

Starship nursing care plans

Appendix A(i). Assessment

_____'s care plan
<ul style="list-style-type: none"> This first section provides the baseline essential information for nurses. It covers all current and relevant history. It is appropriate to ask about past medical history and check if the tamariki, rangatahi or whānau know who their consultant is and if they have other health teams involved. Use discretion when asking about Te Wa Aroha (palliative care plan). In many instances it may be obvious that the answer is no. However if there is any possibility that this might be relevant to the tamariki and whānau it can be asked as “Do the words Te Wa Aroha mean anything to you?”

My Whānau		
This section provides the essential information about the tamariki or rangatahi's whānau		
Questions as written	Examples of: How you might choose to phrase them in practice	Examples of: Potential responses
The people who live in my home are:	<i>So who lives at home</i> <i>Can you tell me who lives at home with you</i>	<i>Mum & Dad</i> <i>Mum, dad younger sister 6/12</i>
Other people who are important to me are:	<i>Can you tell me about any other people who are important to you</i> <i>Are there other people that are important in your tamariki or rangatahi's life</i>	<i>Grandma , Grandad UK</i> <i>Nan Grandad Northshore</i> <i>Really close whānau, grandparents (maternal) and nan and Koro (paternal) look after regularly</i>
The person staying with me in hospital is:	<i>Who will be staying with your tamariki or rangatahi in hospital this visit</i>	<i>Nan</i> <i>Mum staying</i>
Mine and my whānau's preferred language Interpreter required Yes/No	<i>This must ALWAYS be asked as 'what is your and your whānau's preferred language' If the whānau answer any language other than English to this question then tick yes for an interpreter. Whānau may often be reluctant to admit their English is not as extensive or fluent as it may appear.</i>	<i>Samoan speaks some English</i> <i>Interpreter required (Yes/No)</i>
My tribe/iwi/hapu is: _____	<i>Do you have a tribe/iwi/hapu</i> <i>Does your whānau identify with any particular iwi , tribe or hapu</i>	<i>No</i> <i>Child and father have an iwi- Ngati Porou</i>
Cultural/Spiritual considerations my family would like you to know are:	<i>Are there any Cultural/Spiritual considerations you would like us to know about and /or</i>	<i>No</i> <i>Karakia prior to meals and</i>

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	<p><i>support you with</i></p> <p><i>Are there any cultural or spiritual considerations we should know about for your whānau</i></p> <p><i>Do you have any cultural or spiritual needs we could get you some support for from our specialist teams (maori / pacific / religious)</i></p>	<p><i>whānau Karakia with illnesses. Tamariki or rangatahi wears taonga at all times</i></p> <p><i>Would like contact with Kaiatawhai</i></p>
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Knowing me		
This section provides information specific to the tamariki or rangatahi		
Questions as written	Examples of: How you might choose to phrase them in practice	Examples of: Potential responses
<p>I have been to hospital before Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>I have been to hospital _____ times before</p>	<p><i>Has pēpe ever been in hospital before</i></p> <p><i>Has your tamariki or rangatahi ever been in hospital before</i></p>	<p><i>No</i></p> <p><i>Yes x 4</i></p>
<p>I express myself through: (special words, signs, tools)</p>	<p><i>Pēpe is only 2 weeks old– Are there things you’ve picked up on that she does that help you interpret her needs</i></p> <p><i>How does your tamariki or rangatahi express herself</i></p> <p><i>Do you or your whānau have any special words or phrases that mean something to you that it might be useful for us to know</i></p>	<p><i>Quiet. Only really cries when hungry or needs nappy change</i></p> <p><i>Talks a lot can tell you what shes feeling if shes sad she may be quiet</i></p> <p><i>Uses makaton sign language</i></p> <p><i>‘Ears’ is Tamariki or rangatahi’s word for hearing aids</i></p> <p><i>Will jump up and down a lot when he gets anxious or needs toilet</i></p>
<p>I get around by:</p>	<p><i>Do you have a buggy or use a baby carrier for pēpe?</i></p> <p><i>How does your tamariki or rangatahi get around?</i></p> <p><i>How do you make sure your tamariki or rangatahi is safe when they are mobilising</i></p>	<p><i>Have carseat and buggy</i></p> <p><i>Walks and mobilises normally</i></p> <p><i>Specialised wheelchair</i></p> <p><i>Bum shuffles around cot</i></p>

