

Care Planning in Children and Young People's Nursing

EDITED BY

DORIS CORKIN

SONYA CLARKE

LORNA LIGGETT



Table of Contents

Cover

Dedication

Title page

Copyright page

Foreword

Preface

Contributors

Acknowledgements

Section 1: Principles of Care Planning

1 The Nature of Care Planning and Nursing Delivery for Infants, Children and Young People

Introduction

Nursing process - what is the nursing process?

Nursing diagnoses

Planning of care - what is a care plan?

Philosophy of care

What are nursing models?

Summary

2 Risk Assessment and Management

Introduction

Risk assessment

Main sources of risk

Categories of risk

Risk management

Examples of risk

Following an incident

Summary

3 Safeguarding to Protect Children, Young People and Their Families

Introduction

Inquiry into Victoria Climbié

Recognition of child abuse and neglect

Policies and procedures

Assessment

Record-keeping
Roles and responsibilities
Summary

4 Ethical and Legal Implications When Planning Care for Children and Young People

Introduction
Ethics and morality
The law
What is advocacy?
The rights of the child
Consent
Challenges to healthcare decisions and actions
Evidence-based practice
Documentation within care planning
Summary

5 Young People and Truth Telling

Introduction
Summary

6 Sexual Health

Introduction
Summary

7 Integrated Care Pathways

Introduction

The origins of integrated care pathways

What are integrated care pathways?

How do integrated care pathways contribute to evidence-based practice?

Summary

8 Interprofessional Assessment and Care Planning in Critical Care

Introduction

Case study

Interprofessional working

ABCDE assessment framework

Assessment of disability

Summary

9 Practice Education Facilitator, Mentor and Student - Supporting the Planning of Care

Introduction

Role of mentors

Practice education facilitator role

Case study

Summary

10 Holistic Care - Family Partnership in Practice

Introduction

Family-centred care

Families adapting to their child's illness

Empowering parents

Summary

11 From Hospital to Home - Parents' Reflective Account

Introduction

Planning care

Hospital to home

Living with Ryan and his tracheostomy

Parents as carers

Siblings and extended family

Our son Ryan

Ryan's education
Giving something back

Section 2: Care Planning – Pain Management

12 Managing a Neonate in an Intensive Care Unit

13 Epidural Analgesia

Section 3: Care of Children and Young Persons with Special Needs

14 Young Person with a History of Epilepsy

The epilepsies

15 Nut Allergy - Anaphylaxis Management

16 Closed Head Injury

17 Obesity
Summary

Section 4: Care of Neonates and Children with Respiratory Disorders

18 Neonatal Respiratory Distress Syndrome

19 Cystic Fibrosis

20 Asthma

Section 5: Care of Infants and Young Persons with Cardiac Conditions

21 Cardiac Catheterisation

22 Infant with Cardiac Failure

Section 6: Care Planning – Surgical Procedures

23 Tonsillectomy

24 Appendicectomy

Section 7: Care of Infants and Young Persons with Orthopaedic Conditions

25 Ilizarov Frame

26 Developmental Dysplasia of the Hip

Section 8: Care of the Gastro-intestinal Tract in Infants and Children

27 Gastro-oesophageal Reflux Acknowledgement

28 Cerebral Palsy and Nasogastric Tube Feeding

29 Enteral Feeding - Gastrostomy Care

Section 9: Care of Children and Young Persons with Endocrine Disorders

30 Nephrotic Syndrome

31 Newly Diagnosed Diabetic
What is diabetes mellitus?

32 Acute Renal Failure/Kidney Injury

Section 10: Care of Infants and **Young Persons with Skin** **Conditions**

33 Infant with Infected Eczema

34 Burns Injury

Section 11: Care of Children and **Young Persons with Life-** **Limiting Conditions**

35 Young Person with Spinal
Muscular Atrophy

36 HIV/AIDS

37 Bereavement Support
Summary

[Appendix 1: Children's Nursing Care Plan](#)

[Appendix 2: Bronchiolitis Integrated Care Pathway](#)

[Appendix 3: RCN Recommendations and Good Practice Points](#)

[Appendix 4: Examples of Evaluation Tools](#)

[Appendix 5: Sample Care Plan](#)

[Appendix 6: Management of Acute Asthma in Children](#)

[Appendix 7: Activity of Living - Breathing](#)

[Appendix 8: Asthma Treatment Card](#)

[Index](#)

[Download CD/DVD content](#)

For Breige Morgan, a contributing co-author of Chapter 37, who died suddenly on 12 October 2010. Breige had a huge personality, and she was a great inspiration to her colleagues, and to many sick children and their families.

