Individual Health Assessment and Promotion Plan

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Abstract

Health promotion is an important part of being a professional nurse. Nurses assess patients, make a nursing diagnosis and implement a plan of action for patients that are obtainable and measurable. A RealAge assessment was used to develop a health promotion plan for my client. The RealAge assessment is based on the client’s health, family history, and lifestyle. The assessment looks at four general categories: fitness, general health, feelings, and diet. Using the results from the RealAge assessment my client and I were able to determine her strengths and weaknesses. We then set measurable and achievable goals for her and a plan of action was then established. My client is prepared and has expressed interest in achieving a positive health outcome.
Individual Health Assessment

RealAge was created by Jeff Arnold and Dr. Mehmet Oz. They received funding from Oprah Winfrey, Sony, and Discovery. Our true age depends on multiple factors. The RealAge assessment examines up to 125 factors related to a person’s health and then calculates the health age of that individual person. The test was created by Dr. Mike Roizen and Dr. Mehmet Oz. The RealAge is the leading online health and wellness assessment, providing millions of people with personal recommendations and connecting them with health resources and information from experts including physicians, health educators, nutritionist, and surgeons that provide clients personalized tips and an action plan to get healthier (RealAge, n.d.).

Assessing my clients “RealAge” allowed me to look at potential areas of my client’s health that may become problematic for her in the future. The summarized RealAge results for my client can be viewed under Appendix A.

Strengths

The positive results of her assessment show that she has a healthy BMI of 24.74 with a healthy waist size of 31. She continues to stay smoke free, avoids sunburns, enjoys a healthy sex life, and has a strong social network.

Weaknesses

Weaknesses identified by the assessment indicate that she has not had her cholesterol tested, does not follow a healthy diet rich in whole grains, fruits, and vegetables. My client lacks a regular exercise routine, and does not eat a healthy breakfast in the morning. Two of her weaknesses that we decided to work on are her stress and exercise habits. We discussed the
importance of exercise, due to heart disease being the leading cause of death. Poor diet and a lack of exercise lead to cardiovascular disease. I explained to my client that with some lifestyle modifications, she could prevent heart disease (Mayo Clinic, 2014). As we reviewed her RealAge assessment, it was explained to her that lifestyle choices can be far more dangerous when looking at heart disease than hereditary factors. The great news is that she has the ability to make her heart strong by initiating exercise and finding healthy ways how to respond to stress (Healthy Heart Plan 2014).

Plan

After collaboration with this author and the client, it was determined that exercise and stress reduction would be our focus. I did, however, remind her about the importance of having her cholesterol checked. I informed my client that there are not symptoms of having high cholesterol; it generally is not diagnosed in the early stages. Complications that can result from high cholesterol put people at risk for heart disease which may lead to heart attack. “A risk factor is any condition that increases a person’s chances of getting a particular disease (Complications, 2014).” A recommendation was made to setup an appointment as soon as possible to have her cholesterol checked; I explained that it is a simple blood test but will help us develop a plan of action, if necessary. We discussed the fact that she has a number of factors that could contribute to high cholesterol such as a diet that is high in fat and a lack of exercise.

SMART Goal for Exercise

Getting regular daily exercise will reduce her risk of heart disease (Mayo Clinic, 2014). The SMART goal objective we set was to exercise 6X/Week for 30 minutes. The goal will be initiated on May 1, 2014. It was recommended that the client find support from friends or
significant other to help hold her accountable. I encouraged her to write down the benefits, cost and what it will take for her to accomplish her goal. I explained that by doing all these things, she would be more prepared to stick with the SMART goal that we have set (Reaching Your Goals the SMART Way, n.d.). Appendix B contains an exercise agreement that this author and the client completed.

Stress Management (Mayo Clinic, 2014)

Stress is a normal reaction to the ever increasing demands in our lives (Mayo Clinic, 2014). When we have too much to do and too little time to accomplish things, stress is generally the result. Some of our stress can be decreased by simply planning ahead. The step to stress relief is making managing stress a priority (Time and Stress Management, n.d.).

Stress can be debilitating if we do not get a handle on it. I encouraged my client to identify stressors so that we could come up with some coping mechanisms for her in the event that stress becomes too great. HelpGuide.org has some effective recommendations to help individuals cope with stress. Learning how to recognize the signs and symptoms of too much stress can reduce the long term effects stress can have on our well-being (Time and Stress Management, n.d.). For a person who is juggling work, school, and family, her time needs to be utilized wisely. Some helpful tips can be found in Appendix C and D.
Assessment Plan

Transtheoretical Model

In order for change to occur, we must be ready and willing to change. It is important to evaluate a client’s willingness to change; this helps a nurse understand how to approach a plan with a client. The Transtheoretical Model helps us identify how our client is progressing toward behavioral change. The theory includes five stages that an individual goes through to change an unhealthy behavior. My client is in the contemplation stage and working towards the preparation stage. She is aware of her need to initiate a healthier life style and has a desire to change, but implementation of decreasing her stress with the multiple tasks that she is undertaking seems like a big challenge. However, she is aware that the pros outweigh the cons, and she has intentions of implementing change.
Appendix A

RealAge Summaries Results

Client: R.W.

Actual Age: 36.3

RealAge Results: 37.5

Difference of 1.2 years older than actual age

Target areas to work on:

- Health
- Feelings
- Diet
- Fitness
- Cholesterol Screening
Appendix B

May 2014

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Accountability Partner: ________________________________

Benefits: __________________________________________

Goal: __________________ 6 days per week 30 minutes _______

Reward: ____________________________________________
Appendix C

Stress Management TIPS

- Family members should be asked to help with routine cleaning and chores.
- Children can clean their rooms and help lay out things for the next day prior to going to bed.
- Choose clothes and pack lunches the night before. (Time and Stress Management, (n.d.).
- Plan meals and make a menu. (This will only require shopping to be done once per week)
- Create a house management schedule for specific chores to be handled on certain days (for example, laundry on Saturday, dusting and vacuuming on Wednesday night, and grocery shopping on Sunday)
- Take a walk
- Schedule time for self
Dear R.W,

As we discussed previously, your RealAge assessment identified that you had some positive results with a healthy BMI of 24.74, healthy waist size of 31. It is suggested that you continue to stay smoke free, avoid sunburns, enjoy a healthy sex life, and continue to maintain your strong social network. These are all a great asset to your current health.

However, as we already discussed and made a plan of action for your assessment, it showed some areas that you could work on to avoid future complications with your health.

I am so encouraged to hear that you are feeling more energized and organized. It is important for you to continue with the exercise log and accountability partner. I would suggest that you continue with stress management. I am thrilled to hear that you have incorporated your family in the process.

Keep meeting your goals!

Sincerely,

A.S.
References


