

Best Practices Teaching Plan For John Smith

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ESSENTIAL (PRIMARY) HYPERTENSION; CHRONIC OBSTRUCTIVE PULMONARY DISEASE, UNSPECIFIED, M1400 *DYSPNEA WITH MODERATE EXERTION

Most of the time hypertension has no symptoms. Symptoms that may occur are chest pain, confusion, ear noise or buzzing, irregular heartbeat, nosebleed, tiredness and vision changes. If you have a severe headache or any of the symptoms above, call your doctor right away.

1. Monitor your blood pressure daily and report to the doctor if your blood pressure is lower than 110/60 and higher than 150/90.

2. Exercise is one of the most effective treatments for high blood pressure. If exercise is contraindicated by other existing health conditions, get 30 minutes of walking every day.

3. Reduce your sugar and salt intake.

4. Choose a diet rich in fruits, vegetables and low-fat or fat-free dairy foods.

5. If you smoke, stop. Reduce alcohol consumption.

6. Reduce stress with relaxation therapy, such as meditation and other mind body relaxation techniques.

7. The medication you take for hypertension is Lisinopril. Notify your doctor immediately if you have any of the following side effects: dizziness, drowsiness, headache.

Your respiratory condition affects your endurance and ability to complete activities of daily living. If you smoke, stop. Smoking cessation is the most important factor in slowing down the progression of a lung condition.

1. When you start to feel short of breath, relax and get control by performing "pursed lip" breathing and "diaphragmatic" breathing.

Pursed Lip Breathing: >> A. Inhalation and exhalation ratio should be 1:2 (it should take twice as long to breathe out) >> B. Breathe in slowly through your nose for 3 slow counts. >> C. Purse your lips as if you were going to whistle. >> D. Breathe out gently through pursed lips for 6 slow counts. Let the air escape naturally. Do not force the air out of your lungs. >> E. Keep doing pursed lip breathing until you are no longer short of breath. >> F. Pursed lip breathing should be used during normal activities and exertion. You may also use it when upset, anxious or short of breath.

Patient teaching for up to 30 diagnosis and MO co-morbidities

Diaphragmatic Breathing: >> A. Sit in a comfortable position with back supported or resting comfortably in bed in a semi-reclined position. Loosen your belt and pants waist button >> B. Place one hand on your stomach. Put the other hand on your chest. >> C. Locate your diaphragm by sniffing quickly >> D. Exhale slowly with pursed lips and gently push in with the hand that is on the diaphragm. >> E. While exhaling relax your neck, shoulders and chest, and sink ribs down and in as much as possible. >> F. Inhale deeply through the nose and allow the hand on your diaphragm to rise with the expanding diaphragm. The hand on your chest should be still. >> G. Practice your breathing during two 15 minute sessions, when you become comfortable with this technique, begin to incorporate it with your daily activities

2. Avoid very cold air and make sure no one smokes in your home. Reduce air pollution by eliminating fireplace smoke and other irritants.

3. Talk to your doctor about pulmonary rehabilitation. This treatment reduces symptoms, reduces disability, and improves the overall quality of life.

4. The medication you take for this condition is Ventolin. Notify your doctor immediately if you have any of the following side effects:

- headache, dizziness, sleep problems (insomnia), cough, hoarseness, sore throat, runny or stuffy nose, mild nausea, vomiting, dry mouth and throat, muscle pain, diarrhea,

TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS

Diabetes is a chronic (lifelong) disease marked by high levels of sugar in the blood. Proper diet, exercise and medication will keep your condition under control. Foot care is especially important for people with diabetes.

1. Test your blood and urine for sugar every day. Usually, testing occurs before meals, particularly before breakfast, but your doctor will tell you what's best for your situation. You may test after meals or in the evening to check for low blood sugar levels before you go to sleep. Your nurse or doctor will tell you what numbers you need to be concerned about and when you should get in touch for more treatment or advice.

2. Fruits and vegetables are usually good choices, but be careful not to eat too much fruit. Non-starchy vegetables including spinach, carrots, broccoli, and green beans. Eat whole-grain foods, such as brown rice and whole wheat pasta. Include legumes like lentils, kidney, or pinto beans. Choose fish over meat two to three times a week. For meat, choose lean pork or beef, or chicken or turkey with the skin removed. Dairy (cheese, yogurt, milk) is important, but go for non-fat versions, even for ice cream. Select diet drinks or water.

3. Foods to avoid: sodas, fruit punches and other sugar-sweetened drinks. Select diet drinks or water. Also avoid sugary snacks (cookies, cakes, chips, ice cream).

4. Drink six to eight glasses of unsweetened clear liquids per day. It's a good idea to drink a glass of water before and a glass of water after each meal

5. Take physician-prescribed medications according to the dose and frequency prescribed by your doctor. Notify your doctor immediately if you have any of the following side effects:

6. Take physician-prescribed medications according to the dose and frequency prescribed by your doctor. Notify your doctor immediately if you have any of the following side effects: excess sweating

- excess sweating, excessive hunger, fainting, fatigue, lightheadedness, shakiness

OBESITY

To lose weight you must exercise and control how much you eat. First, find an exercise you like to do. Next start keeping a journal on what and how much you eat and drink every day.

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2. Find a couple of different types of exercises you like to do: walking, stationary biking, dancing. Rotate these exercises so that that you do a different one each day. Increase the duration of the exercise 1 or 2 minutes each day.

3. Keep a daily log of everything you eat and drink each day. For each item you eat or drink, record (refer to the food's nutrition label): >> A. the serving size (in ounces) >> B. the number of calories >> C. the amount of sodium >> D. the amount of sugar >> E. the amount of fat. >> F. Review the log with your nurse or other health care professional weekly.

4. Weigh yourself no more often than weekly.