Care Planning in Children and Young People's Nursing

Edited by

Doris Corkin

Teaching Fellow (Children's Team)
School of Nursing & Midwifery
Queen's University Belfast

Sonya Clarke

Senior Teaching Fellow (Children's & Orthopaedic/Trauma Nursing)
School of Nursing & Midwifery
Queen's University Belfast

Lorna Liggett

Discipline Lead (Children's Nursing)
School of Nursing & Midwifery
Queen's University Belfast

 **WILEY-BLACKWELL**
A John Wiley & Sons, Ltd., Publication

This edition first published 2012

© 2012 by Blackwell Publishing Ltd

Blackwell Publishing was acquired by John Wiley & Sons in February 2007. Blackwell's publishing program has been merged with Wiley's global Scientific, Technical and Medical business to form Wiley-Blackwell.

Registered office: John Wiley & Sons, Ltd, The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, UK

Editorial offices: 9600 Garsington Road, Oxford, OX4 2DQ, UK

The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, UK

350 Main Street, Malden, MA 02148-5020, USA

For details of our global editorial offices, for customer services and for information about how to apply for permission to reuse the copyright material in this book please see our website at www.wiley.com/wiley-blackwell.

The right of the author to be identified as the author of this work has been asserted in accordance with the UK Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by the UK Copyright, Designs

and Patents Act 1988, without the prior permission of the publisher.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book are trade names, service marks, trademarks or registered trademarks of their respective owners. The publisher is not associated with any product or vendor mentioned in this book. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold on the understanding that the publisher is not engaged in rendering professional services. If professional advice or other expert assistance is required, the services of a competent professional should be sought.

Library of Congress Cataloging-in-Publication Data

Care planning in children and young people's nursing / edited by Doris Corkin, Sonya Clarke, Lorna Liggett.

p. ; cm.

Includes bibliographical references and index.

ISBN-13: 978-1-4051-9928-5 (pbk. : alk. paper)

ISBN-10: 1-4051-9928-8 (pbk. : alk. paper) 1. Pediatric nursing. 2. Nursing care plans. I. Corkin, Doris. II. Clarke, Sonya. III. Liggett, Lorna.

[DNLM: 1. Patient Care Planning. 2. Pediatric Nursing-methods. 3. Adolescent. 4. Child. 5. Nursing Care-methods. 6. Risk Assessment. WY 159]

RJ245.C368 2011

618.92'00231-dc23

2011015846

A catalogue record for this book is available from the
British Library.

This book is published in the following electronic
formats: ePDF 9781444346039; ePub
9781444346046; Mobi 9781444346053

Foreword

Children's and young people's nursing has a theoretical base which has many elements including physiology, psychology, pathology, pharmacology and sociology. To deliver quality care to children and young people that is focused, safe and organised, it needs to be planned. Documenting the plan of care for a child and the implementation of that plan ensures continuity of care and provides a legal document demonstrating that care has been delivered.

The Nursing and Midwifery Council, the regulator for nursing in the UK, has published policy benchmarks which highlight the importance of nurses making records that are clear, intelligible and accurate, documented in such a way as to ensure that their meaning is clear. The plan of care for an individual child is the cornerstone of their health care journey. This new and exciting textbook is designed to help children's and young people's nurses appreciate the pivotal role that they can play in ensuring that every child receives optimum care based on their assessed needs. This book demonstrates how care can be organised using the nursing process and nursing models to help focus care delivery to meet the specific needs of the child or young person.

The importance of children's and young people's nurses planning and delivering care, underpinned by evidence-based theory, is perhaps best reflected in

Nightingale's famous pronouncement articulated in her notes for nursing (1859):

"Children: they are affected by the same things [as adults] but much more quickly and seriously." p. 72

It is because children are different from adults and become sicker much more quickly that children's nurses need a cognitive assessment and care planning toolkit to help them successfully manage the whole care paradigm of sick children and young people. Indeed, it is because sick children need care delivered by well-educated children's nurses that this book has been written by a team of writers dedicated to promoting best practice. Planning and delivering optimum care is the very hallmark and mantra of children's and young people's nurses.

