

## TREATMENT PLANNING GUIDE

### PROBLEM: Ineffective health maintenance

<p>Related to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Effects of medications</li> <li><input type="checkbox"/> Diagnosis of _____</li> <li><input type="checkbox"/> Substance dependence</li> <li><input type="checkbox"/> Knowledge deficit of disease and treatments</li> </ul>	<p>Evidenced by:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ↑BMI</li> <li><input type="checkbox"/> ↑ Blood pressure</li> <li><input type="checkbox"/> ↑ Blood sugar</li> <li><input type="checkbox"/> ↑ Cholesterol levels</li> <li><input type="checkbox"/> ↑Waist circumference</li> <li><input type="checkbox"/> Smoking</li> <li><input type="checkbox"/> Sedentary lifestyle</li> <li><input type="checkbox"/> Imbalanced nutrition</li> <li><input type="checkbox"/> Lack of follow up with primary care provider</li> </ul>
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### GOAL: Improved health management

Objectives	Interventions
<ul style="list-style-type: none"> <li><input type="checkbox"/> Reduce weight 1-3 pounds/week</li> <li><input type="checkbox"/> Demonstrate portion control for balanced meals w/4-7 servings of fruits/veggies daily</li> <li><input type="checkbox"/> Perform moderate physical activity 10-30 minutes/day</li> <li><input type="checkbox"/> Make and keep appt. with primary care provider</li> <li><input type="checkbox"/> States knowledge of medications and side effects</li> <li><input type="checkbox"/> Take all medications as prescribed or report missing doses</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Case management</li> <li><input type="checkbox"/> Skills training and development</li> <li><input type="checkbox"/> Medication training and support</li> <li><input type="checkbox"/> Medication management</li>   <li><input type="checkbox"/> Education on health conditions</li> <li><input type="checkbox"/> Assess response to medications</li> <li><input type="checkbox"/> Instruct healthy meals</li> <li><input type="checkbox"/> Develop and apply appropriate activity plan</li> </ul>