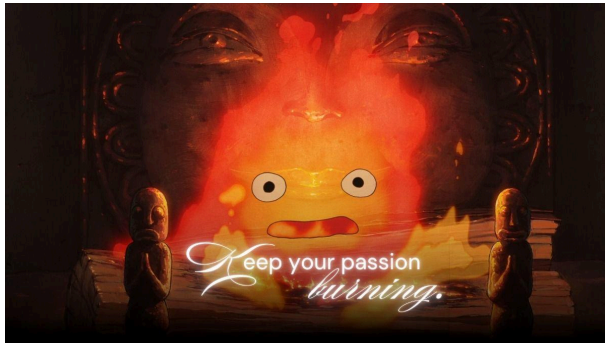


COMMUNITY HEALTH NURSING

SLRC

RN 2026!



COVERAGE:

Part A: Clients

- ★ **Individual** (20 pts)
 - NCD: #1: Ischemia
 - CD: NP1 to NP5
- ★ **Family** (20 pts)
 - Caring for normal family
 - Family at risk
- ★ **Aggregates** (20 pts)
 - Population groups
 - Programs
- ★ **Community** (20 pts)
 - COPAR
 - Universal health care

Part B:

- ★ **Health promotion** (10 pts)
 - **Levels:** Primary, Secondary, Tertiary
- ★ **Research** (10 pts)
 - Participatory Action Research

CONCEPT MAPPING

PUBLIC HEALTH

- Mother of all concept
- Branch of medicine that ensures the health of public

COMMUNITY HEALTH

- CHN
- PHN
- SHN
- OHN

ACCORDING TO ANA

- ★ AKA "Community & Public Health Nursing"

EPIDEMIOLOGY

- Occurrence and patterns of a disease
- Time, person, place

MATERNAL AND CHILD HEALTH

- Attend the maternal and child health care

MENTAL HEALTH

- Assessment and programs for mental health

ENVIRONMENTAL HEALTH

- Sanitation

EMERGENCY & DISASTER

- Preparedness
- Rapid assessment

SOCIAL SERVICES

- Programs and policies of health
 - DOH
 - WHO
 - UNICEF

DEFINITION OF TERMS

COMMUNITY & HEALTH PUBLIC NURSING

WORLD HEALTH ORGANIZATION (WHO)

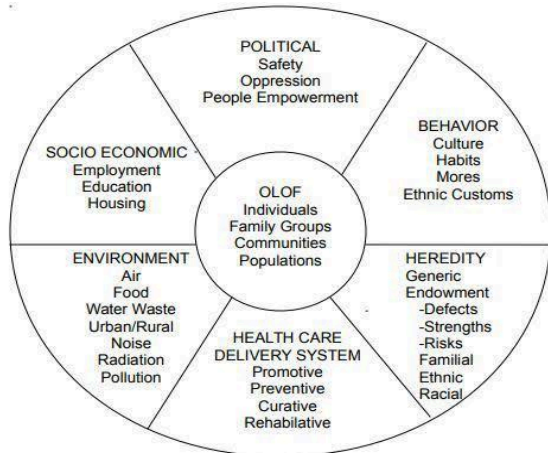
- Combination of nursing skills, **sociology** and public health
- **Sociology:** study of society

AMERICAN NURSES ASSOCIATION (ANA)

- There is a synthesis of public health and nursing practices
- Combination of **public health** and **nursing practices**

MARGARET JACOBSON

- She's just a girl & she's on fire~~
- Achievement of **OLOF** (Optimum Level of Functioning) by teaching & delivery of care



ECO – SYSTEM INFLUENCES ON OPTIMUM LEVEL OF FUNCTIONING (OLOF)
Modified from Blum by CHN Committee, 2000

CONTINUED

Q4

HIERARCHY OF NEEDS

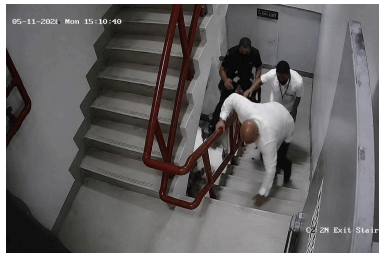


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OLOF MODEL (MEANINGS)

Political

- Give your focus on the **oppressed** people
- “Tulongan ang mga nadapa”



Behavior

- A **lifestyle** is a reflection of a person
 - Occurrence of lifestyle related

	diseases
Heredity	<ul style="list-style-type: none"> • Already part of genetics • Above the familial diseases <ul style="list-style-type: none"> ◦ Kahit gaano ka pa kahealthy, labas yung sakit na yun ◦ Just delaying ◦ Si elyzah at 40 years old
Socio Economic	<ul style="list-style-type: none"> • “Be grateful because we have the privilege to be educated” 🙏😊 • Housing: Part of Maslow's Hierarchy of needs
Environment	<ul style="list-style-type: none"> • Sanitation • Communicable diseases • Food chain: #1 factor that greatly affects the emergence of CD • Human: highest form
★ PLEASE READ VIRUS	
Health Care Delivery System	<ul style="list-style-type: none"> • Devolution: Decentralization • After the people power during Corazon Aquino regime • Under RA 7160
★ PLEASE READ RA 7160	

