XCM Comprehensive Care Plan Examples

DIETARY PLAN:

Meet with a dietician to discuss needed dietary changes
Eat smaller meals
Don't eat 3-4 hours before bedtime
Stay sitting up or standing for 1 hour after eating
Raise the head of your bed
Provider recommendations to be added

GOAL: maintain a1c at 6.0 (if patient has high a1C you can say to improve a1C from 14 to 10)

GOAL: Prevent/decrease complications related to:

- (List Chronic Conditions here) *Note – Not eating late at night will help with GERD, If the patient is not up all night with heart burn, they will sleep. Improved sleep will improve depression and hyperlipidemia. Not eating 3-4 hours before bedtime will extend the amount of time between dinner and breakfast and will help with blood sugar which will help with Diabetes which will help with hypertension, hyperlipidemia, and depression et.

PHYSICAL ACTIVITY PLAN:

Recommended physical activities:
Walk down hall and back 2 times each day
Lift small weights while watching TV
Provider recommendations to be added

GOAL: maintain a1c at 6.0 (if patient has high a1C you can say to improve a1C from 14 to 10)

GOAL: Prevent/decrease complications related to:

- (List Chronic Conditions) Physical activity will also improve all the chronic conditions listed above as well.

WEIGHT GOAL PLAN:

Follow the diet your provider has recommended ***(Refer to Dietary Care Plan)***
Drink recommended amounts of fluids ***(Refer to Dietary Care Plan)***
Get recommended amount of sleep ***(Refer to Sleep Plan)***
Start a physical activity routine ***(Refer to Physical Activity Care Plan)***
Provider recommendations to be added

GOAL: Maintain/improve a healthy weight

Current Weight: _____Date_____
Goal Weight: _____Date_____

A1C Goal Plan:

Take all medications as recommended by your provider ***(Refer to Medication management Plan)***
Check blood sugar as recommended by your provider
Get A1C tested every 3 months
Follow the diet your provider has recommended ***(Refer to Dietary Care Plan)***
Start a physical activity routine **(Refer to Physical Activity Care Plan)**
Provider recommendations to be added

Goal: Maintain/improve A1C to improve all chronic conditions. Improving A1C will help (list chronic conditions.)
Current A1C: _____Date_____
Goal A1C: _____Date_____

Risk for Unstable Blood Sugars Plan:

Learn the signs and symptoms of high and low blood sugar
Take medications as recommended ***(Refer to Medication Management Plan)***
Follow diet recommended by provider ***(Refer to Dietary Care Plan)***
Provider recommendations to be added recommend 15/15 rule added

Goal: Be free of complications related to high/low blood sugar

Eye Exam Plan:

Receive an annual Retinal screening
Learn how high blood sugar levels affect your eyes

Goal: Be free from declining eye sight related to progressing diabetes

Medication Management Plan:

Fill medications regularly/as recommended
Use a pill box to keep medications organized
Develop a routine for taking medications
Set phone reminders to take medication
Take all medications as prescribed:

Medication	Dosage	Instructions

Goal: Prevent/decrease complications related to: (List chronic Conditions)

FALL PREVENTION PLAN:

Keep walk ways clear from rugs, cords, and clutter
Use hand rails with stairs
Use grab bars in shower and restroom area
Use cane when walking

GOAL: Prevent/lessen falls

SLEEP PLAN:

Go to bed each night about the same time
Wake up each day at the same time
Avoid electronic devices an hour before bedtime
Develop a night time routine:
Turn TV off 1 hour before bed
Change cloths, brush teeth, etc.
Read/listen to calming music

GOAL: Prevent/decrease complications related to: (List chronic Conditions)

PAIN CONTROL PLAN:

Take all medications as prescribed ***(Refer to Medication Management Plan)***
Stretch joints daily to promote good range of motion *(examples)*
Use heat and cold therapy to reduce pain *(specify)*
Drink recommended amount of water to support joints
Get recommended amount of sleep to assist the body in recovering from a flare up
Provider recommendations to be added

GOAL: Maintain/improve pain related to chronic conditions (List chronic Conditions)

SKIN INTEGRITY/FOOT EXAM PLAN:

Check feet daily to prevent skin breakdown and infection
Wear adequate foot wear
Receive an annual foot check by your provider
Check skin daily for break down
Wash and dry skin if soiled with urine or stool
Reposition frequently
Keep a thermometer next to sinks to test water temperature to prevent burns
Keep a cloth between the body and ice packs/heat packs
Only keep ice packs/heat packs on for 20 minute cycles
Provider recommendations to be added

GOAL: Prevent/lessen skin break down related to Chronic Conditions

GOAL: Maintain/improve skin in an effort to decrease complications related to (List chronic Conditions)

PSYCHOSOCIAL PLAN:

Have one meal a week at the Senior Center
Visit with friends/family
1 activity each week that makes you smile
Use community resources
Provider recommendations to be added

GOAL: Maintain/improve social engagements

STRESS REDUCTION PLAN:

Practice breathing techniques to reduce stress
Meditate when feeling overwhelmed
Drink recommended amount of water ***(Refer to Dietary Care Plan)***
Eat a well-balanced diet ***(Refer to Dietary Care Plan)***
Exercise daily if recommended by provider ***(Refer to Physical Activity Care Plan)***
Take time each day to rest your mind and body
Provider recommendations to be added

GOAL: Prevent/lessen stress related to (List chronic Conditions)

ADVANCED CARE PLAN:

Make an advanced care plan

GOAL: Complete an advanced care plan

SPIRITUAL PLAN:

Contact a priest, preacher, bishop, or pastor if needed

GOAL: Attend weekly services

OTHER PREVENTATIVE HEALTH PLAN:

Provider recommendations to be added

GOAL: Prevent/decrease complications related to(List chronic Conditions)

****This Care Management Plan will be reviewed every 3 months or as needed.****