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

INTERVENTIONS/TREATMENTS

SN

CARDIO/RESPIRATORY: respiratory assessment including lung sounds, CO₂/O₂, mental status, sputum production and ability to clear secretions, teach management of respiratory exacerbations, coughing/deep breathing exercises, use of spirometer, rest/activity schedule, O₂ and medication management, 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

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

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

ENDOCRINE: 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

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

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

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

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

HHA

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

MSW

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

PT

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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for John Smith**

ST

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

GOALS

CARDIO/RESPIRATORY: patient has improved breathing pattern, shortness of breath and dyspnea are well-controlled; patient/caregiver will demonstrate effective blood pressure control

NEURO/EMOTIONAL/BEHAVIORAL: 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; risk of aspiration is decreased as a result of proper feeding positioning and food preparation

ADLS/HOMEBOUND STATUS: participates in activities of daily living (ADLs) and self-care measures to the limits of his or her ability; performs ambulation and transferring with minimal or no assistance

NUTRITION: verbalizes measures necessary to achieve weight reduction, verbalizes knowledge of community support programs such as local exercise programs, nutrition and cooking classes, nutrition counselors

ENDOCRINE: 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

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

GU: patient is continent of urine or verbalizes satisfactory management elimination treatment

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