VIRUS

SARS COV 2

- **Cause:** SARS Coronavirus 🦠
- **Corona Viruses:** SARS Cov 2
- **SARS Cov 1:** Severe Acute Respiratory Syndrome
- **Outbreak:** 2002
- **Location:** China

MERS

- **Middle East Respiratory Syndrome**
- **Cause:** MERS-COV 🦠
- **From:** Camel
 - Camels have been exposed to Egyptian bats -> Camel -> People (through eating / milk)

COVID 19

- **Cause:** Coronavirus
- **Corona Virus** (different variants)
 - SARS Cov 2
- **Outbreak:** 2019
- **Location:** Wuhan, China
- **COVID 19 Vaccines:** mRNA (created by Pfizer and Moderna)
- **DOC:** 🌟 Molnupiravir

TYPES OF MUTATION

ANTIGENIC

- Dangerous
- Antigen is outside the pathogen
- All vaccines are enemy to antigen (if an outbreak happens)

GENETIC

- Inside the pathogen
- Produced a new microbe
- **Example:**
 - SARS Cov vs. SARS Cov 2

Pathogen -> Antigen -> Creation of vaccine with pathogen's antigen -> body develops Antibody -> Immunity

How immunization in antigenic mutation work:

- ★ Kukuin yung antigen ng pathogen tapos ipapasok sa katawan ng tao to produce an antibody 🧬

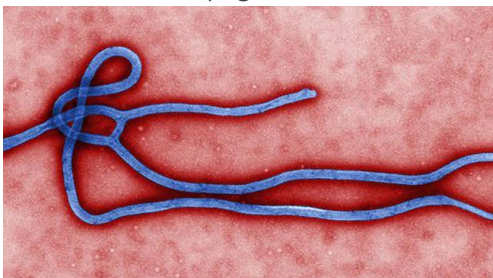
EBOLA HEMORRHAGIC FEVER

- Recent outbreak
- **Location:** Congo
 - **1st ever outbreak:** Democratic Republic of Congo

- ★ **#1 Rule:** Touching the dead patient with ebola is **not allowed** as the virus is still in their body

CAUSATIVE AGENT

- **Ebola Virus:** Spaghetti like strands



TYPES OF EBOLA VIRUS

Zaire Ebola

- **90% mortality rate**, highly fatal
 - Hindi ka na sisikatan ng araw kinabukasan
- Most common
- Capable of **human to human** transmission
- **Zaire** was the first name of Congo

Bundibugyo Ebola

- Outbreak name of 2026
- Capable of **human to human** transmission

Tai-Forest Ebola

- From **Côte d'Ivoire**
- Capable of **human to human** transmission

Sudan Ebola

- Capable of **human to human** transmission

Bombali Ebola

- **Monkey to monkey** only

Reston Ebola

- Came from **dead chimpanzees** after transporting from **Palawan**
- **Monkey to monkey** only

SIGNS AND SYMPTOMS

- Flu-like symptoms
- Hemorrhage/bleeding
- **Hematemesis:** Vomiting with blood
- **Hematochezia:** Pooping with blood
- High fever
- Red eyes

MODE OF TRANSMISSION

- By contact specifically from **body fluids**
 - Sex, blood, saliva, urine, vomit, perspiration
- They can live on surfaces

VECTORS

- Bats
- Monkeys

VACCINE

- The vaccine is for **Zaire Ebola only!**
- **RVSV - ZEBOV:** Recombinant Vesicular Stomatitis Virus-Zaire Ebola Virus Vaccine
- **Brand name:** ERVEBO

MEDICATIONS

- **★ Mab:** Monoclonal antibodies
 - Genetically engineered DOC
- **Examples:**
 - Inmazed
 - Ebanga

★ SYMPTOMATIC MANAGEMENT ONLY !

🇵🇭 RA 7160

LOCAL GOVERNMENT CODE OF THE PH

- Creation of Local Government Unit (LGUs)
- **LGU:** Focus of health service delivery
- **Family:** Unit of the service delivery

★ RA 7610: Anti Child Abuse Law

LOCAL HEALTH BOARD

- Responsible for health in LGU

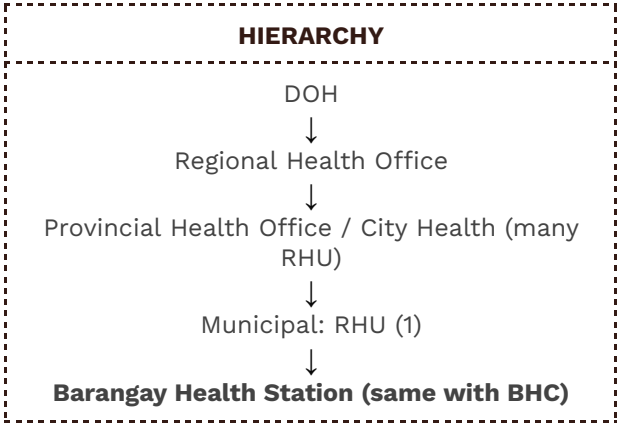
TYPES

★ **Leaders: Health officers** (all health officers are doctors)



