

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)	OSTEOPOROSIS/ OSTEOPENIA
Related Body System	Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood
What is it? (Provide definition)	<u>Osteoporosis</u> is a condition that results in decreased bone density. The bones become porous (have openings) instead of being solid. <u>Osteopenia</u> – Process where the amount of bone is getting smaller. Bone is being broken down more than it is being rebuilt.
Signs and Symptoms (General)	There are no obvious signs or symptoms of osteoporosis or osteopenia. Both can result in bone fractures/breaks. Careful attention should be given to watch for signs or symptoms of a fracture or broken bone. These would include redness, swelling, tenderness, or pain at the site of the fracture/break.
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"> ➤ <u>Watch (name of person) for signs and symptoms listed above and report immediately to (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, exercise plan ➤ Use safety and fall precautions (furniture out of the way, no throw rugs, proper lighting in the home and day program, use of hand rails on stairs and bathroom). ➤ Ensure that <u>(name of person)</u> receives diet recommended by physician <u>(list diet here)</u>. ➤ 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) treats this condition and how often the person is seen.</i>
Desired outcome *	Avoid bone fracture/breaks and pain as a result of osteoporosis
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