

Health Promotion Activities Plan

****This sample is to assist you in developing a health promotion activity plan. It is not intended to replace medical advice. Any instructions given by the physician regarding this diagnosis must be included.**

Name of Individual:

Health Concern/Issue * (Diagnosis)	LACTOSE INTOLERANCE
Related Body System	Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood
What is it? (Provide definition)	Person is not able to digest foods with lactose in them. Lactose is the sugar found in milk and foods made with milk.
Signs and Symptoms (general)	Stomach pain/discomfort, bloating of stomach (large size), gas, growling noises from stomach
Signs and Symptoms (specific to the person)	
Promotion/strategy support required * List very specific steps that the individual and/or caregivers use to support the person's health condition. Include information about monitoring health status. Who is called for changes/problems in this person's health condition? What is tracked, where it can be found, and who follows up on documentation required for this health condition? Who provides what training for the person and staff about the health condition and when?	<ul style="list-style-type: none"> ➤ Watch <u>(name of person)</u> for signs and symptoms listed above and report immediately to <u>(title of person in agency who is responsible to receive this information)</u>. ➤ Give medication as ordered (see Medication Administration Record/Log). If a prn (as needed) medication is given, the result must be documented per agency policy. ➤ <u>Include any specific instructions from the treating physician.</u> For example, encouraging calcium rich foods such as: canned salmon with bones (make certain crushed), sardines, collard greens, turnip greens, broccoli, tofu. ➤ Ensure that <u>(name of person)</u> receives diet recommended by physician <u>(list diet here)</u>. ➤ Encourage <u>(name of person)</u> to avoid milk and milk containing products such as: ice cream, ice milk, sherbet, cream, butter, some cheeses, cottage cheese, yogurt; purchase products that are lactose free. ➤ Read labels on food: some foods are prepared with lactose in them such as bread, cereal, lunch meats, salad dressings, mixes for cakes, cookies, pancakes, and biscuits, frozen dinners ➤ Look for certain words on food labels. These words mean the food has lactose in it: Butter, cheese, cream, dried milk, lactose, milk, milk solids, powdered milk, and whey and avoid these items. ➤ Documentation about this condition can be found in the medical record under <u>(list section here)</u>. Receive training regarding this diagnosis and plan of care (include when to notify the physician) by <u>(title of person who provides medical training)</u> at least <u>(indicate frequency of training)</u> or as changes occur. This should be documented for all staff in the home.
Frequency of support *	<i>Fill in what physician (e.g. primary care physician, gastroenterologist) treats this condition and how often the person is seen.</i>
Desired outcome *	To minimize effects of lactose intolerance by avoiding foods containing lactose.
Person/agency responsible *	<u>(Name of person)</u> , caregivers, agency nurse, primary care physician, <u>(specialist, if applicable)</u> <i>(The responsible parties may vary according to your agency; please place specific roles in this section. Some other examples might be health care coordinator, program specialist, house manager.)</i>

* FIELDS FOUND IN THE HEALTH PROMOTION SECTION OF THE ISP