

# Family Nursing Care Plan

Patient Information
Family Name: Johnson
Family Members:
Jacob (dad, 45), Linda (mom, 42) Michael (son, 16), Emma (daughter, 15), Lucas (son, 12)
Family Health History:
John: Hypertension, history of back pain Linda: Healthy, occasional migraines Michael: Seasonal allergies, asthma Emma: Healthy, mild eczema Lucas: Healthy, recent sprained ankle
Date: March 7, 2024
Identified Health Problems
John: Hypertension, back pain, overweight Michael: Seasonal allergies, asthma Lucas: Sprained ankle
Family Health Goals
John: Lower blood pressure, lose 15 pounds, manage back pain Michael: Reduce allergy and asthma symptoms Lucas: Full recovery from ankle sprain
Nursing Interventions
John: Monitor blood pressure, weight management plan, physical therapy for back pain Michael: Allergy medication management, asthma action plan Lucas: Ankle rehabilitation exercises, follow-up appointments
Evaluation Plan
How will progress be monitored and evaluated?
Regular check-ups to monitor John's blood pressure and weight, follow-up on Michael's allergy and asthma treatment effectiveness, and assess Lucas's ankle recovery progress.

## Health Education Needs

Topics for health education based on family needs:

John: Healthy eating, exercise, stress management

Michael: Allergy triggers, asthma control techniques

Lucas: Injury prevention, proper stretching

## Referrals

Any necessary referrals to specialists or community resources:

John: Cardiologist, dietitian, physical therapist

Michael: Allergist

Lucas: Orthopedic specialist

## Additional Notes

Family has a positive attitude towards health improvements. Encourage family support in achieving health goals.

## Health Professional's Information

Name: Kelly Rose

Signature: 

License Number: RN123456