

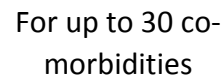
Clinician Teaching Guide for for John Smith

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ESSENTIAL (PRIMARY) HYPERTENSION

Goal: patient/caregiver will demonstrate effective blood pressure control

1. self-monitoring blood pressure; when to call physician
2. need for daily exercise
3. reducing sugar and salt intake
4. healthy low fat diet rich in fruit and vegetables
5. stop smoking and reduce alcohol consumption
6. reduce stress with relaxation techniques
7. medication management
8. notifying physician when vital sign readings established thresholds



For up to 30 co-morbidities

CHRONIC OBSTRUCTIVE PULMONARY DISEASE, UNSPECIFIED

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

1. management of respiratory exacerbations such as pursed lip and diaphragmatic breathing
2. avoiding cold air and smoke in the home
3. possible need for pulmonary rehabilitation
4. medication management
5. need for daily exercise
6. stop smoking and reduce alcohol consumption
7. reduce stress with relaxation techniques
8. medication management
9. notifying physician when vital sign readings established thresholds

TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS

Goal: 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

1. daily schedule for testing blood sugar and urine
2. healthy diet including fruits, vegetables, lean meat and dairy, whole grains
3. foods to avoid, i.e. soda, sugar-snacks
4. adequate fluid intake
5. medication teaching
6. foot care including daily inspection, washing, proper socks and shoes

APHAGIA

Goal: risk of aspiration is decreased as a result of proper feeding positioning and food preparation

1. be fully conscious when eating
2. always sit upright when eating
3. liquefy, puree, or cut food into small bite-sizes,
4. eliminate distractions during mealtime such as TV
5. cough and/or clear throat after each bite
6. chew thoroughly and eat slowly
7. make sure there's no food left in the mouth after each swallow

OSTEOARTHRITIS

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

1. activity progression to increase endurance
2. pain management
3. work simplification
4. bedside commode setup
5. scheduled rest breaks
6. energy conservation
7. managing chores
8. medication management

OBESITY

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

1. daily calorie limits necessary for weight loss
2. regular exercise for at least 30 minutes daily, increasing the amount of exercise by 1-2 minutes per day
3. keeping daily dietary journal of everything taken in (including drinks) including portion size, calories, fat, protein, sodium
4. schedule of when to weigh self