

SNF: Suggested Medicare Care Plan Goals Cheat Sheet

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A.S.H.D.

- 1. Foster life style consistant with limitations.
- 2. Inhibit preceptive deterioration of Cardiac System.
- 3. Provide balanced regime of medication, nutrition, and supervised activities.

CHF

- 1. Maintain minimal cardiac demand.
- 2. Stabilize Via digitalis, sedation, and limited activity.
- 3. Minimize congestive phases with Diuretics, Sodium restriction, and weight monitoring.

Chronic Alcoholism

- 1. Provide psychological support, plus supervised supportive environment.
- 2. Provide nutritional support through dietary intake, vitamin Rx.

C.V.A.

- 1. Increase independence plus self esteem.
- 2. Retrain, maximally, affected side.
- 3. Rehab. for functional potential, unaffected side.
- 4. Provide supportive nutritional maintenance within confines of limitations.

Diabetes

- 1. Stabilize and maintain diabetic status via insulin plus and dietary controls.
- 2. Provide supervised environmental for protection and minimization of complications of diabetic condition.

Hypertension

 Control of Diastolic pressure range via use of Diuretics and Anti-Hypertensive drug regimes, sympathetic represents and vasodilators

O.M.S.

- 1. Minimize Psychological stress and deterioration.
- 2. Maximize functional status.
- 3. Foster self direction with supervision.



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