

## 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)	<b>SPASTIC QUADRIPARESIS (related to Cerebral Palsy)</b>
Related Body System	Vision      Respiratory      Lymphatic      Dental      Hearing      Digestive      Integumentary (Skin)      Endocrine Cardiovascular      Nervous <b>Musculoskeletal</b> Genitourinary      Blood
What is it? (Provide definition)	<i>Spasticity</i> – the involuntary (person can not control) movement (jerking) of muscles <i>Quadriparesis</i> – muscle weakness of all four extremities (arms and legs)
Signs and Symptoms (general)	Involuntary (person cannot control) movement of muscles in the arms and legs; weak muscles of arms and legs.
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"> <li>➤ Monitor (<i>name of person</i>) for changes and increased difficulties with muscle movement and weakness and report immediately to (<i>title of person in agency who is responsible to receive this information</i>).</li> <li>➤ 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.</li> <li>➤ <u>Include any specific instructions from the treating physician.</u> For example, range of motion exercise, adaptive equipment (boots/braces, wheelchair)</li> <li>➤ Follow Skin Care Plan located (<i>list location here</i>).</li> <li>➤ Documentation about this condition can be found in the medical record under (<i>list section here</i>).</li> <li>➤ Receive training regarding this diagnosis and plan of care (include when to notify the physician, medication related information, exercise, skin breakdown, adaptive equipment) by (<i>title of person who provides medical training</i>) at least (<i>indicate frequency of training</i>) or as changes occur. This should be documented for all caregivers in the home.</li> </ul>
Frequency of support *	<i>Fill in what physician (e.g. primary care physician, orthopedist, neurologist) treats this condition and how often the person is seen.</i>
Desired outcome *	( <i>name of person</i> ) will not experience discomfort or skin breakdown.
Person/agency responsible *	( <i>Name of person</i> ), caregivers, agency nurse, primary care physician, ( <i>specialist, if applicable</i> ) <small>(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.)</small>

\* FIELDS FOUND IN THE HEALTH PROMOTION SECTION OF THE ISP