Health Officer is motheringgg

Provincial	<ul style="list-style-type: none"> • Chairman: Governor • Vice Chairman: Provincial Health Officers
Municipality / City	<ul style="list-style-type: none"> • Chairman: Mayor • Vice Chairman: Health Officers



★ **Barangay Health Station:** Smallest unit

SERVICES

- **Promotive** service: **primary** fahkus
 - If only one is asking, promotive is the primary focus
 - 🇵🇭 **Educator:** Primary role of nurse
 - **Generalist:** Functional



“First ever homosapien Philippine nurse educator”

How will you provide?
 ★ Through health teaching

- **Preventive** service: also a fahkus
- **Curative** services:
- **Rehabilitative** service:

OTHER ROLES AND FUNCTION OF A NURSE IN THE COMMUNITY


RT	<ul style="list-style-type: none"> • Role model • Trainer <ul style="list-style-type: none"> ◦ Train the BHW's
PCR	<ul style="list-style-type: none"> • Planner • Coordinator of services • Reporting and Recording <ul style="list-style-type: none"> ◦ FHSIS (Field Health Service Information)

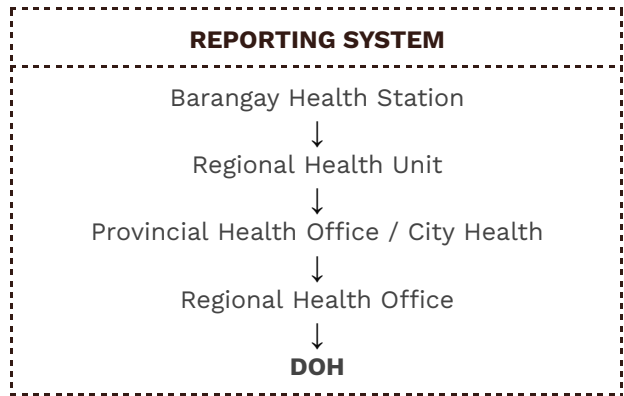
	System)
★ PLEASE READ EO 352	
MO	<ul style="list-style-type: none"> • Manager <ul style="list-style-type: none"> ◦ Manage the Health Team • Organizer <ul style="list-style-type: none"> ◦ COPAR
NURSE	<ul style="list-style-type: none"> • Care provider

<p>RT: Reverse Transcription</p> <p>★ Specific for DNA</p> <p>PCR: Polymerase Chain Reaction</p> <p>★ Can use for DNA and RNA</p> <p>★ Polymerase</p> <ul style="list-style-type: none"> ◦ The protein of the pathogen (DNA and RNA) <p>HIV:</p> <p>★ Viral RNA</p> <p>Hepa B:</p> <p>★ DNA Recombinant</p> <p>★ Most numerous case</p>
--

 **EXECUTIVE ORDER 352** (Under FHSIS)

- Official reporting and recording system of DOH

Recording	Reporting
<ul style="list-style-type: none"> • Internal • Frequency: Daily • Record Keeping Where: Barangay unit, RHU 	<ul style="list-style-type: none"> • External • Submit to the higher office • Frequency: Monthly • Where: Barangay Health Station only • Who:  Midwife submits it to the Nurse



REPORT IS PRESENTED BASED ON **REGIONS** !

JOHN JOSEPH HANLON




- Achievement of total development
 - All aspects of the human being should be attended
- Approach: **holistic**

PAUL W. PURDOM

- **Survival** of human species

RUTH FREEMAN

- *She's just a girl & she's on fire~~*
- Service rendered by the professional nurse to the four levels of **clientele** in different **health settings**

4 LEVELS OF CLIENTELE SETTINGS Entails subspecialties	
Home	<ul style="list-style-type: none"> • Public Health Nursing
Clinic	<ul style="list-style-type: none"> • Public Health Nursing <ul style="list-style-type: none"> ◦ BHS ◦ RHU ◦ Lying-in
 RA 7305: MAGNA CARTA FOR PUBLIC HEALTH WORKERS	
School	<ul style="list-style-type: none"> • School Health Nursing
 RA 124: MANDATORY ASSESSMENT OF BOTH PRIVATE AND PUBLIC SCHOOL	
Work	<ul style="list-style-type: none"> • Occupational Health Nursing
 RA 11058: OCCUPATIONAL SAFETY AND HEALTH STANDARD ACT OF THE PHILIPPINES	

OCCUPATIONAL HEALTH NURSING

- **Location:** Workplace
- Safety of the workers
- Attend to the hazard of the workplace

HAZARDS

Safety Hazards

- Prevent **injuries** in the workplace

Health Hazards

- Prevent **illnesses** related to work

In Nurses:

- ★ Safety Hazard: **Blood-Borne Disease**

GUIDELINES

★ REMEMBER NUMBER 1 !

