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.**

<table>
<thead>
<tr>
<th>Name of Individual:</th>
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<tr>
<th>Health Concern/Issue * (Diagnosis)</th>
<th>ASTIGMATISM</th>
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<tbody>
<tr>
<td>Related Body System</td>
<td>Vision</td>
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**What is it?** (Provide definition)

Astigmatism is a condition where the front surface of the eye (the cornea) is irregularly shaped and causes the vision to be distorted; it causes both near and far away objects to be blurred.

**Signs and Symptoms (general)**

Difficulty in seeing fine detail, either close-up or from a distance.

**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?**

- Watch [name of person] for signs of visual difficulty and report to [title of person in agency who is responsible receive this information].
- Include any specific instructions regarding this diagnosis from the treating physician.
- If glasses are prescribed, ensure that they are worn as directed and kept clean.
- Keep [name of person] safe. List specific steps taken to ensure safety.
- Documentation about this condition can be found in the medical record under [list section here].
- Receive training regarding this diagnosis and plan of care (include when to notify the physician) by [title of person who provides medical training] at least [indicate frequency of training] or as changes occur. This should be documented for all staff in the home.

**Frequency of support * Fill in what physician (e.g. ophthalmologist) treats this condition and how often the person is seen.**

**Desired outcome * To recognize symptoms as soon as possible to obtain treatment.**

**Person/agency responsible * [Name of person], caregivers, agency nurse, primary care physician, (specialist, if applicable)**

(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.)

* FIELDS FOUND IN THE HEALTH PROMOTION SECTION OF THE ISP