

# Care Plan



**Thomas Johnson**

**Age:** 56

**Weight:** 118 kg

**Location:** Health fair at a local mall

## Background

### Patient History

*Past Medical History:* A 56-year-old truck driver presents to a shopping mall health fair with a history of hypertension, obesity and borderline high cholesterol. He is on the road four to five days a week and eats in trucking diners, snacks on peanuts while driving and takes caffeine pills to stay awake. He doesn't take his blood pressure medication while on the road due to the diuretic effect. He states that his blood pressure is "doing well." It was 150/92 when taken at the supercenter last week. He thinks his last cholesterol was around 200.

*Allergies:* None

*Medications:* Medoxomil 20 mg one tablet per day; Hydrochlorothiazide 12.5 mg one tablet per day

*Code Status:* Full Code

*Social/Family History:* Patient is divorced without children. He lives at home with an aging mother who has a history of Type II diabetes and experienced a stroke one year ago. Her residual weakness causes the patient to worry constantly about her falling and breaking a hip. He is especially concerned about this happening while he is on the road. His father died of a heart attack at age 63. He reports minimal exercise, drinking one to two beers daily and smoking one pack of cigarettes per day for 40 years.

## Nursing Diagnosis:

Obesity r/t average daily physical activity less than recommended aeb weight 259, BMI>, BP 183/98, cholesterol 200, and patients states " I am on the road 4 – 5 days per week."

## Supportive Data:

**Subjective:** "on the road 4-5 days per week", family history of Tpye II diabetes, stroke, and heart attack, minimal exercise, 1-2 alcoholic beverages per day, smokes one pack of cigarettes per day over the last 40 years.

**Objective:** cholesterol 200, BP 183/98, weight 259

## Goals:

Long Term: The patient will have a BP of 120/80 – 140/85 within 3 months.

Short Term: The patient will lose 1-2 pounds per week within 1 month.

| <b>Nursing Interventions:</b><br>(Assess/Monitor, Assist/ Encourage Administer, Teach, Consult)   | <b>Scientific Principle/<br/>           Rationale</b>   | <b>Evaluation</b>   |
|---|---|---|
| <b>Assess</b><br>1. Weigh every week at the same time of day to track if exercise and diet are working<br><br>2. Cholesterol check every 3 months to see if lifestyle changes are lowering cholesterol.<br><br>3. Check BP everyday to see if lifestyle changes are stabilizing BP. | 1. By weighing at the same time of day the patient will get the most accurate measurement for observing changes in weight. Tracking once per week will gauge how effective the diet and exercise were.<br><br>2. If the client is eating better and exercising his cholesterol should decrease.<br><br>3. If the client is eating better and exercising his BP should decrease. | 1. The PT is weighing every week and showing a 1 pound weight loss every week.<br><br>2. The PT is having cholesterol checked every three months and it is lowering at each check.<br><br>3. The PT is checking BP everyday and it is between 120/80 and 140/85 |
| <b>Consult</b><br>Nutritionist – help with diet choices for lifestyle   | The client needs to learn how to choose better nutrition while on the road. He also needs assistance with choosing foods that will help him to lose weight and stabilize his BP and cholesterol.  | Client has met with nutritionist and is adding more fruits and vegetables into diet.  |
| <b>Assist</b><br>1. Make appointment with PCP for telehealth to establish baseline.<br><br>2. Help to download app to track steps which will promote exercise.  | 1. In order to monitor weight, BP, and cholesterol we need a starting point to base all future measurements.<br><br>2. Tracking steps is an easy way to get in exercise. It doesn't cost anything, and he can do it anytime.  | 1. PT visited PCP and baseline for weight, BP, cholesterol were obtained.<br><br>2. A pedometer app was downloaded and the PT used it 7 days in a row.  |
| <b>Teach</b><br>1. How to structure meals using MyPlate to reduce weight.<br><br>2. Teach patient how increasing steps will help to lower weight.   | 1. MyPlate is an easy guide for the PT to follow when preparing meals.<br><br>2. By increasing steps the PT will  | 1. The PT was able to verbalize the proportions of protein and grains to fruit and vegetables.<br><br>2. The PT scheduled time in his day for 15 minute walks after each meal.  |
| <b>Provide</b><br>Meds to control BP.   | While the PT is working on stabilizing his BP and cholesterol by losing weight he needs to take his BP meds.  | The patient is taking all his BP meds and his BP is now 125/84.   |