



Treatment Plans that Improve Physical Health

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Objectives

- Apply physical health indicators to behavioral treatment planning process
- Identify interventions for improving physical health
- Demonstrate revenue effects of physical health treatment planning

Treatment Plan Components

- ▶ Statement of problem
- ▶ Goal
- ▶ Objective
- ▶ Intervention

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Basic/Targeted Assessments

- ▶ PHQ9
- ▶ SF 12
- ▶ AUDIT
- ▶ Others
- ▶ Health history
- ▶ Physical assessment (Ht./Wt./BMI, BP, Waist)
- ▶ Lab tests (Glucose, HgbA1c, Cholesterol, triglycerides, HDL, LDL)
- ▶ Smoking
- ▶ Others

Behavioral Health

Physical Health

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Tools of the Trade



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Know Your Numbers!

BMI (Body Mass Index)	Less than 25 My number:
Blood Pressure	Less than 130/90 mmHg My number:
Waist Measurement	Women <35, Men <40 My Number:
Fasting Blood Sugar (Before breakfast)	Between 70–130 mg/dL My number:
Blood Sugar (2 hours after Meal)	Less than 180 mg/dL My number:
HgbA1C	Less than 7% My number:
LDL	Less than 100 mg/dL My number:
HDL	Greater than 40 mg/dL My number:
Cholesterol	Less than 200 mg/dl My number:
Triglyceride	Less than 150 mg/dL My number:

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Crosswalk Treatment Plan/Care Plan

Behavioral Health RX Plan

Nursing Care Plan

- ▶ Assessment —————> ▶ Assessment
- ▶ Problem Statement ———> ▶ Diagnostic Statement
- ▶ Goal —————> ▶ Goal
- ▶ **Measurable Objective** ———> ▶ **Measurable Outcome Criteria**

- ▶ Interventions —————> ▶ Interventions
(**Billable service**) (Nursing Actions)
 - ▶ Rationale

- ▶ Evaluation —————> ▶ Evaluation

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Problem: Ineffective Health Maintenance

- ▶ Related to: (etiology)
Example: “Long term use of medications”

- ▶ Evidenced by: (abnormal findings)
Example: “Elevated BMI”

Carpenito., L. J. (2013). Handbook of nursing diagnosis. (14th ed.). Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

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Problem Statement/Nursing DX

3-Part Statement

- **Problem:** Ineffective health maintenance
- **Related to:** effects of medications
- **Evidenced by:** elevated BMI

- **Example:** “Ineffective health maintenance related to effects of medications, evidenced by elevated BMI.

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Objectives/Outcome Criteria (Client will ...)

- ▶ Reduce weight 1–3 pounds/week
- ▶ Demonstrate portion control for balanced meals w/4–7 servings of fruits/veggies daily
- ▶ Perform moderate physical activity 10–30 minutes/day
- ▶ Make and keep appt. with primary care provider
- ▶ States knowledge of medications and side effects
- ▶ Take all medications as prescribed or report missing doses

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Interventions

Behavioral RX plan \longleftrightarrow Nursing actions

- ▶ Case management
- ▶ Skills training and development
- ▶ Medication training and support
- ▶ Medication management
- ▶ Education on health conditions
- ▶ Assess response to medications
- ▶ Instruct healthy meals
- ▶ Develop and apply appropriate activity plan

Treatment Plan Guide

Problems	Goals	Objectives	Interventions
Ineffective health maintenance related to effects of medications evidenced by: <ul style="list-style-type: none"> - ↑BMI - ↑ Blood pressure - ↑ Blood sugar - ↑ Cholesterol levels - ↑Waist circumference - Smoking - Sedentary lifestyle - Imbalanced nutrition - DX of diabetes 	Improve health maintenance.	<ul style="list-style-type: none"> ▶ Reduce weight 1-3 pounds/week ▶ Demonstrate portion control for balanced meals w/4-7 servings of fruits/veggies daily ▶ Perform physical activity 10-30 minutes/day ▶ Make and keep appt. with primary care provider ▶ State knowledge of medications and side effects ▶ Take all medications as prescribed or report missing doses 	<ul style="list-style-type: none"> ▶ Case management ▶ Skills training and development ▶ Medication training and support ▶ Medication management ▶ Education on health conditions ▶ Assess response to medications ▶ Instruct healthy meals ▶ Develop and apply appropriate activity plan

Billable Services Dashboard

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References

Carpenito., L. J. (2013). Handbook of nursing diagnosis. (14th ed.). Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

Townsend, M. C. (2011). Nursing diagnoses in psychiatric nursing: Care plans and psychotropic medications. (8th ed.). Philadelphia: F. A. Davis Company.

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