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My nutritional routines are:	<p><i>What is the normal feeding routine for pēpe?</i></p> <p><i>What are your tamariki or rangatahi's normal eating and drinking routines</i></p>	<p><i>Bottle fed .Feeds 3-4 hryly on demand</i></p> <p><i>Has B/L/D, night time milk</i></p>
My favorite food is:	<p><i>What formula do you use?</i></p> <p><i>Does your tamariki or rangatahi have any favourite foods</i></p>	<p><i>Aptamil Formula</i></p> <p><i>Chicken nuggets</i></p>
My hygiene routines are:	<p><i>Have you established a particular bathing routine for pēpe yet?</i></p> <p><i>What is normal for your tamariki or rangatahi in terms of hygiene / baths etc</i></p>	<p><i>Bathed nightly</i></p> <p><i>Prefers a bath than a shower and usually at night</i></p> <p><i>Showers self</i></p>
Things I need help with are:	<p><i>While pēpe is in hospital what sort of things would you anticipate you might want help with in caring for her.</i></p> <p><i>Are there things your tamariki or rangatahi needs help with</i></p>	<p><i>Getting pēpe washed / bathed</i></p> <p><i>Very independent</i></p> <p><i>Needs full assistance with all cares</i></p> <p><i>Sourcing hoist and sling for tamariki or rangatahi to use</i></p>
Things I can do myself are:	<p><i>While pēpe is in hospital are there particular things you want to do yourself for her?</i></p> <p><i>What do you / your daughter like to do for yourself/ herself</i></p>	<p><i>Would like to do as much of her baby cares as possible</i></p> <p><i>Can do most things for herself</i></p> <p><i>Needs help brushing teeth</i></p>
Important parts of my usual daily routine are	<p><i>What are some of the important parts of pēpe s usual daily routine</i></p> <p><i>Does your tamariki or rangatahi have any particular routines at home that your family tries to keep to</i></p>	<p><i>Playtimes on floor</i></p> <p><i>Has strict routines at home , breakfast then teeth brushing sets her up for the day</i></p> <p><i>Bedtime story</i></p>
What I really like to do is:	<p><i>Is there anything you've noticed pēpe seems to enjoy doing</i></p> <p><i>Is there anything your tamariki or rangatahi really enjoys doing</i></p>	<p><i>Cuddles and likes to be swaddled</i></p> <p><i>Loves arts and crafts and enjoys singing</i></p> <p><i>ipad</i></p>

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Caring for me		
This section provides information specific to the pēpi, tamariki or rangatahi's care		
Questions as written	Examples of: How you might choose to phrase them in practice	Examples of: Potential responses
What you need to know when caring for me is:	<p><i>What are some of the things we need to know to help us look after pēpe?</i></p> <p><i>Is there anything you would like us to know about you / your tamariki or rangatahi in order to care for her well</i></p>	<p><i>Mum states she is really worried and knows she is very anxious about pēpe.</i></p> <p><i>Doesn't like bright lights</i></p> <p><i>Likes to know what is going on and gets upset if thinks things are being hidden</i></p> <p><i>I hate needles</i></p> <p><i>Emla please when my port is accessed</i></p>
What will help me while I'm here is:	<p><i>What do you think might be helpful for you and pēpe while in hospital.</i></p> <p><i>Is there anything you think might be beneficial or helpful for you / your tamariki while in hospital</i></p>	<p><i>Mum would like to get pēpe up for cuddles whenever possible</i></p> <p><i>Lots of distraction, arts and crafts and having whānau around</i></p> <p><i>Having a remote for my TV and my mobile phone charged</i></p>
What concerns me about being in hospital is:	<p><i>What concerns you or your tamariki or rangatahi about being in hospital</i></p> <p><i>Is there anything that particularly worries you about being in hospital</i></p>	<p><i>Mum scared of the long term health consequences for baby.</i></p> <p><i>Not really concerned at being in hospital enjoys the attention</i></p> <p><i>Missing school and friends</i></p>
What helps me get ready for a procedure is:	<p><i>Has pēpe had to have any procedures before?</i></p> <p><i>If so have you noticed anything that helps her not get upset or to settle again afterwards</i></p> <p><i>What helps you / your tamariki or rangatahi get ready for or manage having any sort of procedure done</i></p>	<p><i>Her dummy and cuddles</i></p> <p><i>Explanations and being able to see anything that is being done to her</i></p> <p><i>Playing it through first on a doll</i></p>
I show you when I am sore by:	<p><i>What are the things pēpe does that let you know she is sore</i></p> <p><i>How might you / your tamariki or rangatahi show us or let us</i></p>	<p><i>Cries</i></p> <p><i>Will become quiet, tell mum or may cry</i></p>

