

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)	ASTHMA
Related Body System	Vision <b>Respiratory</b> Lymphatic      Dental      Hearing      Digestive      Integumentary (Skin)      Endocrine Cardiovascular      Nervous      Musculoskeletal      Genitourinary      Blood
What is it? (Provide definition)	A chronic lung condition where the airways are irritated, swell and become blocked because of something in the environment (such as cold air, smoke, perfumes) and/or allergies.
Signs and Symptoms (general)	Coughing, wheezing, shortness of breath, increase in rate of breathing, nose flaring, bluish color, chest tightness
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>➤ Watch (<u>name of person</u>) for any signs or symptoms listed above; severe symptoms or symptoms that are not going away require emergency services and 911 should be called. Report actions taken immediately to (<u>title of person in agency who is responsible to receive this information.</u>)</li> <li>➤ Give medication as ordered (see Medication Administration Log/Record). If a prn (as needed) medication is given, the results must be documented per agency policy.</li> <li>➤ Watch (<u>name of person</u>) activity level and include periods of rest to minimize fatigue.</li> <li>➤ <u>Include any specific instructions regarding this diagnosis from the treating physician.</u></li> <li>➤ Documentation about this condition can be found in the medical record under (<u>list section here</u>).</li> <li>➤ 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.</li> </ul>
Frequency of support *	Fill in what physician (e.g. primary care physician, pulmonary specialist) treats this condition and how often the person is seen.
Desired outcome *	Support ( <u>name of person</u> ) to minimize episodes of difficulty with breathing
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