# 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 ??????????. 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. Exercise Physiologist Visit
4. Follow Up Physician visit
5. Follow Up Dietitian Visit
6. Follow Up Exercise Physiologist Visit
7. Primary Care Follow Up

Brief descriptions of the information exchanged are provided in Appendix B using a IDnnn 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

Exercise Physiologist

 Sam Sports

* 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 requests that 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 recommends 30 minutes of walking daily outside of his normal activities and gives him a referral to a registered dietitian to discuss improving his eating habits and an exercise physiologist to develop an exercise program. She requests a follow up visit in one month to check progress. Lab work was drawn and Adam left referrals to both practitioners

### 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 RD and exercise physiologist. 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 and Sam Sports, exercise physiologist.

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 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 both referrals.

* 1. Encounter B: Dietitian Visit

### Pre-Condition

Adam Everyman calls Connie Chow RD’s office 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 upcoming appointment with an exercise physiologist. 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 other month until Adam achieves his goals of weight loss and lower blood pressure.

* 1. Encounter C: Exercise Physiologist Visit

### Pre-Condition

Adam Everyman makes an appointment with Sam Sports. They ask him to be prepared to workout during the appointment and that a locker room would be available for him to change.

### Description of the Encounter

Adam Everyman arrives for his first visit with Sam Sports. He reviews his health history and is pleased that Adam has already seen a dietitian. Sam tests his flexibility, heart rate and recovery post exercise, and endurance. Sam suggests a few gyms close to Adam’s work and Adam’s home where he could work out. An exercise program is developed for Adam. Sam suggests follow up in two months for a retest. Adam leaves with his program and an appointment for two months in the future.

### Post Condition

Sam Sports completes his assessment and recommendations for Adam Everyman. With Adam’s permission, this is sent to Dr. Primary Care and Connie Chow, RD.

* 1. Encounter D: Follow Up Physician visit

### Pre-Condition

Adam Everyman returns to his Primary Care MD to review lab results and future steps.

### Description of Encounter

Dr Primary reviewed the lab values and again explained that they put him at an increased risk of heart disease and stroke. She asked about the dietitian visit 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 two months with another blood draw.

### Post Condition

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

* 1. Encounter E: Follow Up Dietitian Visit

### 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.0

### 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.

### Post Condition

Connie 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 and Sam Sports.

* 1. Encounter F: Follow Up Exercise Physiologist Visit

### Pre-Condition:

Adam returns to his follow up appoint with Sam Sports.

### Description of the Encounter:

Adam is retested on his endurance, exercise recovery and flexibility. Sam takes Adam through the exercise and weight program and corrects incorrect technique and form during the workout. Overall, Sam shares that he is pleased with Adam’s progress. Adam shares that he is enjoying the workouts and has found that he has more energy. Sam Sports encourages Adam to continue and to follow up in three months to be sure that his form is correct and to repeat the measurements of endurance, flexibility, and exercise recovery.

### Post Encounter:

Sam Sports updates Adam’s care plan with additional goals regarding correct form. He shares this Adam, Dr. Primary Care, and Connie Chow, RD.

* 1. Encounter G: Primary Care Follow Up

### Pre-Condition

Adam returns fasting for his next appointment. He has continued with the meal plan and exercise program. Overall, he is feeling well.

### Description of Encounter

Adam is weighed, has his blood pressure measured, and has repeat lab work drawn. Adam’s weight is down 10 lbs (4.5 kg) and his blood pressure has returned to within normal limits. Adam’s major complain is that he has needed to shop for some new pants. When asked, Adam requests to continue with quarterly visits with the dietitian and exercise physiologist this year to “keep him on track”. He also states that his wife is also happy as she has lost a few pounds from changing her cooking habits and following Adam’s diet.

### Post Condition

Dr Pricilla Primary Care updates Adam’s care plan with his progress. She authorizes continued quarterly visits to the dietitian and exercise physiologist for a year. Lab work returns showing an increase in HDL levels to 60, but that LDL was still slightly elevated at 210. Triglycerides were lower at 125. Dr. Primary Care makes the decision to pursue watchful waiting for three more months prior to considering medication. An update of the medical progress is provided to Connie Chow, RD and Sam Sports as well as Adam.