# A picture containing icon AI-generated content may be incorrect. **Impaired Nutrition/Impaired Body Mass Index Individualized Healthcare Plan (IHCP)**

Student: ID#: DOB:

Grade: Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Year: \_\_\_\_\_\_\_\_\_\_\_

Student's Secondary Health Concerns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Nursing Diagnoses**: Imbalanced nutrition: less than body requirements related to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as evidenced by

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (NANDA 00002)

Imbalanced nutrition: more than body Requirements related to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as evidenced by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (NANDA 00001)

* **Student Goals**: Student will demonstrate understanding of basic nutrition concepts
  + - * Student will report increased confidence in making healthy food choices and maintaining a balanced diet

**Ratings: 1‐ No Knowledge, 2‐ Limited, 3‐ Moderate, 4‐ Substantial, 5‐ Extensive Knowledge (Circle One)**

**Date: \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_**

**Student Knowledge: Disease Process**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Understands factors that lead to weight gain/loss | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Describes potential complications of having impaired nutrition/sedentary lifestyle | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Verbalizes lifestyle changes that may be required to achieve ideal BMI and reduce risk for disease | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |

**Student Knowledge: Treatment Management**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Identifies cause of weight loss/gain | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Initiates plan for increasing activity level and establish routine exercise | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Understands how to read nutrition labels and choose healthy options | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Understands portion control | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |

**Ratings: 1‐ Severely Compromised, 2‐ Substantially, 3‐ Moderately, 4‐ Mildly, 5‐ Not Compromised, N/A‐ Not Applicable (Circle One)**

**RN Assessment of Student Health Status**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Physical Health | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Mental Health | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| School Attendance | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Readiness to Learn | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Participation in Physical Activities | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |
| Healthy Dietary Habits | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A | 1 2 3 4 5 N/A |

|  |  |  |  |
| --- | --- | --- | --- |
| **Completed by:** | **Completed by:** | **Completed by:** | **Completed by:** |
|  |  |  |  |
| **Nurse's Signature:** | **Nurse's Signature:** | **Nurse's Signature:** | **Nurse's Signature:** |
|  |  |  |  |

**Additional Notes:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_