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:

<table>
<thead>
<tr>
<th>Health Concern/Issue * (Diagnosis)</th>
<th>HYPERLIPIDEMIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Related Body System</td>
<td>Vision, Respiratory, Lymphatic, Dental, Hearing, Digestive, Integumentary (Skin), Endocrine</td>
</tr>
<tr>
<td></td>
<td>Cardiovascular</td>
</tr>
</tbody>
</table>

**What is it? (Provide definition)**

An excess level of blood fats which could cause arteries to become blocked

**Signs and Symptoms (general)**

No observed signs or symptoms

**Signs and Symptoms (specific to the person)**

- 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.
- *Include any specific instructions from the treating physician.* For example, weight loss plan, exercise plan, smoking cessation, etc.
- Ensure that *(name of person)* receives diet recommended by physician *(list diet here).*
- Obtain labs as ordered by the physician.
- 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. primary care physician, cardiologist) treats this condition and how often the person is seen.*

**Desired outcome ***

To keep blood lipid levels to within normal limits

**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