

# All-Skills Best Practices Careplan

## John Smith, Start of Care, 1/1/2017

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### OASIS RESULTS FOR CARDIO/RESPIRATORY/HEMATOLOGY

1. M1021 Essential (Primary) Hypertension
2. M1023 Chronic Obstructive Pulmonary Disease, Unspecified
3. M1400 Dyspnea With Moderate Exertion

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#### SKILLED NURSING GOALS

Specific goals for each skill & M0 item

patient has improved breathing pattern, shortness of breath and dyspnea are well-controlled

M0-Item and Description

patient/caregiver will demonstrate effective blood pressure control

physician is notified immediately when vital sign readings established thresholds

#### SKILLED NURSING INTERVENTIONS

Specific interventions for each skill & M0 item

teach management of respiratory exacerbations, coughing/deep breathing exercises, use of spirometer, rest/activity schedule, O2 and medication management

Skill assigned to the deficit

respiratory assessment including lung sounds, CO2/O2, mental status, sputum production and ability to clear secretions

monitor blood pressure, teach patient how to self-monitor blood pressure, teach use of blood pressure medication, teach lifestyle modification including low sodium diet and regular exercise

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### OASIS RESULTS FOR NEURO/EMOTIONAL/BEHAVIORAL

1. M1023 Post-Traumatic Stress Disorder, Chronic
2. M1210 Significant Hearing Deficit
3. M1710 Has Anxiety
4. M1720 Depression

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#### SKILLED NURSING GOALS

patient/caregiver will demonstrate effective management of mental health evidenced by appropriate affect, verbalizing satisfaction with current treatment and regular and ongoing engagement in desired activities

**SKILLED NURSING INTERVENTIONS**

teach patient/caregiver stress management, coping strategies, ADL, diet and activity management, safe medication use

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**SPEECH THERAPY GOALS**

patient achieves optimal functioning within hearing limitations as evidenced by ability to communicate effectively and engage in desired activities

**SPEECH THERAPY INTERVENTIONS**

assess patient for and train patient in the use of appropriate hearing assistive technology including the use of amplifiers, modifiers for telephones, closed-caption TV, microphones, etc

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**MEDICAL SOCIAL WORKER GOALS**

patient identifies ineffective coping behaviors, identifies resources and support systems for her/his deficit, verbalizes understanding of recommended coping strategies, expresses satisfaction with treatment

**MEDICAL SOCIAL WORKER INTERVENTIONS**

assess patient/caregiver's ability to manage cognitive/behavioral issues, establish social services for additional and ongoing support resources, teach use of relaxation, exercise, and diversional activities, instruct in need for adequate rest and balanced diet

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**OASIS RESULTS FOR ADL MANAGEMENT/HOMEBOUND STATUS**

1. M1242 Pain All of The Time
  2. M1800 ADL Deficits
  3. M1800 HHA Supervision
  4. M1910 Fall Prevention
  5. M2020 Dependent in Medication Management
  6. M2030 Dependent in Injectable Medication Management
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**SKILLED NURSING GOALS**

patient safely performs (to maximum ability) self-care activities

patient verbalizes adequate relief of pain or ability to cope with incompletely relieved pain.

patient understands the purpose of and how to take each medication

#### SKILLED NURSING INTERVENTIONS

teach activity progression, endurance building, work simplification, energy conservation, rest/exercise schedule, home safety measures

establish pain medication schedule, identify situations that exacerbate and relieve pain, reinforce need for rest and balanced diet, teach alternative pain control such as relaxation, hot/cold packs, imagery, distraction; evaluate appropriateness of TENS

require repeat demonstrations or explanations about medications that will be taken at home. Have the patient repeat back the information provided or show that they have mastered drug administration techniques such as measuring liquid medications.

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#### PHYSICAL THERAPY GOALS

performs ambulation and transferring with minimal or no assistance

#### PHYSICAL THERAPY INTERVENTIONS

teaching/counseling adaptive devices  
upper and lower body ROM exercises  
posture training/exercises  
upper and lower body muscle strengthening exercises  
upper and lower body positioning and alignment exercises  
balance exercises sitting, standing  
gait training  
bed mobility  
transfer techniques  
energy conservation

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#### HHA INTERVENTIONS

assist with grooming  
assist with upper and lower body dressing  
assist with bathing  
assist with toilet transferring  
assist with toileting hygiene  
assist with transferring

assist with ambulation  
assist with feeding/eating  
assist with meal preparation

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## **OASIS RESULTS FOR ENDOCRINE**

- M1023 Type 2 Diabetes Mellitus Without Complications
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### **SKILLED NURSING GOALS**

diabetes is stable as evidenced by normal blood sugar and urine values;  
patient/caregiver demonstrates skills necessary to manage diabetes  
including medication management, blood sugar and urine monitoring, foot  
care, and diabetic diet and activity plan

### **SKILLED NURSING INTERVENTIONS**

assess serum and urine glucose; teach patient/caregiver how to monitor  
serum/urine glucose, manage diabetic medication, foot care, diabetic diet  
and exercise program, physician follow-up

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## **OASIS RESULTS FOR NUTRITION**

- M1023 Esophageal Reflux
  - M1036 Obesity
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### **SKILLED NURSING GOALS**

demonstrates preventive measures to minimize reflux and aspiration  
including positioning when eating, chewing food thoroughly, foods to avoid

verbalizes measures necessary to achieve weight reduction,  
demonstrates appropriate selection of meals and menu planning and  
performs regular exercise

### **SKILLED NURSING INTERVENTIONS**

assess lung sounds, upper GI pain, risk for aspiration, dietary intake

determine appropriate daily calorie intake, teach establish diet and  
exercise plan for weight reduction, teach menu planning, food selection,  
portion control

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**OASIS RESULTS FOR GASTROINTESTINAL**

- M1620 Bowel Incontinence on a Daily Basis
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**SKILLED NURSING GOALS**

patient practices preventive measures, achieves stable bowel elimination as evidenced by absence of constipation or diarrhea

**INTERVENTIONS SN**

track bowel I/O, teach diet and medication management of diarrhea or constipation, related personal hygiene, activity plan

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**OASIS RESULTS FOR GENITOURINARY**

- M1600 Patient Is Incontinent
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**SKILLED NURSING GOALS**

patient is continent of urine or verbalizes satisfactory management elimination treatment

**INTERVENTIONS SN**

record urinary I/O, teach Kegel exercises and establish a toileting schedule, evaluate need for bedside commode, teach skin care and hygiene

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**OASIS RESULTS FOR INTEGUMENTARY**

- M1342 Non-Healing Surgical Wound
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**SKILLED NURSING GOALS**

surgical site is infection free and shows signs of healing including granulation, contraction, epithelialization and maturation

**INTERVENTIONS SN**

record location, dimensions, condition of surrounding skin and wound base, signs of infection, healing stage, perform physician-ordered wound care