

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)	CONSTIPATION - CHRONIC
Related Body System	Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood
What is it? (Provide definition)	Infrequent difficult passage of stool (bowel movement)
Signs and Symptoms (general)	Infrequent, difficult passage of stools, sudden decrease in frequency of bowel movements, stools harder than normal, abdominal pain, bowel feels full after bowel movement, bloating sensation straining during bowel movement, liquid stools. Irritability and decrease in appetite may occur.
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"> ➤ Watch <u>(name of person)</u> for signs and symptoms listed above and report to <u>(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. ➤ Ensure that <u>(name of person)</u> receives diet recommended by physician <u>(list diet here)</u>. ➤ <u>Include any specific instructions regarding this diagnosis from the treating physician.</u> For example, bowel program ➤ Will encourage physical activity. <u>(As approved by physician)</u> ➤ Will encourage <u>(name of person)</u> to drink adequate fluids throughout the day; at least 6-8 glasses. <u>(unless restricted by physician)</u> ➤ Watch for signs of rectal bleeding. This will be documented and reported <u>(as per agency protocol)</u>. ➤ Documentation about this condition can be found in the medical record under <u>(list section here)</u>. Daily documentation of bowel movements can be found <u>(list location 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, gastroenterologist) treats this condition and how often the person is seen.</i>
Desired outcome *	To recognize symptoms as soon as possible and obtain treatment.
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