

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:

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|---|--|
| Health Concern/Issue * (Diagnosis) | FIBROCYSTIC BREAST DISEASE |
| Related Body System | Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood |
| What is it? (Provide definition) | Fibrocystic breast disease is described as common, benign (not harmful) changes involving the tissues of the breast; "disease" is misleading and many providers prefer the term "change." Condition commonly found in normal breasts, believed to be a normal variant--other terms include "mammary dysplasia", "benign breast disease," and "diffuse cystic mastopathy." |
| Signs and Symptoms (general) | Dense, irregular and bumpy "cobblestone" consistency in breast tissue, and is usually more marked in the outer upper quadrants. Breast discomfort that is persistent, or that occurs off and on. Breast(s) feel full, a dull-heavy pain and tenderness and swelling. Breast discomfort improves after each menstrual period. There may be nipple sensation changes, itching. |
| 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"> ➤ <u>Watch (name of person) for signs and symptoms listed above and report immediately to (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. ➤ <u>Include any specific instructions from the treating physician.</u> For example, special diet, etc. ➤ Documentation about this condition can be found in the medical record under <u>(list section 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, gynecologist) treats this condition and how often the person is seen.</i> |
| Desired outcome * | To recognize symptoms as soon as possible to obtain evaluation. |
| 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