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	<i>know if you / she is sore</i>	<i>I'll just tell you</i>
Things you can do to help me feel better are:	<p><i>Is there anything in particular you think we can do that will help pēpe settle while she is here</i></p> <p><i>Are there any things you can think of that we can do to help you / your tamariki or rangatahi feel better while she is here</i></p>	<p><i>Regular pain relief</i></p> <p><i>Milk at night time - still has a bottle</i></p> <p><i>Approach me from the left when my hearing aids are not in as I am most deaf on my right side</i></p>
My home medications are: (include OTC, supplements, complimentary therapies)	<p><i>Do you give pēpe any medications at home?</i></p> <p><i>Do you / your tamariki or rangatahi normally take any medicines at home</i></p>	<p><i>No</i></p> <p><i>Vitamin C daily (chewy tablet)</i></p> <p><i>Doxycycline for acne</i></p>
The way I like to take my medications is:	<p><i>How have you given baby medications previously</i></p> <p><i>How do you / your tamariki or rangatahi take medicines.</i></p> <p><i>Can you / your tamariki or rangatahi manage tablets</i></p>	<p><i>N/A</i></p> <p><i>Likes to do it herself via liquid in a syringe</i></p> <p><i>Wouldn't manage tablets</i></p> <p><i>Manages tablets well</i></p>
At home I take my medications at these times	<p><i>If your tamariki or rangatahi is started on any medications while they are here, what are the best times for them to take their medications to suit your whānau's routine.</i></p> <p><i>When do you give your tamariki or rangatahi's meds at home</i></p> <p><i>When do you take your meds at home</i></p>	<p><i>Would prefer to give any meds necessary at evening meal or generally at meal times</i></p> <p><i>Has Vit C mane</i></p> <p><i>Doxycycline daily pm</i></p>
Medical equipment or devices I use includes:	<p><i>Not asked as pēpe only 2 weeks old with no previous medical history.</i></p> <p><i>Do you / your tamariki or rangatahi use any medical equipment or devices normally</i></p>	<p><i>N/A</i></p> <p><i>No</i></p> <p><i>Have a portocath that is accessed when I'm in hospital and monthly by the nurses at home</i></p> <p><i>Hearing aids</i></p>

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Ready to go home		
This section begins supports the planning of a safe discharge		
Questions as written	Examples of: How you might choose to phrase them in practice	Examples of: Potential responses
My expected discharge date is:	<p><i>Has anyone given you an expected length of time you might need to be with us</i></p> <p><i>We know even though you've just got here we still like to start thinking about what we need to do to get your tamariki or rangatahi home, has anyone given you an estimate of how long you are likely to be here</i></p>	<p><i>No</i></p> <p><i>We were told it would be just a couple of days</i></p> <p><i>Whānau expecting an overnight admission</i></p>
I know I am ready to go home when	<p><i>What is going to need to be the situation for you to feel comfortable taking your tamariki or rangatahi home</i></p>	<p><i>When we know what is going on and what treatment is required</i></p> <p><i>I need to know she is getting better</i></p> <p><i>As soon as the procedure is finished and he is well enough to go home</i></p>
Questions and concerns my family and I have about discharge are:	<p><i>Do you have any questions or concerns about taking your tamariki or rangatahi home</i></p>	<p><i>Mum scared to go home before baby really well</i></p> <p><i>No specific concerns – just want to know what is going on first</i></p>
Transport on discharge for my whānau and I will be _____	<p><i>When it comes to going home does your whānau have access to a car</i></p> <p><i>When it comes to actually getting home how would you anticipate managing your transport</i></p>	<p><i>Do whānau have car and car seat</i></p> <p><i>Will need to phone Grandmother to pick up</i></p> <p><i>Will need flight booking back to Invercargill</i></p>
Education my family/whānau and I need before I go home:	<p><i>This question may often be more appropriately asked further on in an admission nursing staff may also have knowledge of what education a whānau should receive that the whānau may not yet have</i></p> <p><i>What education do you / your whānau feel you need before going home</i></p>	<p><i>Asthma meds</i></p> <p><i>NG tube and pump</i></p>

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	<p><i>We need to make sure you are comfortable with using your ___x___ before you / your tamariki or rangatahi goes home</i></p>	
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