# Stay Healthy- Health Promotion

Care Plan Storyboard

* 1. Short Description of the Health Issue Thread covered in the Storyboard

The purpose of the Stay Healthy – Health Promotion care plan storyboard is to illustrate the communication flow and documentation of a care plan between a patient, his or her primary care provider and the other specialists involved in health prevention. This health issue thread (simplified) consists of 7 encounters, although in reality there could be many more encounters:

1. Visit to Primary Care Physician
2. Dietitian Visit
3. Follow Up Dietitian Visit
4. Primary Care Follow Up

Brief descriptions of the information exchanged are provided in Appendix B using a ID code as cross reference. A brief glossary is provided in Appendix A.

Care coordination should occur throughout the health issue thread, across several care settings and several care providers/givers. It is briefly discussed later in this document (section 1.10), after the series of encounters.

* 1. Storyboard Actors and Roles

Primary Care Physician

Dr. Patricia Primary:

Patient

Adam Everyman:

Dietitian

Connie Chow

* 1. Encounter A: Visit to Primary Care Physician

### Pre-Condition

Adam Everyman, a sixty year old male has been feeling tired, with frequent headaches and general discomfort. It has been over a year since his last check up. Due to weight gain over the past few years, he has been reluctant to return. He makes an appointment with his primary care physician Dr Patricia Primary. The office requested that he be fasting for the appointment for lab work.

### Description of Encounter

Adam Everyman arrives at his physician’s office where he is weighed, has his blood pressure taken and is asked to fill out a health history. Dr. Patricia Primary enters the exam room and reviews Adam’s chart as well as today’s measurements. She notes a weight gain of 20 lbs (9.1 kg) over the past two years. Blood pressure reading was 130/80, increased since the last visit as well. She does congratulate Adam for stopping smoking 10 years ago. Dr Primary orders screening blood work as well as a total cholesterol panel and HbA1c. Dr Primary also discusses the risk of heart disease, stroke, and diabetes with his current weight and blood pressure. She writes an exercise prescription that includes gradually more exercises, starting with 30 minutes of walking daily outside of his normal activities. She gives him a referral to a registered dietitian to discuss improving his eating habits. She requests a follow up visit in three months to check progress. Lab work was drawn and Adam left with a referral to the dietitian.

### Post Encounter Visit

Dr Primary Care summarized the visit for the patient’s record, including updates to Adam’s health history, lab tests ordered, as well as the referral to the registered dietitian. She asks the office to send a copy of the care plan which includes the above information as well as lab results and plans for follow up to Connie Chow, RD.

Adam’s lab values return the same week. Dr Primary Care calls Adams with the results that indicate Total Cholesterol level 260, LDL 240, HDL 50, and triglycerides 190. His HbA1c level was 7. Dr Primary explained that the current lab values put him at an increased risk of heart disease and stroke. She reinforces the need to follow up with dietitian and exercise program.

* 1. Encounter B: Dietitian Visit

### Pre-Condition

Adam Everyman calls Connie Chow RD’s office to schedule an appointment after hearing the results of his lab tests. The office asks him to keep a food diary for three days and offer to email him a sample form. Adam does have an active email account and provides his email address.

### Description of Encounter

Adam Everyman arrives at his first visit with Connie Chow, RD. She quickly scans the food diary as well as the information provided by Dr Primary Care’s office. She also questions Adam further regarding his food preferences, cooking methods, and interest in changing his eating habits. Connie Chow notes that his weekday breakfast and lunch meals are appropriate, but that he needs to rethink the portion sizes at dinner and his snacks. A meal plan is developed to promote weight loss of 0.5 lbs (0.23 kg) per week. She is pleased to learn that Adam also has an exercise plan from his physician. Adam leaves with a copy of Connie Chow’s nutrition recommendations and an appointment for next month.

### Post Condition

Connie Chow completes her assessment and nutrition care plan on Adam Everyman and sends a copy to Primary Care Physician Dr. Patricia Primary. She recommends monthly follow up for the first three months, then cutting back to every three month until Adam achieves his goals of weight loss and lower blood pressure.

### 1.5***Encounter C: Follow Up Dietitian Visit***

### 1.5.1 Pre-Condition

Adam has continued to follow the diet guidelines outlines by Connie Chow most of the time. He arrives for his one month follow up visit.

### 1.5.2 Description of Encounter

Adam’s weighs 2.2 lbs (1 kg) less than his first visit. Connie Chow congratulates him on the weight loss. Adam admits that he has not followed the meal plan perfectly, but has been exercising 3-4 times weekly. Connie reviews what parts of the diet work and which parts need some adjustment. They discuss appropriate choices when dining out, one of Adam’s downfalls. Connie asks to see him in one month. She invites his wife along to discuss cooking techniques as well. Updates to the diet plan are given to Adams. Another visit is scheduled in two months.

### 1.5.3 Post Condition

Connie Chow updates her care plan with weight loss progress as well as new goals for healthy eating when out and including wife in cooking discussion next month. This care plan is shared with Dr Primary Care.

1.6 Encounter D: Follow Up Physician visit

### 1.6.1 Pre-Condition

Adam Everyman continues his exercise program and is following his meal plan. After 3 months, he has lab work redone prior to his doctor visit and he returns to his Primary Care MD.

### Description of Encounter

Dr Primary reviewed the lab values and again explained that they have improved compared to the initial values. She asked about the dietitian visits and was pleased that he was trying to follow the recommended meal plan. She was also pleased to learn that he was working out three times a week at a gym close to his work and on Saturdays at a gym close to his home. Adam admitted that he was sore the first few weeks, but now was afraid to stop as he did not want to start over. Dr Pricilla Primary Care applauded his progress and suggested another follow up visit in six months with another blood draw.

### Post Condition

Patient Adam Everyman makes appointment with Dr Primary Care for a follow up visit it three months. Dr Primary Care updates Adam’s Care Plan with a summary of the visit, recent lab work and measurements, noting Adam’s positive attitude.