1. **One nurse:** 100 and more workers
 - No part time nurse (**fulltime:** 8 hours)
2. **One part time doctor:** 100 workers
 - Minimum of 2 hours shift
3. No nurse allowed if:
 - There is a **1 km away facility**
 - **100 below** workers
4. **One bed:** is to 100 workers
 - Well and at risk

PD 442

- **Philippine Labor Code**

NIGHT SHIFT

- **Night differential:** additional salary of 10% (minimum)
 - 10 AM - 6 PM

WORKING HOURS

- **Fulltime:** 8 hours a day
- 8 hours / day x 5 days = **40 hours**
- Additional hours and salary may vary per constitution

REST DAY

- Minimum is **24 hrs**
- **Head Nurse:** Determines the rest day
- **Exemption to the rule:** Religion

REST PERIOD

- **First half and last half of the work:** 15-30 mins

MEAL PERIOD

- Minimum of **60 mins / 1 hr**

HOLIDAY / REST DAY

- It is the nurse's discretion if she wants to work
 - There would be additional minimum of **50% of salary**

★ Occupational Health Nurses Association of the Philippine aka "OHNAP"

SCHOOL HEALTH NURSING

- **Goal:** Healthy Children
- **Client:** Children and Teens
- **Assessment:** most important
 - At the **beginning** and **end** of school year
 - **Rule:**
 - Male clients to male nurse
 - Female clients to female nurse

★ HEALTHY CHILDREN = BETTER LEARNING

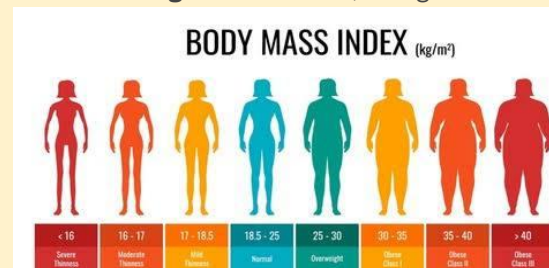
ASSESSMENT

1. NUTRITION

- **Nutritional status:** Determine BMI
- **Standard tool according to WHO:**
 - **<5 years old:** Height and weight by the age
 - **>5 years old:** Body Mass Index
 - **Formula:** Weight in kg / Height in m²

BMI COLOR CODING

- ★ The **darker** the color, the worse it is
- ★ The **lighter** the color, the good it is



shutterstock.com · 2124413213

Obese 3	• Red
Obese 2	• Orange
Obese 1	• Yellow

NUTRITIONAL ASSESSMENT

- Implement a breakfast feeding program**
 - If BMI is low
 - Happens during breakfast
 - **60 to 120 days** consistently (2-4 months)
- Prerequisite:** Conduct deworming
 - “-dazole”:** Anti-parasitic

★ Famorca book page 382

4Ibendazole	Mebendazole
<ul style="list-style-type: none"> • 400mg • <2yo: Half tab • >2yo: 1 tab 	<ul style="list-style-type: none"> • 500mg • <2yo: 1 • >2yo: 1

★ **Metronidazole:** both anti parasitic and anti fungal
 ★ **Co-trimoxazole:** antibiotic

2. VISUAL ASSESSMENT

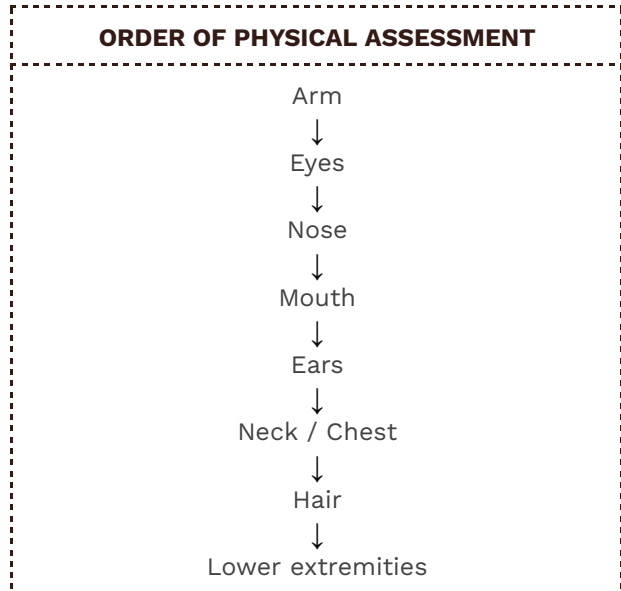
- To determine visual acuity
- Snellen’s chart
 - **Normal:** 20/20
 - **20/40 and above:** refer to teacher for observation

3. HEARING SCREENING

- **Ballpen Click Test**
 - Position pen 2-3 meters away from one ear then do it 2-3x, do it again to the other ear
 - Assess the **volume**

4. PHYSICAL ASSESSMENT (IPPA)

- Follows the school health assessment form
- **Pattern:** Allowed to expose



ASSESS FOR

Arms	• Rash
Eyes	• Visual acuity • Conjunctivitis

CONJUNCTIVITIS

- ★ Direct contact
- ★ Shades: photosensitivity

Nose	• Hygiene
Mouth	• Dental

TWO COMMON PROBLEM

- ★ Dental carries
- ★ Periodontal disease

Teeth:

- ★ **Teenagers and adolescents:** 28 teeth
- ★ **Adult:** 32 permanent teeth

Ears	• Infection
-------------	-------------

TYPES OF EAR INFECTION:

