**Case Study Assignment – NURS 2830**

1. This assignment is to be completed in groups of 2 or 3 people. No other combination will be accepted unless you have received prior approval.
2. **At the end of each answer (**not throughout or in between parts of the answer) please provide the reference used to complete the answer. I will not be marking for APA but if I wish to check your reference I should be able to easily locate it because it was referenced correctly.
3. **Single space, use 12 font, and either Times Roman or New Times Roman style. Maximum 2 pages**
4. Plagiarism of another’s work (e.g. a classmate or quoting verbatim from an academic source without an adequate reference) will be penalized heavily with the assignment given a zero.

You are the Public Health Nurse working in Child Health Clinic (CHC) at the Public Health Unit.

HISTORY and ASSESSMENT

A ten-year-old boy, Carl, presents with his mother, Lori, for a routine well-child visit. He does not report any problems, his medical history is unremarkable, and he has no family history of heart disease or diabetes mellitus. During the physical examination, you find that his weight is 49.8 kg, and his height is 133 cm. A review of the chart reveals that he has been above the 96th percentile for weight throughout his childhood. During previous CHC visits the mother has been encouraged to monitor his weight and physical activity but has stated that she does not feel that there is anything to be concerned about.

You know from a past visit that Loris is a single mother who works in a grocery store most afternoons until 1700. She does not have any family in town to help her. Carl does not have many friends in the neighbourhood and spends most afternoons alone waiting for his Mom to return.

Working with your group, design a plan of care for this boy and his family focusing on his identified obesity ***and*** ***psychosocial wellbeing***. This plan of care should include:

* Assessment:
  + What additional information do you need? What questions will you ask?
  + How will you go about obtaining this information?
* Diagnosis:
  + What ***single*** nursing diagnosis will your plan of care centre on?
  + A NANDA approved diagnosis must be used
* Planning:
  + What will your plan of care entail?
  + How will you go about devising this plan of care?
  + Who will you include in this process?
* Implementation:
  + Describe ***three*** nursing interventions that you will utilize in caring for Carl?
  + What is your rationale for choosing these interventions?
* Evaluation:
  + How will you evaluate your plan of care?
  + How will you know if you have been successful?