This first edition provides a clear and user-friendly examination of the nursing process, the framework for organising individualised nursing care. Nurses will find the various chapters invaluable in assessing, planning, implementing and evaluating the care that they deliver. Importantly, in the case of children personal injury claims are allowed up to 3 years after their majority, although in all cases an individual judge may lengthen the period allowed. This emphasises the need for nurses to be vigilant in the way that they assess and plan care, as a child's patient record may be called before a judge sometimes decades after the event.

This book also recognizes that the involvement of children, young people and their families in the planning and implementation of care is vital in the

formation of effective partnerships with families and children in the provision of care.

However, it is the creation of a care plan that is used to determine the nursing care given to an individual patient using measurable outcomes which are measurable to enable care to be evaluated and then improved upon.

In addition, this book shows the reader the whole purpose of using the nursing process to help assess, plan and deliver care to the child, young person and family which fulfils the whole ethos of nursing, which is 'first to do no harm'.

I commend this book to you.

Dr E.A. Glasper

Professor of Children's and Young People's Nursing

The University of Southampton

Preface

Within this book the editors and contributing authors address a selection of the most common concerns that arise when planning care for infants, children and young people within the hospital and community setting. Discussion within each chapter and scenario will highlight that effective care planning needs to be individualised, yet collaborative, negotiated in partnership with the child or young person and their family in order to meet their many needs. It is hoped the title provides a clear, detailed and comprehensive insight into children's nursing and that this text is appropriate for practitioners throughout the world.

This textbook is mainly aimed at 'child branch' nursing students undertaking undergraduate education, postgraduate programmes and recently qualified children's nurses. It should also be an invaluable resource for the registered nurse (RN), especially when undertaking the dedicated role of mentorship. This text is richly designed with diagrams and photographs to inform the practice of care planning through the report of current research, best available evidence, policy and education, which reflects both the uniqueness and diversity of contemporary children's nursing. The overall intention is that this book will become a core text within children's nursing curricula and serve as a guide when teaching the theoretical foundation and clinical skill of care planning at each stage of the process. Furthermore, it will become an innovative

resource for nursing students, nurse educators, practitioners, researchers and carers.

Chapters 1–11 explore central aspects in the rapidly changing field of children's nursing. Key principles are addressed to facilitate children's nurses with the understanding and knowledge that will underpin their care delivery.

The scenarios outlined in Chapters 12–37 provide the link between theory and practice, whilst highlighting the implications for good practice. Proposed questions follow the individual scenarios, offering lists of potential responses with limited rationale; it is therefore recommended that the nursing student/healthcare professional should explore the issues through further reading. Answers are not meant to be definitive or restrictive and may be amended to facilitate changing circumstances at any time. These scenarios will also help develop the fundamental skills of writing competent focused care plans for infants, children and young people. Throughout the scenarios a family-centred partnership has been incorporated within a multidisciplinary and interagency framework. A collective global approach to care planning, whereby the nursing process and a model/models of nursing have been utilised, demonstrates the art and science of individualised care plans. The activities within the scenario chapters are designed to encourage self-directed learning, assimilation of information and searching of literature to stimulate the enquiring mind.

The editors have drawn together a wealth of expertise locally, nationally and internationally from a wide variety of practitioners/nurse specialists, academics and parents and we would like to thank them for their enthusiasm and commitment. Authors have reflected upon their personal/professional experience and in-depth knowledge, whilst respecting confidentiality, to explore important issues that arise when caring for infants, children and young people with a range of conditions some of which could be life-threatening or indeed life-limiting. Outstanding features within this book include contributions from parents and a young person who have shared their 'lived experiences', therefore taking cognisance of the Nursing and Midwifery Council stance on service user involvement. Also highlighted is the uniqueness of the 'practice facilitator' role in supporting mentors and nursing students within practice and the invaluable contribution from the Director of HIV/Aids Programme in Ethiopia.

Having reflected upon the Queen's University Belfast philosophy, which is to 'lead, inspire and deliver', the editors would like to take this opportunity to acknowledge the support from Head of School, Professor Linda Johnston, who has encouraged our learning trajectory.

We would also like to thank Magenta Styles and Alexandra McGregor at Wiley-Blackwell for their editorial assistance and patience throughout this timely editing process.