Remember PASM

- ★ **Acute:** <14 days
- ★ **Chronic:** >14 days: **quinolone**
- ★ **Mastoiditis: most severe**
 - Back of the ear
 - Caused by bacteria
 - May progress to meningitis (katabi niya lang)

MENINGITIS

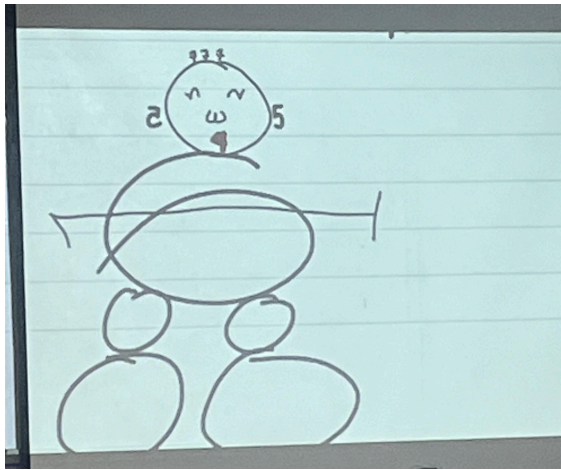
- ★ Inflamed arachnoid and pia mater due to bacteria -> meningoenephalitis -> sensitivity to lights -> seizure -> comatose -> **death**

FOR ACUTE & MASTOIDITIS:

- ★ **DOC:** Amoxicillin
- ★ **2nd DOC:** Co-trimoxazole

Neck / Chest	<ul style="list-style-type: none"> • Rash
Hair	<ul style="list-style-type: none"> • Lice
Lower extremities	<ul style="list-style-type: none"> • Rash

★ **SAY HI TO SIR ANDREW !** 🤗



“ANDREW ISAAH BONIFACIO”

Sign Here

COMMUNITY & HEALTH PUBLIC NURSING OF PHILIPPINE NURSES

BAILON REYES

- Services are provided outside of purely curative institution (hospital)

MAGLAYA

- Family health nursing
- **Initial Data Base:**
 - Tool of assessment in the family health nursing
 - Use of APIE
- Utilization of nursing process to benefit the individual, family and community
- Created the nursing process

★ **Use APIE in initial data base of CHN**

- Diagnosis is integrated in assessment

- **End result of assessment: problem identification**

CLIENTS

INDIVIDUAL

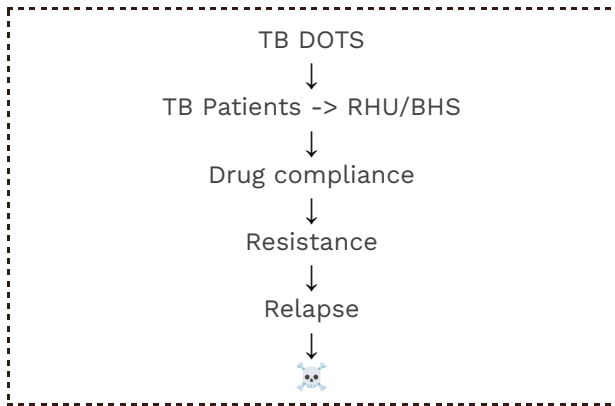
- Entry point
- Two types:
 - **Atornistic:** By parts
 - **Holistic:** As a whole

CHN VS CBN

CHN	<ul style="list-style-type: none"> • Community Health Nursing • Client: Community/Family • Target population: well and at risk • Primary level of care • Example: <ul style="list-style-type: none"> ◦ Immunization (prevention)
CBN	<ul style="list-style-type: none"> • Community-based Nursing • Client: the family and the individual • Target: Sick • Secondary and tertiary level of care <ul style="list-style-type: none"> ◦ Hospital service provided in the community setting ◦ Disease & Cure/Treatment • Example: <ul style="list-style-type: none"> ◦ Circumcision ◦ TB DOTS

TB DOTS

- ★ Directly Observed Treatment Short course/Scheme or “**Tutok gamutan**”
- ★ **Clients:** TB Patients
- ★ **Duration: 4 months** (new)
 - **Old:** 6 months (fyi)
- ★ **#1 Problem:** drug compliance
 - May cause drug resistance -> lead to **relapse**



TWO PHASES OF TB DOTS	
Intensive	<ul style="list-style-type: none"> • 2 months • Return daily <ul style="list-style-type: none"> ○ Or can be weekly
Maintenance/Continuation	<ul style="list-style-type: none"> • 2 months • Return weekly <ul style="list-style-type: none"> ○ Or every 2 weeks

Will oversee the treatment :

- Barangay health worker
- Relative of the patient

FAMILY



- Unit of service/focus of nursing care
- **Main caregiver in the primary level**
- Social unit that are groups of people that are sharing by:
 - Blood
 - Birth
 - Legality
 - Choice

FUNCTIONS OF A FAMILY

"SHARES"	
S	<ul style="list-style-type: none"> • Socialization
H	<ul style="list-style-type: none"> • Healthcare • Example: <ul style="list-style-type: none"> ○ IMCI

IMCI

- ★ **Launched by the WHO/UNICEF:** 1995
- ★ **Adapted by PH:** 1996
- ★ Protocol based program

Refer to IMCI trans for further info !

