

Person-Centered Care Plan

Risk Level: (High, Moderate, Low)

Last updated by: (dot s)

Original Author: (dot s)

Medical Summary:

Patient Care Team: (dot)patientcareteam to pull in all team members

Personal Support Team:

(Include community contacts, caseworkers, therapists, etc here, primary caregiver/contact information goes here.)

Patient's care goals (chronic and preventive) (Patient's personal goals for care goes here)

Patient's self management tools: (patient education, groups, referrals go here)

Patient's barriers to care/goals: (psychosocial and other risk factors go here)

Team Goals: (chronic and preventive)

Sample Plan:

Risk Level: High

Last updated by: XXX XXX, RN 1/16/2013

Original Author: XXX XXXX, MD 11/11/2012

Medical Summary: Cindy is a 48 y/o single mother of two children, Johnny 13 and Amelia 9. Cindy has diabetes , high blood pressure, and knee pain. She is 85 lbs over her desired weight . She has a past history of alcohol and methamphetamine use but clean and sober for 13 years. Her diabetes and hypertension are under poor control and it is difficult to persuade her to get needed lab work and show up for office visits.

Care Team:

Personal Support Team: Boyfriend Joe 503-222-2222, Mother Carol 971-333-3333, AA sponsor Kim, 503-111-1111

Patient's Care Goals (chronic and preventive)

1. "I would like to eat better so I can lose some weight"
2. "I need some help in managing all the stress I'm under with money and the kids"

Patient's Self Management Tools:

1. Call TOPS (Take Off Pounds Sensibly) 503-444-4444 for a support group near your home
2. Meet with Diabetes Education for refresher on nutrition and diet 503-214-9999
3. Meet with our clinic behavioral coach, Dr Jones, about your high blood pressure and stress

Patient's barriers to care:

1. Has to take 2 buses to get to clinic for lab and office visits
2. Boyfriend is overweight and resists making changes in family food choices

Team Goals

1. Cindy will come in for office visit and lab work at least twice a year
2. Cindy will sign up for MyChart and use the diabetes self care to keep team posted on her blood sugar and blood pressure.