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

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
**Tools of the Trade**

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

**Know Your Numbers!**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Ideal Range</th>
<th>My Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI (Body Mass Index)</td>
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<td></td>
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<td>Waist Measurement</td>
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## Crosswalk Treatment Plan/Care Plan

<table>
<thead>
<tr>
<th>Behavioral Health RX Plan</th>
<th>Nursing Care Plan</th>
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</thead>
<tbody>
<tr>
<td>Assessment</td>
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</tr>
<tr>
<td>Problem Statement</td>
<td>Diagnostic Statement</td>
</tr>
<tr>
<td>Goal</td>
<td>Goal</td>
</tr>
<tr>
<td>Measurable Objective</td>
<td>Measurable Outcome Criteria</td>
</tr>
<tr>
<td>Interventions</td>
<td>Interventions (Nursing Actions)</td>
</tr>
<tr>
<td>(Billable service)</td>
<td>Rationale</td>
</tr>
<tr>
<td>Evaluation</td>
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</table>

## Problem: Ineffective Health Maintenance

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

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

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.

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
Interventions

Behavioral RX plan ➔ 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

<table>
<thead>
<tr>
<th>Problems</th>
<th>Goals</th>
<th>Objectives</th>
<th>Interventions</th>
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<tbody>
<tr>
<td>Ineffective health maintenance related to effects of medications evidenced by:</td>
<td>Improve health maintenance.</td>
<td>‣ Reduce weight 1–3 pounds/week</td>
<td>Case management</td>
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<td>‣ ↑BMI</td>
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<td>Instruct healthy meals</td>
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<tr>
<td>Sedentary lifestyle</td>
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<td></td>
<td>Develop and apply appropriate activity plan</td>
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<tr>
<td>Imbalanced nutrition</td>
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<td>DX of diabetes</td>
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Billable Services Dashboard

References


Presenter:

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