

01

Writing a care plan

Aims

To consider aspects included in a care plan.

To write a care plan for a patient.

Person-centred practice



A person-centred plan (PCP) focuses on the strengths, interests and needs of an individual. A PCP is an ongoing process designed to help patients / service users choose the methods and resources and find their own pathways to success.

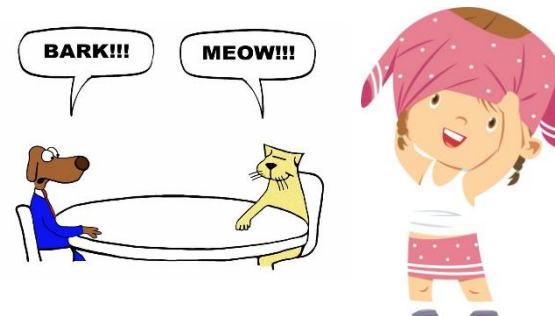
Care planning

**Who should have the
greatest input into a care
plan?**



Activities of daily living (ADLs)

Think back to the lesson on activities of daily living. What should be included in a care plan?



Activities of daily living (ADLs)

Everyone will have different support needs for their daily activities.

Some may need full support to get up, shower and dress and to brush their teeth and hair.

Others may need support getting to the bathroom but can manage everything else well.

The key point here is to research the particular condition, then ask the service user or patient specific questions.

Images around the room

- There are various images around the room.
- When I show a slide and ask a question, please stand by your preferred image.



Favourite drink?

Bath or shower?



Favourite dish?



*Dinner
Time!*



Preferred mealtime?

Activity



Make notes on each question



If I gave you the meal you disliked the most, what would the impact be over time?

Make notes on each question



You prefer a bath, but I wrote in your care plan that you are to have a shower. How would you feel?

Make notes on each question



You like milkshake, but cannot drink it within one hour of your medication. How can we discuss this?

Make notes on each question



You prefer a main meal at lunchtime, but the chef only cooks hot meals for the evening. How can we change this?

Discuss other aspects of care thinking about needs and wishes

- Personal hygiene
- Medication
- Mobility
- Dietary needs
- Shopping
- Housework
- Continence
- Social life

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