Doris Corkin

Sonya Clarke

Lorna Liggett

Contributors

Michelle Bennett

Clinical Nurse Specialist, Children's Pain Management, Nottingham University Hospitals NHS Trust: MSc in Pain Management, BSc (Hons) Advanced Nursing Practice, ENB 415, ENB N51, ENB 997, RSCN & RGN

Michelle qualified in Chichester as an RGN in 1989 and then went on to train as a children's nurse at Great Ormond Street Hospital in 1992. After working in London for a short time she moved to Nottingham in 1995 to specialise in paediatric intensive care nursing. Over the following ten years Michelle worked in both paediatric high dependency and paediatric intensive care settings within Nottingham. Michelle has always had an interest in children's pain management, which formed the basis of her BSc Honours degree dissertation, which she undertook whilst working on PICU in Nottingham. During this time Michelle also undertook the role of health lecturer- practitioner in the University of Nottingham, working with undergraduate master's degree child branch student nurses. Michelle was appointed as a Clinical Nurse Specialist in Children's Pain Management almost six years ago and continues to work at Nottingham University Hospitals NHS Trust. In this time Michelle has completed an MSc in pain management. Michelle has presented at several

conferences, published articles relating to children's pain management and related topics.

Erica Brown

Vice President of Acorns Children's Hospices, Senior Lecturer at University of Worcester and an Independent Consultant in Children's and Young People's Palliative Care

Erica was formerly Head of Research and Development of Care at Acorns and she worked as Head of Special Education at Oxford University. She has longstanding experience as a senior manager in schools and universities and she has lectured and published nationally and internationally. Erica is a trained bereavement counsellor. Her most recent books include: *Loss, Change and Grief - an Educational Perspective* (1999) London: David Fulton Publishers; *Supporting Children with Post Traumatic Stress Disorder - a Guide for Teachers and Professionals* (2001) London: David Fulton Publishers; *The Death of a Child: Care for the Child, Support for the Family* (2003) Birmingham: Acorns Children's Hospices; *Palliative Care for South Asians - Hindus, Muslims Sikhs* (2008) (2nd edn) London: Quay Books; *Supporting the Child and the Family in Paediatric Palliative Care* (2007) London: Jessica Kingsley; *Supporting Bereaved Children in the Primary School* (2009) London: Help the Hospices; *Life Changes - Loss, Change and Bereavement for Children Aged 3-11 Years Old* (2010) Manchester: Tacade/Lions.

Pauline Cardwell

Teaching Fellow, School of Nursing & Midwifery, Queen's University Belfast, Northern Ireland: MSc in Advanced Nursing; PGCHET, BSc (Hons) Health Sciences, RN (Child Dip) & RGN

Pauline began her nursing career in 1986 and holds qualifications in adult and children's nursing. She has worked in various fields of nursing practice, including adult medical, surgical and general children's nursing in a clinical career which spans over 25 years' experience. Pauline also held a position of practice educator within the university in June 2006 before commencing her current post of teaching fellow in January 2008. Her professional interests and areas of teaching include clinical skills both within the CFP and branch programmes of the undergraduate programmes and simulated learning and practice. She has presented at regional, national and international conferences on a range of topics and has published in books and journals.

Pauline Carson

Teaching Fellow, School of Nursing & Midwifery, Queen's University Belfast, Northern Ireland: MSc Child Health, PG Cert in Learning and Teaching in HE, BSc (Hons) Professional Development in Nursing, RN (Canada), RSCN, RGN

Pauline has both an adult and children's nursing background and has worked in both the UK and Canada. She worked within the field of paediatric cardiology prior to entering into nurse education and is now primarily teaching within pre-registration nurse education. Areas of interest within nursing

include adolescent/young people's health care; high dependency care and nurse education.

Julie Chambers

Community Children's Nursing Sister, South Eastern Trust, Health & Social Care, Downpatrick, Co. Down, Northern Ireland: BSc (Hons) Specialist Practice, Teacher Practitioner, Nurse Prescribing, Asthma Diploma, D/N Cert, SCM, RSCN & SRN

Julie commenced her nurse training in 1979 and has worked in community nursing as a District Nursing Midwifery Sister since 1986 specialising in paediatrics. She initiated the setting up of a community paediatric service with her colleague Doris Corkin in 2000. Julie makes every effort to enhance and develop her practice by being a mentor to pre- and post-graduate nursing students and by contributing to and participating in international conferences, book/journal publications and presentations. She also endeavours to ensure that all children and families are nursed to the highest standard and last year was the Well Child's overall winner in the UK Community Practitioner of the Year Award.

