

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)	ALLERGY - FOOD
Related Body System	Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood Immune System
What is it? (Provide definition)	The body believes that something the person ate is harmful to the body.
Signs and Symptoms (general)	Runny nose, itchy skin rash, tingling on the tongue, lips or throat, swelling of the throat, stomach pain, dizziness, diarrhea, vomiting, wheezing. Severe symptoms include shortness of breath, unconsciousness and seizures
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?	<ul style="list-style-type: none"> ➤ Watch <i>(name of person)</i> for signs and symptoms listed above. ➤ Give emergency treatment as ordered by the physician; severe symptoms require emergency services and 911 should be called. Report actions taken immediately to <i>(title of person in agency who is responsible to receive this information)</i>. ➤ 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. ➤ Encourage <i>(name of person)</i> to have their Med-Alert identification with them at all times. ➤ Ensure that everyone involved with <i>(name of person)</i> have information about the allergy and what food(s) are to be avoided (residential community home, family home, work, van driver, social contacts).
What is tracked, where it can be found, and who follows up on documentation required for this health condition?	<ul style="list-style-type: none"> ➤ <i>Include any specific instructions from the treating physician.</i> ➤ Documentation about this condition can be found in the medical record under <i>(list section here)</i>.
Who provides what training for the person and staff about the health condition and when?	<ul style="list-style-type: none"> ➤ Receive training regarding this diagnosis and plan of care (include when to notify the physician) 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 staff in the home.
Frequency of support *	<i>Fill in what physician (e.g. primary care physician, allergist) treats this condition and how often the person is seen.</i>
Desired outcome *	Prevent allergy symptoms by avoiding foods that have been identified by the physician as causing an allergic reaction
Person/agency responsible *	<i>(Name of person), caregivers, agency nurse, primary care physician, (specialist, if applicable)</i> <small><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></small>

* FIELDS FOUND IN THE HEALTH PROMOTION SECTION OF THE ISP