A	<ul style="list-style-type: none"> • Affection
R	<ul style="list-style-type: none"> • Reproduction
E	<ul style="list-style-type: none"> • Economic
S	<ul style="list-style-type: none"> • Social status status

TYPES OF FAMILY 🏠

1. NUCLEAR

- **Mother and Father with child** natural or adopted child

2. EXTENDED

- Common Filipino family
- **3 generations**

3. DYAD

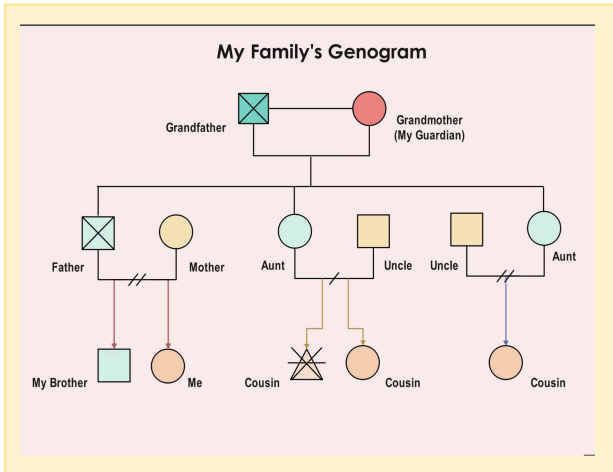
- Newly married couple
- **No child** at home (empty nester)

4. BLENDED

- With child/children from **previous marriage**
- **Step** family

🏠 Genogram:

- ★ Presenting the family structure by genealogy
- ★ **Uses symbols:**
 - **Square:** Male
 - **Circle:** Female



5. COMPOUND

- The **man** has **one or more spouse/s**
- Constitutionally not accepted in the Philippines

PD 1083: Code of Muslim Personal Laws
 ★ Allowed multiple wives if rich



6. COHABILITATING

- **Live-in** arrangement
- Common-law spouse
 - Not married legally

7. SINGLE-PARENT

- Due to separation
- Death
- Pregnancy outside wedlock

8. GAY AND LESBIAN

- **Same-sex** cohabitating

EO 209: Family Code of the Philippines
 ★ Permanent union between a man and a woman



8 STAGES OF FAMILY LIFE CYCLE

• by Evelyn Duvall

STAGES OF FAMILY LIFE CYCLE	
Beginning of family	<ul style="list-style-type: none"> • No child
Child Bearing Family	<ul style="list-style-type: none"> • Birth - 30 months
Families with Pre-Schoolers	<ul style="list-style-type: none"> • 30 months old - 6 years old
Families with School-Age	<ul style="list-style-type: none"> • 6 - 13 years old
Families with Teenager	<ul style="list-style-type: none"> • 13 - 20 years old
Families Launching Young Adults	<ul style="list-style-type: none"> • 1st to the last child lives at home
Middle Aged Parents	<ul style="list-style-type: none"> • Empty nester up to retirement
Aging Family	<ul style="list-style-type: none"> • Retirement - Death

RULE IN CHOOSING THE STAGE:
 ★ Choose based on the age of the eldest child

AGGREGATES

- Population groups / Sub-population
- **Vulnerable groups:**
 - Infants and Children
 - Pregnant Woman

★ **Pneumonia:** The #1 cause of mortality rate to the Philippines are infant and children

1 INFANTS AND CHILDREN

HEALTH PROBLEMS IN INFANTS

MALNUTRITION

Vitamin A deficiency

↓
Xerophthalmia

↓
Xerosis

↓
Dryness/Wrinkle

↓
Corneal Ulcers

↓
Scar

↓
Blindness

XEROPHTHALAMIA

- Dry eye syndrome
- **Bitot's spots:** whitish/graying triangular patch
- Night blindness
- Photosensitivity

IRON - DEFICIENCY ANEMIA (IDA)

- Palmar pallor

IODINE MENTAL RETARDATION

- Cretinism

HOW TO DIAGNOSE

- Newborn screening test (to screen congenital hypothyroidism)
- T3/T4 Decrease levels
- TSH increase levels

MANAGEMENT

1. **Levothyroxate:** ASAP

DOH PROGRAMS


MICRONUTRIENT SUPPLEMENTATION

- Target: 5 y/o below

GARANTISADONG PAMBATA

- **GP 1:** Celebrated during month of **April**
- **GP 2:** Celebrated during month of **October**
 - Every **6 months** interval

MEDICATIONS/SUPPLEMENTS TO BE GIVEN

Vitamin A	<ul style="list-style-type: none">• <1 y/o -> 100,000: 6 to 11 months old•  >1 y/o -> 200,000 IUs: every 6 months until 5 y/o
Iodine	<ul style="list-style-type: none">• Endemic areas: mountains• 1 cap / year: 200 Bmg
Zinc	<ul style="list-style-type: none">• <6 months: 10 mg / daily• >6 months: 20 mg / daily

