

## Integrated Plan of Care

**Patient:** Jean Johnson      **DOB:** 12/12/0000      **Age:** 45 yo  
**Language:** English      **Sex:** Female      **Gender:** Female

**Emergency Contact:** Matt Johnson    **Relationship:** Husband    **Phone:** (555) 555-5555

**Primary Care Physician:** Dr. Norman Bell

**CARE TEAM MEMBERS:**

**Nursing:** Elaine Reynolds      **Behavioral Health:** Lesley Manson  
**Pharmacy/Pharmacist:** XYZ Pharmacy / Marianna VanDeMewre

<b>Problem List:</b>	Fatigue Hypertension (HTN) High Blood Pressure	Overweight Poor Adherence to medication History of elevated blood sugar	<b>Medication List:</b>	HTN Prescribed Medication Herbs Vitamins
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**PRESENTING CONCERNS:**

<b>Patient Report:</b> <i>"tired," "mad" she can't play with kids</i>	<b>Strengths:</b> <i>children, church support, husband supportive, friendly, kind, history of successful weight loss through nutrition management and exercise, medication adherent 5xweek with HTN medication</i>	<b>Barriers:</b> <i>history of depression, eats when she is bored, office supplies unlimited candy, carbs, and sodas for office food, medication adherence limitations to 5xweek</i>
<b>Shared Goal:</b> <i>"I would like to play with my kids for at least 20 minutes a day without stopping." Review: 2 months</i>	<b>Outcomes:</b> <i>After 2 month of integrated plan of care, pt to report improved mood through depression screening results or start of depression mgmt plan, increased self report of described energy levels and playtime with children, improved daily blood glucose levels, improvement on adherence as evidenced by screening tool</i>	

**PROGRESS:**

Care Team Provider	Progress	Date of Service
<b>PCP:</b> Norman Bell	<i>Walking 10 minutes 3xweek; medication adherent 6 days a week</i>	08/15/0000
<b>BH:</b> Lesley Manson	<i>Completed depression screening tool/No evidence; motivational enhancement; walking 15 minutes 3xweek; Play with kids 10 min, daily with a 5 minute break; eating protein for breakfast</i>	08/20/0000
<b>Nursing:</b> Elaine Reynolds	<i>Walking 20 minutes 3xweek; Play with kids 20 min, daily with a 5 minute break; developed snack alternatives for work place; Medication adherence 7xweek; reported improved mood and energy; knee hurting during walking, unclear etiology, history of injury, referral to OT and nutritionist as needed; reviewed blood sugar monitoring and provided log</i>	09/15/0000
<b>Specialty:</b> OT/ Sue Dahl	<i>Completed OT intake, practiced strengthening exercises and activity modification; 3xweek exercises</i>	09/20/0000

**REFERRALS:**

Referral	Date Referred
Nutritionist	9/15/0000
OT	9/15/0000
Diabetes Educator	

**INTERVENTIONS:**

<b>Supports:</b> <i>Husband will set reminders for medication adherence and schedule a cooking class to learn about a diabetes menu; husband will be invited to next care team meeting for inclusion</i>	<b>Patient Directed:</b> <i>Pt will identify list of activities she enjoys doing with her kids and begin to schedule play activities; request healthier snacks and choices at work</i>	<b>Care Team:</b> <i>Nurse will fill medication administration box and practice blood sugar monitoring/glucometer and use of log. She will follow up within the week regarding assessing adherence and problem solving. Behavioral health will review stress response relationship to diabetes and hypertension and complete more formal mental health evaluation/screening to incorporate short term objectives related and medication review. Primary Care prescribes oral medication for improved diabetes control/lower blood glucose levels. Care team rotating follow up calls for daily monitoring first week and then 2x week regarding objectives. Adherence screening tool.</i>
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