



# Treatment Plans that Improve Physical Health

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## Objectives

- Apply physical health indicators to behavioral treatment planning process
- Identify interventions for improving physical health
- Demonstrate revenue effects of physical health treatment planning

## Treatment Plan Components

- ▶ Statement of problem
- ▶ Goal
- ▶ Objective
- ▶ Intervention

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## Basic/Targeted Assessments

- ▶ PHQ9
- ▶ SF 12
- ▶ AUDIT
- ▶ Others
- ▶ Health history
- ▶ Physical assessment (Ht./Wt./BMI, BP, Waist)
- ▶ Lab tests (Glucose, HgbA1c, Cholesterol, triglycerides, HDL, LDL)
- ▶ Smoking
- ▶ Others

Behavioral Health

Physical Health

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## Tools of the Trade



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## Know Your Numbers!

<b>BMI (Body Mass Index)</b>	Less than 25 My number:
<b>Blood Pressure</b>	Less than 130/90 mmHg My number:
<b>Waist Measurement</b>	Women <35, Men <40 My Number:
<b>Fasting Blood Sugar (Before breakfast)</b>	Between 70–130 mg/dL My number:
<b>Blood Sugar (2 hours after Meal)</b>	Less than 180 mg/dL My number:
<b>HgbA1C</b>	Less than 7% My number:
<b>LDL</b>	Less than 100 mg/dL My number:
<b>HDL</b>	Greater than 40 mg/dL My number:
<b>Cholesterol</b>	Less than 200 mg/dl My number:
<b>Triglyceride</b>	Less than 150 mg/dL My number:

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## Crosswalk Treatment Plan/Care Plan

### Behavioral Health RX Plan

### Nursing Care Plan

- ▶ Assessment —————> ▶ Assessment
- ▶ Problem Statement ———> ▶ Diagnostic Statement
- ▶ Goal —————> ▶ Goal
- ▶ **Measurable Objective** ———> ▶ **Measurable Outcome Criteria**
  
- ▶ Interventions —————> ▶ Interventions  
(**Billable service**) (Nursing Actions)
  - ▶ Rationale
  
- ▶ Evaluation —————> ▶ Evaluation

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## Problem: Ineffective Health Maintenance

- ▶ Related to: (etiology)  
Example: “Long term use of medications”
  
- ▶ Evidenced by: (abnormal findings)  
Example: “Elevated BMI”

Carpenito., L. J. (2013). Handbook of nursing diagnosis. (14th ed.). Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

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## Problem Statement/Nursing DX

### 3-Part Statement

- **Problem:** Ineffective health maintenance
- **Related to:** effects of medications
- **Evidenced by:** elevated BMI
  
- **Example:** “Ineffective health maintenance related to effects of medications, evidenced by elevated BMI.

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## Objectives/Outcome Criteria (Client will ...)

- ▶ Reduce weight 1–3 pounds/week
- ▶ Demonstrate portion control for balanced meals w/4–7 servings of fruits/veggies daily
- ▶ Perform moderate physical activity 10–30 minutes/day
- ▶ Make and keep appt. with primary care provider
- ▶ States knowledge of medications and side effects
- ▶ Take all medications as prescribed or report missing doses

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# Interventions

Behavioral RX plan  $\longleftrightarrow$  Nursing actions

- ▶ Case management
- ▶ Skills training and development
- ▶ Medication training and support
- ▶ Medication management
- ▶ Education on health conditions
- ▶ Assess response to medications
- ▶ Instruct healthy meals
- ▶ Develop and apply appropriate activity plan

## Treatment Plan Guide

Problems	Goals	Objectives	Interventions
<b>Ineffective health maintenance related to effects of medications evidenced by:</b> <ul style="list-style-type: none"> <li>- ↑BMI</li> <li>- ↑ Blood pressure</li> <li>- ↑ Blood sugar</li> <li>- ↑ Cholesterol levels</li> <li>- ↑Waist circumference</li> <li>- Smoking</li> <li>- Sedentary lifestyle</li> <li>- Imbalanced nutrition</li> <li>- DX of diabetes</li> </ul>	Improve health maintenance.	<ul style="list-style-type: none"> <li>▶ Reduce weight 1-3 pounds/week</li> <li>▶ Demonstrate portion control for balanced meals w/4-7 servings of fruits/veggies daily</li> <li>▶ Perform physical activity 10-30 minutes/day</li> <li>▶ Make and keep appt. with primary care provider</li> <li>▶ State knowledge of medications and side effects</li> <li>▶ Take all medications as prescribed or report missing doses</li> </ul>	<ul style="list-style-type: none"> <li>▶ Case management</li> <li>▶ Skills training and development</li> <li>▶ Medication training and support</li> <li>▶ Medication management</li> <li>▶ Education on health conditions</li> <li>▶ Assess response to medications</li> <li>▶ Instruct healthy meals</li> <li>▶ Develop and apply appropriate activity plan</li> </ul>

# Billable Services Dashboard

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# References

Carpenito., L. J. (2013). Handbook of nursing diagnosis. (14th ed.). Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

Townsend, M. C. (2011). Nursing diagnoses in psychiatric nursing: Care plans and psychotropic medications. (8th ed.). Philadelphia: F. A. Davis Company.

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