RA 8976: FOOD FORTIFICATION PROGRAM

SANGKAP PINOY SEAL



COLOR CODING

Yellow

- Fortified rich with **Vitamin A**

Green

- Fortified rich with **Iron**

Red

- Fortified rich with **Iodine**

Source: National Nutrition Council - DOH

OTHER LAWS RELATED TO NUTRITION

PD 491

- Nutrition Act of the Philippines

RA 8172

- An Act for Salt Iodization Nationwide (ASIN)

RA 11148

- **Kalusugan at Nutrisyon ng Mag Nanay Act of 2018**
 - Also known as the **First 1000 days law**
- **Target:** Pregnancy Pregnants up to 2 years old child

BREASTFEEDING

- Advantages according to the DOH

B	<ul style="list-style-type: none"> • Best for babies • Exclusive for 6 months • 6 month onwards to complementary food • Extend up to 2 years and beyond
R	<ul style="list-style-type: none"> • Reduce allergies
E	<ul style="list-style-type: none"> • Emotional bonding
SKIN TO SKIN CONTACT	
★ Normal delivery: abdomen	
★ Cesarean delivery: chest	
A	<ul style="list-style-type: none"> • Antibody • IgA: 🧬 Natural Passive immunity
S	<ul style="list-style-type: none"> • Stool inoffensive
T	<ul style="list-style-type: none"> • Temperature is always right
F	<ul style="list-style-type: none"> • Family planning <ul style="list-style-type: none"> ◦ Lactation Amenorrhea Method (LAM)
E	<ul style="list-style-type: none"> • Economical
E	<ul style="list-style-type: none"> • Easily available
D	<ul style="list-style-type: none"> • Digested easily
I	<ul style="list-style-type: none"> • Immediately available
N	<ul style="list-style-type: none"> • Nutrious
G	<ul style="list-style-type: none"> • Gastroenteritis avoided (👤 GI irritation)

BREASTFEEDING LAWS

RA 7600

- **RA 76(.)**
- **Rooming-in & the Breastfeeding Act of 1992**
- Happen in the first 24 hours
 - Within 90 minutes
- Breastfeeding up to home

RA 10028

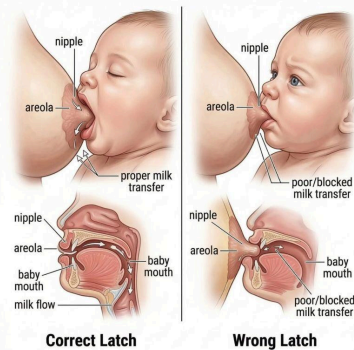
- **RA 1(.)28**
- **Expanded Breastfeeding Act of 2009**
- Can breastfeed in establishments or workplace
- Required lactation / breastfeeding stations
- Should have breastfeeding and lactation break
 - Expressed Breast Milk Method (EBMM)

EO 51

- **Milk code of the Philippine**
- Alternative milk options
- **Formula milk:** bottle feeding

SIGNS OF SUCCESSFUL BREASTFEEDING

"Correct Latch vs Wrong Latch"



LATCHMENT

	Touch	Outward	Space
Upper lip	No	No	Yes
Lower lip	Yes	Yes	No
Chin	Yes	—	—

SUCKING

- **Successful:** Baby is getting enough milk



YES	NO
SEEN	
<ul style="list-style-type: none"> ● Cheeks: outward and full looking 	<ul style="list-style-type: none"> ● Cheeks: Inward looking
HEARD	
<ul style="list-style-type: none"> ● Gulping ● Swallowing ● “kAH” sound 	<ul style="list-style-type: none"> ● Smacking ● Clicking ● Sign of not enough milk

WET DIAPERS

- Should be **6 diapers a day**
- Stool: Yellowish

FREQUENCY

- 8-12 times per day or 2-3 hours per day

STORAGE (ACCORDING TO CDC)

- **Room Temperature:** 25 degrees or colder for up to 4 hours
- **Ref:** 4 degrees ↑ for up to 4 days
- **Freezer:** -18 celcius or colder 6 months to 1yr

NEWBORN SCREENING TEST

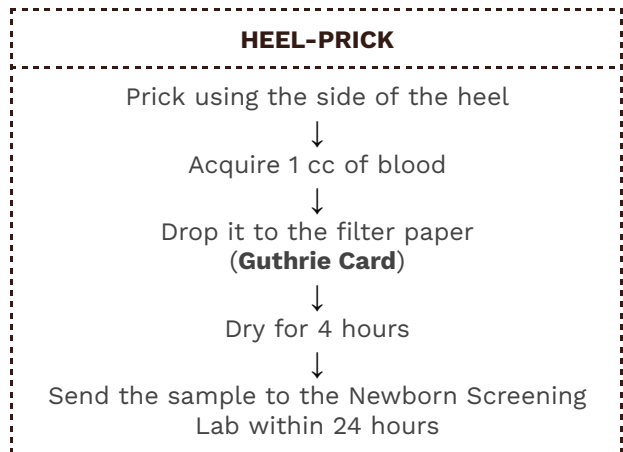
- **RA 9288** of 2004 (old)
 - 6 Congenital disorders
 - Basic NST
 - Fully subsidized by Philhealth
- **DOH AO45 S 2014:** 28 Congenital Disorders (New)
 - Expanded NST
 - Partially/fully subsidized: 1, 750 pesos

TIMELINE / WHAT TO DO SCREENING

- **Best/accurate:** 48 to 72 hours
 - 24 hours, PKU is not detectable.

