of acne and at the same time, may also contribute to increasing her stress levels as she may perceive them as hindrances to achieving "perfection" and maintaining her relationship. It's important to address this problem as it may impact others aspects of her life.</p>	<ul style="list-style-type: none"> <li>● Apply effective coping mechanisms and patterns to manage stressors and perform in academics to the level of her capabilities.</li> <li>● Report a decrease in stress levels.</li> </ul>	<ul style="list-style-type: none"> <li>● Provide emotional support and assist client to cope with stress physically, emotionally, and mentally</li> </ul>	<ul style="list-style-type: none"> <li>● Provide client with opportunities to express concerns, fears, feelings, and expectations, conveying feelings of understanding while avoiding false reassurances.</li> <li>● Assist client to establish self-awareness to begin dealing with problems.</li> <li>● Provide counseling regarding positive and effective coping strategies to manage stressors and deal with limitations.</li> <li>● Assist client in setting attainable academic and college application goals, breaking them down into manageable tasks to reduce overwhelming feelings and identifying personal skills and strengths.</li> <li>● Appraise impact of client's lifestyle</li> </ul>
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				<p>practices and stressful situation on personal and relationship roles. Promote self-awareness and alternatives to maintain balance in life.</p> <ul style="list-style-type: none"> <li>● Encourage use of cognitive relaxation techniques (e.g. <i>music therapy, guided imagery</i>).</li> </ul>
<p><b><i>Ineffective relationship</i></b> r/t ineffective communication skills a.e.b. withholding information from her parents, especially mother</p>	<p>The relationship between adolescents and their parents is often fraught with conflict and tension as the former desires autonomy from the latter. In fact, the more parents create rules, the more adolescents try to rebel. Ginny's attempt to keep her relationship a secret from her mother may result from knowing that her parents would not approve of her having a boyfriend at such an early age. This led to ineffective communication between the two, as Ginny's mother describes how difficult it is</p>	<ul style="list-style-type: none"> <li>● Report open communication with her mother/parent daily.</li> <li>● Express safety and comfort in confiding her feelings with her mother, whether it be distress or infatuation, and the like.</li> </ul>	<ul style="list-style-type: none"> <li>● Maintain open communication with client while respecting privacy.</li> <li>● Validate adolescent's feelings and provide emotional support to encourage information sharing.</li> <li>● Gently but firmly establish balance between freedom and responsibility.</li> </ul>	<ul style="list-style-type: none"> <li>● Facilitate open and healthy communication between mother and client characterized by respect and understanding.</li> <li>● Help adolescent and parent understand the responsibilities of managing individual roles and responsibilities that are constantly changing.</li> <li>● Counsel client on the significance and benefits of maintaining an honest and trusting</li> </ul>

	<p>to talk to her daughter and how she hardly knows her daughter's friends. Nevertheless, while it is natural for adolescents to be closer to their friends than family, the parent-child dynamic must not suffer. Resolving this problem is a must to promote effective information sharing between Ginny and her mother, where she regularly updates her mother on her activities and experiences, honestly sharing her feelings which will also open her up to receive support, care, and love from her mother.</p>			<p>relationship with her mother.</p> <ul style="list-style-type: none"> <li>● Counsel the mother on client's developmental stage and personal situation, and the importance of providing support, care, and love to her daughter.</li> </ul>
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**ANTICIPATED NURSING PROBLEMS**

- **Ineffective adolescent eating dynamics.** If Ginny fails to improve her self-perception and increase her self-esteem by separating her physical appearance from it, she may continue to adapt unhealthy eating habits, and if these worsen to excessive dieting, she may eventually even develop eating disorders.
- **Ineffective coping.** If Ginny fails to control her stressors - unable to manage her stress overload as well as her excessive weight loss - and does not resolve the ineffective communication with her mother, she may develop unhealthy coping strategies and have difficulty managing further stress in the future.
- **Risk for injury.** At Ginny's age, especially with the overwhelming feelings of stress she is currently experiencing, she may potentially succumb to peer pressure and engage in risk-taking behaviors such as taking drugs, consuming alcohol, or having unprotected sex, which

puts her not only in danger of acquiring a disease but also in actual mortal danger. Another contributing factor here would be the fact that her parents are unaware of her group of friends and may thus not be around to discourage her from these dangerous behaviors.