Janice Christie

Teaching Fellow, School of Nursing & Midwifery, Queen's University Belfast, Northern Ireland: PhD, MA, BSc, RN & RSCPHN

Janice worked as a health visitor for 15 years and has a special interest in public health and health promotion. She has worked in Queen's since 2005, and teaches from diploma to taught doctorate level

(pre- and post-registration nursing across a range of fields).

Sonya Clarke (Editor)

Senior Teaching Fellow, School of Nursing & Midwifery, Queen's University Belfast, Northern Ireland: MSc Nursing; PGCE (Higher Education), PG Cert (Pain Management), BSc (Hons) Specialist Practitioner in Orthopaedic Nursing, RN (diploma/children's nursing) & RGN

Sonya, a nurse for over 20 years, has experience in children's and adult nursing within orthopaedics and as a Marie Curie nurse within palliative care. Her current position encompasses teaching/administration, community outreach and related scholarly activity within the School of Nursing and Midwifery at Queen's University Belfast (QUB). Teaching commitments mainly involve undergraduate children's nursing for the BSc (Hons) Health Studies programme and pathway leader for the registered nurse undertaking orthopaedic and fracture trauma continuing education programmes across the lifespan. Scholarly activity reflects both children's nursing and her specialist subject area of orthopaedics. Prior to her Teaching Fellow position in 2003 she was employed as a Lecturer Practitioner at QUB and Musgrave Park Hospital (MPH, a regional elective orthopaedic unit). Sonya's nursing career commenced in 1988, she qualified as an RGN in 1991 and completed a diploma in Children's Nursing in 1996. Clinical practice was primarily within MPH for the adult and child until 2001, with additional nursing

experience (bank position) gained as a Marie Currie nurse until 2009. Sonya continues to actively lead, inspire and deliver evidenced-based education that motivates and develops the Queen's nursing student.

Doris Corkin (Editor)

Teaching Fellow, School of Nursing & Midwifery, Queen's University Belfast, Northern Ireland: MSc in Nursing, PG Dip Nurse Education, BSc (Hons), CCN, RN (Child Dip), ENB904 & RGN

Doris has both adult and children's training, has specialised in neonatology for over 12 years, has worked in an acute medical/surgical ward for six years and was instrumental in establishing a new community children's nursing service before accepting her current teaching position in 2003. Teaching commitments include pre- and post-registration children's nursing, with specific interests in the nursing care of children and young people with complex/palliation needs and encouraging service user involvement within the curriculum. As a module and programme co-ordinator Doris makes every effort to develop her clinical skills within children's nursing through facilitation of interprofessional education, QUB teaching, travel awards and international conference presentations. Doris has contributed to both journal and book publications, external examining and professional committees/organisations.

Michael Davidson

Practice Education Facilitator, Belfast Health and Social Care Trust, Belfast City Hospital, Belfast,

Northern Ireland: MSc Nursing (Cancer), BA (Hons) Nursing Studies, BA Public Administration (with an option in social work), CQSW & RGN

Michael trained initially as a social worker working for the voluntary sector and then latterly in a hospital setting. He went on to train as a registered general nurse, specialising in the field of oncology and haematology nursing. Since qualifying as a registered nurse Michael has worked in a number of cities and towns in Scotland as well as working in Australia. Work roles have included ward manager, specialist nurse, clinical teacher and lecturer. Michael moved to live and work in Belfast, Northern Ireland in 2005, working as a clinical leader within the newly established Northern Ireland Cancer Centre. Most recently he took up a new role as a Practice Education Facilitator within the Belfast HSC Trust. Responsibilities include the support of nurse mentors in practice to ensure that the NMC Standards to Support Learning and Assessment in Practice (2008) are adhered to as well as other professional responsibilities aimed at ensuring a high standard of practice education opportunities exists.

Nuala Devlin

Practice Education Facilitator, Belfast Health and Social Care Trust, Northern Ireland: Postgraduate Certificate in Education (Lecturer/Practice Educator), BSc in Health Studies, Diploma in Nursing Studies & RGN

The initial part of Nuala's career involved working within a nursing home in the private sector before