METHODS

- **Heel-prick:** “side” of the heel to prick
 - Who can perform:
 - MD, RN, RM, RMT



RESULTS

- **Negative:** 7 days
- **Positive:** 3-5 days -> refer to pedia for **confirmatory test**

6 COMMON COMPLICATIONS

- Congenital Hypothyroidism (CH)
- Congenital Adrenal Hyperplasia (CAH)
- Galactosemia (GH)
- Phenylketonuria
- Glucose-6-Phosphate Dehydrogenase (G6PD): Most abundant case in the Philippines
- Maple Syrup Urine Disease

28 EXTENDED CONDITIONS

- Metabolic
- Endocrine
- Hematologic

- **Genetic disorders**
 - Thalassemia
 - Amino acid disorders
 - Fatty acid oxidation disorder
 - Cystic Fibrosis

PARENTAL CONSENT

- Refusal is accepted related to their religion
 - Nurses must document with duty signature

UNIVERSAL NEWBORN SCREENING TEST

- Under the **RA 9709** of 2009
- Mandatory hearing screening in the hospitals
 - For early detection of congenital deafness and hearing problems

WHEN IS THE BEST TIME TO PERFORM

- Before discharge
- Can also be done from post delivery until 3 months

SCREENING METHOD

- **CHN: BAAH** Test
 - Baby should giggle after the nurse say BAAH

OAE

- Otoacoustic emission
- Screening
- Cochlear test
- Probe -> inner ear

ABR

- Auditory Brain Response
- Confirmatory test
- Brain/hearing nerve test
- **Using:** headphone + electrode
- Best asleep

2 PREGNANT WOMEN

- **#1 mortality:**
 - Complications
 - Hypertension
- **Worldwide:** Hemorrhage

HIGH RISK FOR PREGNANCY

- **Age:** <18 and >35 years old
- **Height:** 4'10" below
- 65 years old onwards
- Complications
- Low income

DANGER SIGNS (ABC)

ABC	
A	<ul style="list-style-type: none"> ● Abdominal pain: Only during labor ● Aches: headache, body ache
B	<ul style="list-style-type: none"> ● Blood pressure: ↑ ● Blood sugar: ↑ ● Bleeding: ↑
🚨 UNDER BLEEDING <ul style="list-style-type: none"> ★ 1st: <ul style="list-style-type: none"> ○ Early: Ectopic ○ Late: Abortion ★ 2nd: H.mole ★ 3rd: Placental anomalies <ul style="list-style-type: none"> ○ Placenta previa ○ Abruptio placenta 	
C	<ul style="list-style-type: none"> ● Convulsions ● Chills and fever -> infection -> UTI
<ul style="list-style-type: none"> ★ Eyelids open at 6 months gestation ★ If mother has UTI -> Episiotomy -> Ophthalmia Neonatorum / Neonatal Conjunctivitis ★ To prevent: give Tetanus Toxoid to the Mother 	
TETANUS TOXOID <ul style="list-style-type: none"> ★ Fully immunized mother: 2 dosages + 3 boosters = 5 total shooooottssss 🗨️ <ul style="list-style-type: none"> ○ Primary series: 2 dosages ○ Start with the right deltoid and end with the right deltoid 	

SUBTOPIC KASI ITO SUBTOPIC

SYMBOLS:



↑ or ↓

Notes:
★

MAIN

SUBTOPIC

DISEASES / ANOTHER SUB

EXTRA

TITLE	
text	definition

TITLE	TITLE
• Text	• text

DISEASES / ANOTHER SUB

EXTRA

TITLE	
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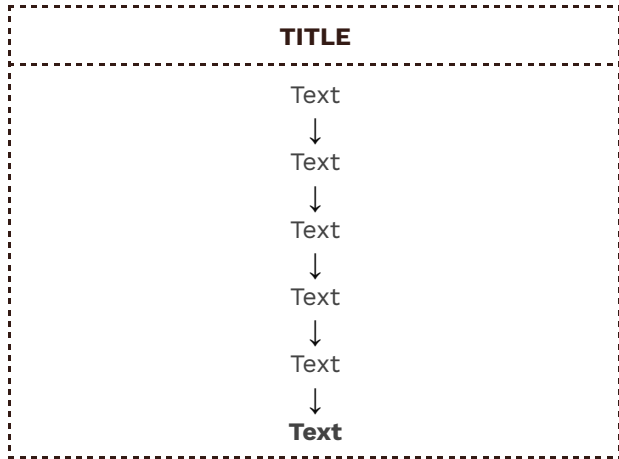
DISEASES / ANOTHER SUB

EXTRA

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MGA NINI!!!
Are you with me???? YES!!
Am I with you??? ABSOLUTELY!!



RN 2026!