

## SAMPLE INDIVIDUALIZED HEALTHCARE PLAN

### Case Study

Sharena Jones is a 14-year-old girl who is new to the school district this year. When the school nurse asked Sharena to step on the scale for weight measurement, Sharena's eyes welled up with tears and she moved with hesitation. Picking up on these cues, the school nurse engaged Sharena in conversation and discovered that Sharena is very aware of her problem with being overweight and is very unhappy about how she looks. She says that at her old school, she had no friends, and the kids made fun of her size. She confides to the school nurse her desire to "fit in" at this new school, but she worries it will be more of the same.

Sharena is the oldest of five children; her parents are divorced, and her mother works during the evenings until 8:30 p.m. Sharena is responsible for preparing most dinners during the week for herself and her four male siblings, ages 12, 10, and 8-year-old twins. Some evenings, her mother has dinner planned and started, and other evenings, everything is ready and just needs to be warmed up. Sharena tells the nurse that her mother is also overweight, and explains to the nurse that it runs in their family and her mother said she (Sharena) will be overweight, too, and needs to deal with it.

After reviewing the brief health history form and screening Sharena for vision, hearing, growth, and blood pressure, the nurse decides to call Mrs. Jones to discuss Sharena's weight. Mrs. Jones confirms that she knows Sharena is bothered by her weight, but that the pediatrician has said there is nothing wrong with Sharena that diet and exercise can't fix. Mrs. Jones agrees to allow the school nurse to work with Sharena about her weight, and is willing to come in and meet with the nurse one day after school on her day off.

The school nurse prepares an IHP for Sharena and reviews it with both Sharena and her mother.

### Beaver Valley Local School District IHP

**IHP Date:** 11/23/11

**Name:** Sharena Jones

**Parent/Guardian:** Mrs. Brenda Jones

**Primary Physician:** Dr. Hazel

**D.O.B.:** 5/28/97

**Home Phone:**

**Cell Phone:**

**Work Phone:**

### Health Concern Summary

New to the school system this fall, Sharena presents with behaviors indicative of low self-esteem, attributable (self-report) to her physical stature of being obese for her age, sex, and height, as determined by BMI of 96th percentile. She was last seen at Dr. Hazel's office for a well-child visit in June 2011. At that time, her mother reports Dr. Hazel suggested Sharena get involved in some sport and to eliminate non-nutritive food availability in the home.

#### ASSESSMENT

Height: 60 inches  
Weight: 144 lb.  
BMI: 96th percentile

#### NURSING DIAGNOSES

Growth and development,  
altered

#### GOALS

Sharena will maintain or decrease body weight with good health habits: improving her rating from 2 to 3 within 2 months and from 3 to 4 by end of school year

#### INTERVENTIONS

Nutritional counseling

- Establish schedule of visits to clinic.
- Determine Sharena's eating habits.
- Discuss food likes and dislikes.
- Discuss her knowledge of basic food groups.
- Teach how to maintain food diary.

#### OUTCOMES

Practices good health habits

- 1** never demonstrated
- 2** rarely demonstrated
- 3** sometimes demonstrated
- 4** often demonstrated
- 5** consistently demonstrated

(continued)

**Box 29.4** (Continued)

ASSESSMENT	NURSING DIAGNOSES	GOALS	INTERVENTIONS	OUTCOMES
<p>Reports past experiences of being made fun of by schoolchildren for “being fat”</p> <p>Reports she has no friends, expresses desire for friends</p>	<p>Self-esteem disturbance</p>	<p>Sharena will demonstrate improved self-esteem improving her rating from 2 to 4 by the end of the school year</p>	<ul style="list-style-type: none"> <li>• Teach caloric value/energy expenditure relationship.</li> <li>• Discuss healthy food choices in the school cafeteria.</li> <li>• Establish realistic short- and long-term goals for changing diet habits.</li> <li>• Monitor adherence to healthy eating weekly.</li> </ul> <p>Exercise promotion</p> <ul style="list-style-type: none"> <li>• Explore Sharena’s prior exercise/physical activity experiences.</li> <li>• Explore barriers to physical activity.</li> <li>• Help to schedule regular times for physical activity in her weekly routine.</li> <li>• Teach her about health benefits of physical activity.</li> <li>• Monitor adherence to physical activity plan.</li> </ul> <p>Weight management</p> <ul style="list-style-type: none"> <li>• Weight recorded in clinic every week for first month, then bimonthly until end of school.</li> <li>• Encourage to consume adequate amounts of water each day.</li> </ul> <p>Family involvement promotion</p> <ul style="list-style-type: none"> <li>• Include the mother in planning physical activity opportunities.</li> <li>• Include the mother in plan for healthy food choices.</li> <li>• Follow up with the mother regarding Sharena’s progress.</li> </ul> <p>Self-esteem enhancement</p> <ul style="list-style-type: none"> <li>• Explore Sharena’s previous achievements.</li> <li>• Encourage Sharena to identify personal strengths.</li> <li>• Reinforce the strengths she identifies.</li> </ul>	<p>Self-esteem</p> <ul style="list-style-type: none"> <li>• Stands erect and makes eye contact.</li> <li>• Participates in organized social group, club, sport.</li> <li>• Describes successes in social groups.</li> <li>• Comes to school well groomed with good personal hygiene.</li> </ul>

**Box 29.4** (Continued)

ASSESSMENT	NURSING DIAGNOSES	GOALS	INTERVENTIONS	OUTCOMES
Not involved in any clubs, sports, group activity in school or community Rarely makes eye contact, gazes downward when speaking to adult Posture slumped, with shoulders rounded Hair unkempt			<ul style="list-style-type: none"><li>Explore opportunities at school Sharena would feel comfortable joining, where her strengths would be an asset.</li></ul> Family involvement promotion <ul style="list-style-type: none"><li>Discuss with mother her capability for assisting in plan of care and her expectations for Sharena</li></ul> Weight management <ul style="list-style-type: none"><li>Plan rewards for Sharena as she meets small short-term goals in diet or physical activity health behavior changes</li></ul>	<ul style="list-style-type: none"><li>Describes successes in schoolwork.</li><li>Expresses feelings of self-worth.</li></ul> Self-esteem indicators measured by: <b>1</b> never positive <b>2</b> rarely positive <b>3</b> sometimes positive <b>4</b> often positive <b>5</b> consistently positive

This plan was prepared by \_\_\_\_\_ (school nurse) and will be shared as needed to promote the health of \_\_\_\_\_ (student) while in school.

Reviewed by parent /legal guardian \_\_\_\_\_  
(Date)\_\_\_\_\_