Question

**(Case) Overweight 5-year-old black boy with overweight parents who work full-time and the boy spends his time after school with his grandmother**

* Explore issues such as sensitivity, specificity, and positive and negative predictive values. You will also consider examples of children with various weight issues.
* Explore how you could effectively gather information and encourage parents and caregivers to be proactive about their children's health and weight.
* Based on the risks you identified, consider what further information you would need to gain a full understanding of the child's health. Think about how you could gather this information in a sensitive fashion.
* Consider how you could encourage parents or caregivers to be proactive toward the child's health.

·        An explanation of the health issues and risks that are relevant to the child

·        Describe additional information you would need in order to further assess his or her weight-related health.

Answer

According to research that has been done, it shows that overweight is as a result of having a lifestyle that breaks some rules and regulations on how to exercise and the foods that one consumes.

**Step-by-step explanation**

On the issues of sensitivity it means the capacity to test someone who has the disease and detect it on the patient suffering from the disorder, specificity is the when a test is done and it found that there is no disease that is found when someone is screened, the positive predictive value is the potential of someone having the disorder while negative predictive value is the possible of those not having the disease in a particular population when the screening has been done. Children with overweight issues do have some issues that need to be handled effectively.

As caregivers and parents need there is need to guide the children who are overweight. This is because if this is done it will reduce the risk of the child having some complications like high blood pressure. The caregivers and parents need to follow the following interventions to be proactive about their children who are overweight;

a). The parent or the caregiver should be a good role model by taking healthy foods

b). Ensuring that talk to the child the need to be healthy and the measures one can take to be healthy always

c). Have a discussion on the necessity of having physical exercises and taking of healthy foods

d). Do every effort to make sure that the child have enough sleep

e). By avoiding serving large meals of food to the children

The risk factors of overweight are that one can develop some complications if not well controlled. To gain the full understanding of the child the interventions that has been advised by the nurse they should be followed always. They best way to gather the info ad the best sensitive fashion is by encouraging and following the required sources of information about overweight and the mechanisms that can be taken to regulate the disorder.

The relevant health issue that is available to be known about child overweight is that it can lead it can cause some physical conditions and complications such as asthma and bone fractures. Also, there are some social and emotional issues that can be as a result of overweight such depression and low self-esteem.

Assessing the overweight disorder a nurse has to look at the key issues like the blood pressure, the weight and the height, and the body mass index. These are the most important assessment that should be done on the patient.

The five-year old caregiver should be asked the following sensitive and specific questions on the overweight disorder;

a). The previous weight of the patient

b). The history of the family about the overweight and obesity

c). If the patient is depressed or stressed

It is crucial and critical parents and caregivers to be proactive and have measures and strategies on how to manage the weight of their children. The strategies include;

a). Minding the meals and drinks of the child

b). Ensuring that the caregiver or the parents tracks the intake of the food by the child

**Another Answer**

**Danger Associated With Overweight**

Being overweight can cause several health risks and issues such as diabetes due to high blood sugar, stroke, heart disease, high blood pressure, the liver disease, which occurs due to fats accumulating in the liver, and gall bladder disease, caused when the gall bladder is filled with gallstones.

**Step-by-step explanation**

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Additionally, I would like to find out what type of food the child eats, which would help understand the child's health. I want to find out if the boy engages in any sporting activities in school or after school. I would also ask if overweight is hereditary, or it has only occurred for the boy and his parents. This would assist in further assessing the boy's health.

Due to risk such as high blood pressure, where your heart needs to pump the blood harder due to the fats around the blood vessels, and stroke, which occurs when blood is not reaching the brain, I would like to find out if the boy has any other health issues now or before.

What type of food does the boy eat?

Since overweight is a disorder that can cause health risks, and sometimes it is hereditary, is it possible that the overweight in this family is hereditary?

Does the child have any other health issues?

First, I would educate the parents and caregivers about the risks and health complications of being overweight. I would encourage them to do more exercise and avoid eating fatty and sugary foods since this is the main cause of obesity. I would also give them real examples of people who have recovered from being overweight.