

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)	MULTIPLE SCLEROSIS
Related Body System	Vision Respiratory Lymphatic Dental Hearing Digestive Integumentary (Skin) Endocrine Cardiovascular Nervous Musculoskeletal Genitourinary Blood
What is it? (Provide definition)	Multiple sclerosis (MS) is a chronic (ongoing), neurologic disease which occurs when the protective coating of nerve fibers (myelin) of the brain, spinal cord, and optic nerve is broken down.
Signs and Symptoms (general)	Varies widely according on how badly the myelin has been affected. Symptoms may include fatigue (tiredness), loss of coordination (may see falls), muscle weakness, numbness, inability to walk or use hands and arms, pain, vision problems, slurred speech, decline in the ability to think/reason, bladder/bowel dysfunction. Symptoms can change over time and even go into remission for periods of time.
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 changes in symptoms 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. ➤ <u>Include any specific instructions from the treating physician.</u> For example, diet, exercise plan, frequency of taking weights ➤ Keep person safe due to increased possibility of falls. There may be an increased possibility of respiratory problems. May require 1:1 staffing, especially when walking. ➤ Avoid fatiguing the person diagnosed with MS by limiting stressful activities. ➤ Provide scheduled exercise with planned rest periods. ➤ 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, neurologist) treats this condition and how often the person is seen.</i>
Desired outcome *	Maintain person's normal physical abilities for as long as possible.
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