## **HEALTH EDUCATION PLAN**

### **Topic: *Promotion of Positive Body Image/Enhancing Self-esteem & Improving Health & Nutritional Status of Adolescents***

**Rationale for Prioritization:** Ginny's nursing diagnosis of disturbed body image involves issues with her self-perception and self-worth, leading to problems in her nutrition. In accordance with Maslow's Hierarchy of Needs, nutrition is a physiological need that needs to be prioritized not for health maintenance but also to ensure survival. Nevertheless, only by addressing the core of the issue, which lies in enhancing her self-esteem and promoting positive body image, will Ginny be willing to listen and participate in health teaching on nutritious eating patterns and practices. Other factors and practices in an adolescent's lifestyle, including emotional support, physical activity, sleep, and hygiene, will also be included as these may improve Ginny's overall health status.

**Participants:** Ginny and Jennifer

**Duration:** 45 minutes

### **Objectives**

At the end of the nursing interventions, the client will:

- Briefly discuss normal developmental changes during the stage of adolescence.
- Identify 3-5 personal factors that contribute to her disturbed body image and underweight status.
- List 3-5 personal effective coping strategies to manage stressors and improve mental & emotional stability.
- Verbalize acceptance of physical appearance as separate from self-esteem and express positive feelings of self-worth, including comfort with own body image and structure.
- Discuss in own words the significance of healthy eating habits on optimal adolescent growth and development.
- Accurately create a sample nutritious & healthy meal plan that also fits personal preferences in accordance with DNG Pyramid & *Pinggang Pinoy* guidelines with the mother.
- Set an attainable healthy weight goal and maintain normal BMI.
- Discuss in own words the importance and process of balanced physical activity, sufficient rest, and proper hygiene and grooming practices on optimal health and development.

- Demonstrate open and interactive communication with mother during the session.

The client's mother will:

- Verbalize provision and preparation of healthy and nutritious food choices for daily meals to support the adolescent's growth and development.
- Assist client in regularly monitoring of eating behaviors and nutritional intake, tracking weight and BMI changes & maintaining normal values, and adhering to mineral supplementation regimen as applicable.
- Listen to the adolescent's concerns and emotions, reinforce/acknowledge feelings, and provide support as appropriate to enhance client's self-esteem.

### **Content**

- Physiologic, cognitive, and emotional developmental changes occurring during stage of adolescence
- Causes and contributing factors to disturbed body image and underweight status
- Separation of physical appearance from self-esteem
- Effective and relevant coping strategies and relaxation techniques
- Impact of adequate nutrition on optimal adolescent growth and development
- Nutritional requirements appropriate for the age, sex, and development
  - Functions & required yet balanced quantities of food from various food groups based on the DNG Pyramid & *Pinggang Pinoy* for Filipino adolescents.
  - Necessity of high-calorie diet to meet body's increased metabolic needs
  - Healthy dietary consumption and mineral supplementation to support body's needs for iron, zinc, calcium, including adherence to prescribed dosage regimen as applicable.
- Process of meal planning and food preparation
- Realistic and attainable healthy weight goals for adolescents
- Process of weight tracking and BMI measurement
- Significance and process of balanced physical activity, sufficient rest, and proper hygiene and grooming practices on optimal health and development
- Therapeutic, honest, and compassionate communication between mother and client

### **Materials/Resources**

- Infographics on Daily Nutritional Guide Pyramid & DOST *Pinggang Pinoy* for adolescents



- Visual aids/handouts on nutritious food products
- Handout on sample meal plan for one day
- Meal plan template
- Pen and calculator
- Weighing scale
- Tape measure

**Activities**

- Lecture and interactive, one-on-one discussion
- Demonstration of meal planning
- Demonstration of BMI measurement

**Evaluation**

- Question-and-answer
- Return demonstration of meal planning and BMI measurement

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