

Nursing Dx 1: Imbalance nutrition: Less than body requirements related to rickets as evidenced by vitamin d and calcium deficiency, improper diet by only eating rice and eggs, and below 5th percentile for height and weight (height: 85 cm, weight 10.2 kg)

Expected Outcome: By the end of the day, the patient will consume adequate nutrition per the provider's orders.

Interventions:

- Consult with the provider to appropriately assess the patient and individualize the patient's plan of care regarding nutrition.
- Administer medication per provider's orders: Calcium carbonate 250 mg NG BID, Cetrizine HCl 2.5 mg NG BID, Ergocalciferol 2,000 unit NG daily, Multivitamins Pediatrics 1 mL NG daily.
- Administer tube feed per provider's orders: Feeds overnight from 20:00 to 06:00 Kate farms pediatric peptide 1.5
- Educate the patient's family on the body's nutritional needs.

Evaluation: Goal met. By the end of the day, the patient did consume adequate nutrition per the provider's orders.

Nursing Dx 2: Impaired physical mobility related to recent fractured right tibia as evidenced by the need for weight-bearing exercises, unsteady gait, and recently removed cast 2 weeks ago.

Expected Outcome: In four hours, the patient will demonstrate exercises to improve physical mobility when going to physical therapy.

Interventions:

- Avoid using the affected extremity to take vital signs such as blood pressure.
- Encourage the patient to do as much as they can. Give positive reinforcement during the activity.
- Present a safe environment: bed rails up, bed in a down position, and important items close by.
- Consult with PT and emphasize the importance of PT to the patient and family.

Evaluation: Goal met. In four hours, the patient demonstrated exercises to improve physical mobility when going to physical therapy.

Past Medical History: Right tibia fracture

Past Surgical History: Not seen on chart (new admit)

Medical Diagnosis: Rickets, Malnutrition

Diagnostic tests and results: Not seen on chart (new admit)

Assessment:

- A&O 3, Temp 98.2°F, BP 115/69, HR 144, SpO2 was not able to be seen since the patient did not want to keep her finger in, RR 20
- Medication NG
- 8 french NG tube in the left nare, feeds overnight from 20:00 to 06:00 Kate farms pediatric peptide 1.5
- Voids to diaper
- Allergies: Mango, fish, tree nuts, milk, oats, wheat, strawberry

Medications:

- Calcium carbonate 250 mg NG BID
- Cetrizine HCl 2.5 mg NG BID
- Epinephrine HCl 0.15 mg IM PRN
- Ergocalciferol 2,000 unit NG daily
- Hydrocortisone cream 0 gm TP TID
- Multivitamins Pediatrics 1 mL NG daily
- Omeprazole 10 mg NG BID
- Polyethylene glycol 8.5 gm NG

Nursing Dx 3: Impaired verbal communication related to developmental delay as evidenced by a language barrier, not having the same vocabulary as normal 3-year-olds, and only saying "mom."

Expected Outcome: By the end of the day, the patient will participate in speech therapy to assist with effective communication.

Interventions:

- Use visual aids and other devices
- Assess the patient's primary language and use a translator
- Pay attention to the patient's nonverbal actions and cues
- Incorporate and stress the importance of speech therapy

Evaluation: Goal met. By the end of the day, the patient participated in speech therapy to assist with effective communication.

Nursing Dx 4: Deficient knowledge of the parent related to the lack of exposure to information about dietary modifications and patient care as evidenced by the patient's unbalanced nutrition, vitamin d and calcium deficiency, and not demonstrating proper NG tube management.

Expected Outcome: By the end of the week, the parent will be able to demonstrate an understanding of nutrition, NG tube management, and therapies needed for her child.

Interventions:

- Provide clear, thorough, and understandable explanations and demonstrations.
- Teach the patient's family about nutrition and calcium intake.
- Instruct the patient about weight-bearing exercises.
- Reassess the parent's understanding of NG tube management by using the teach-back technique to determine the patient's understanding of what was taught by the end of the week.

Evaluation: Goal not met. By the end of the week, the parent will be able to demonstrate an understanding of nutrition, NG tube management, and therapies needed for her child.