



CHARACTERISTICS OF THE NURSING PROCESS IN CHILD CARE

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Abstract: This article discusses the nursing process in pediatrics, focusing on the methods of providing nursing care to healthy and sick children, as well as the interactions between the nurse, the sick child, and the child's parents.

Keywords: pediatrics, mental and physical health, patient, rational nutrition, sleep disturbances, child's personal hygiene, dressing, body temperature.

Some young mothers experience real panic when left alone at home with their newborn. To avoid such situations, mothers should have a clear understanding of how to care for their newborn and what needs to be done after being discharged from the maternity hospital during pregnancy. The nursing process is a systematic, organized set of sequential actions aimed at identifying health problems of an individual, developing a plan to solve these problems, providing assistance, and evaluating and implementing the plan. The nursing care process follows Henderson's theory and consists of five stages.



The sick child, the family members, and healthcare professionals play crucial roles in forming effective interactions. Nurses build relationships with well-informed families. Families that understand the role of healthcare professionals respect them and trust their monitoring of the child's health. However, working with complex families can present challenges in child care. Parents and family members, being individuals, establish communication through children, which is especially evident in interactions with young children.

Evaluating a child's condition involves obtaining information from the child, parents, and nurse. Despite this, verbal communication primarily involves the parents, making their inclusion in the process essential. Regardless of age, communication holds significant importance.

Characteristics of the Nursing Process in Pediatric Care

Nursing students who have studied pediatric care within the curriculum are already familiar with the structure of nursing care according to Henderson's theory, as taught in the "Fundamentals of Nursing" course. Therefore, we will examine the characteristics of the nursing process in children compared to adults.

Children cannot independently care for themselves without the support of parents or external help, requiring more care. The younger the child, the fewer life skills they



have developed. Children are still learning and growing, thus, family members must always be there to assist them.

Nursing care can be comprehensive or partial. A unique aspect of pediatric nursing care is that it involves not only the child but also their parents and family members, as they form a unified whole. Sometimes, the needs of the family members for certain medical services coincide with the needs of the child. Therefore, the demands of the family members are addressed just as the child's needs are.

The structural elements of the nursing process according to Henderson are essential in pediatric care. Nurses often face challenges while working with children, as they need to interact not only with the sick child but also with their family members (parents, grandparents), which places significant responsibility on the nurses. They must be well-versed in the anatomical and physiological characteristics of a child's body and the progression of various diseases.

When implementing the nursing process, nurses must first identify the goal of the nursing care process. Only then can the nurse determine what the child needs.

The primary needs or problems of children include:



1. Universal problems identified according to the child's age, such as feeding, maintaining hygiene, regulating body temperature, dressing, undressing, and sleeping. These needs are usually straightforward to identify as they stem from the child's developmental characteristics (understanding rational nutrition, planned feeding, sleep disturbances, personal hygiene, dressing, and so on).

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