

Life Care Planning Tools, Websites, and Resources: Summary of Relevant Presentations at the 2006 International Conference on Life Care Planning Atlanta, Georgia

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Editor's Note: This article was prepared based on presentations given at the International Conference on Life Care Planning in October, 2006 in Atlanta, GA.

Introduction

According to the Standards of Practice for Life Care Planners, as developed by the International Academy of Life Care Planners (IALCP), the preparation of a life care plan (LCP) requires foundation for recommendations (IALCP, 2006). Further, as stated within the definition of a life care plan, a LCP is a dynamic document based upon “published standards of practice” and “research” (IALCP, 1998). Many times treating physicians, if qualified, may provide foundation for the medical care items in a LCP. However, in instances where a qualified physician is not available to provide foundation for medical care items, other resources may be utilized to obtain the information.

As a result of a call for “Life Care Planning Tools” at the 2006 Life Care Planning Summit in Chicago, Illinois, in May, 2006, submissions of resources and tools commonly used by practicing life care planners were obtained and coordinated into a presentation for the 2006 International Conference on Life Care Planning held in Atlanta, Georgia, in October, 2006. This article represents the contents of that presentation. Additionally, information from the “*LCP Tools, Websites and Resources*” presentation given at the International Conference on Life Care Planning also is included in this article with permission from the presenters. The author extends her appreciation to all life care planners who forwarded their resources for distribution to the life care planning community.

In the author’s opinion, it is in the best interest of all life care planners to share resources to enhance the reliability and validity of our work. This article, the first of its type, is designed to provide potential resources for use in the preparation of life care plans and to assist care planners in expanding their resource database. The intention is to continue with future articles that provide ongoing helpful resources for the specialty practice of life care planning.

In keeping with this goal, the IALCP, and its parent organization, the International Association of Rehabilitation Professionals (IARP), has established a Resource Committee, headed by JoAnne McDaniel, RN, CCM, CLCP, LNCC, C.E.A.C., MSCC, to collect and

organize data which will be made available via the IARP website, www.rehabpro.org. Submissions for this resource link may be forwarded to JoAnne McDaniel via email at lcresource@tools.com.

As a first step in providing tools utilized by life care planners, below is a list of books, publications, articles, and websites submitted by practicing life care planners and found to be useful in the practice of life care planning. Following this information, The North American Nursing Diagnosis Association (NANDA) 2003-2004 list of approved nursing diagnoses is included, as well as a sample of templates used by some life care planners in obtaining information for the preparation of a life care plan. As a final item, a list of replacement schedules for some equipment, published by PMSI™, is included as a general reference tool.

Note: The information provided in this article is not intended to be an all-inclusive list of resources and tools used by life care planners. Resources in this article reflect those tools and resources submitted by practicing life care planners who responded to a general call for the information as well as material presented at the 2006 International Conference on Life Care Planning. Although the tools have been found to be useful for some life care planners, the author has not personally verified the usability or suitability of these resources. It is suggested that the reader explore each resource to determine appropriateness for his/her individual need.

Books

- Blackwell, T.L., Powers, A.S., & Weed, R.O. (1994). *Life Care Planning for Traumatic Brain Injury: A Resource Manual for Case Managers*. Athens, GA: Elliott & Fitzpatrick, Inc.
 - Blackwell, T., Krause, J., Winkler, T., & Stiens, S. (2001). *Spinal Cord Injury Desk Reference*. New York, NY: Demos Medical Publishing.
 - Deutsch, P. (1990). *A Guide to Rehabilitation Testimony: The Expert's Role as an Educator*. Orlando, FL: Paul M. Deutsch Press, Inc.
 - Deutsch, P. (Ed.). (2002). *The Expert's Role as an Educator Continues: Meeting the Demands under Daubert*. White Plains, NY: AHAB Press, Inc.
 - Deutsch, P., & Fralish, K. volume 1 & 2, (1994, 1995, 1996, 1997, 1998). *Innovations in Head Injury Rehabilitation 2002*. White Plains, NY: AHAB Press, Inc.
 - Deutsch, P., & Sawyer, H. (1985, rev. 2005). *A Guide to Rehabilitation*. White Plains, NY: AHAB Press, Inc.
 - Ferreira, W.J. (1994, 1995, 1996, 1997, 1998, 1999, 2000 and 2001). *Health Industry Buyers' Guide*. Buffalo Grove, IL: Pebble Creek Publishing Co.
 - Lin, V. (Ed.). (2003). *Spinal Cord Medicine Principles and Practice*. New York, NY: Demos Medical Publishing, Inc.
 - *Medical Fees in the United States: Nationwide Charges for Medicine, Surgery, Laboratory, Radiology and Allied Health Services*. Published by Practice Management Information Corporation.
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- Reed, P. (2001). *A Guide to Rehabilitation (4th ed.)*. Boulder, CO: Reed Group Holding, Ltd., and Reed Group, Ltd.
 - Reed Construction Data, Inc. (2004). *Reed Construction Data, Means ADA Compliance Pricing Guide (2nd Ed.)*. Kingston MA: Construction Publishers & Consultants. Available from www.rsmeans.com. Includes cost estimates for more than 70 common modifications.
 - Riddick-Grisham, S. (Ed.). (2004). *Pediatric Life Care Planning and Case Management*. Boca Raton, FL: St. Lucie/CRC Press.
 - Weed, R.O. (Ed.) (1999, rev. 2004). *Life Care Planning and Case Management Handbook (2nd ed.)*. Boca Raton, FL: St. Lucie/CRC Press.
 - Weed, R.O., & Johnson, C.B. (2006). *Life Care Planning in Light of Daubert and Kumho*. Athens, GA: Elliott & Fitzpatrick, Inc.
 - Weed, R.O., & Berens, D.E. (2006). Life Care Planning After TBI: Clinical and Forensic Issues. In N. Zasler, D. Katz & R. Zafonte (Eds.). *Brain Injury Medicine: Principles and Practice*. New York: Demos Medical Publishing.

Journals, Articles, and Other Publications

- *CareManagement* journal, www.jcaremanagement.com. Published by Academy of Certified Case Managers.
 - *Weinel, D., & Thomason, S. (2005). Aging with SCI. SCI Nursing Journal, 22(2), 106.* Retrieved December 26, 2006 from www.aascn.org.
 - American Nurses Association. (2004). *Nursing: Scope and Standards of Practice*. Washington, DC. Available from www.nursesbooks.org or www.nursingworld.org.
 - Amsterdam, P. (2003). Setting standards of protocol for replacement schedules of medical equipment in a life care plan. *Journal of Life Care Planning, 1(4), 275-284.*
 - Brain Injury Association. *National Directory of Brain Injury Rehabilitation Services*. Alexandria, VA: Brain Injury Association. Available from www.biausa.org/Pages/national_directory.html.
 - Bryant, R., Marosszeky, J., Crooks, J., & Gurka. (2000). Post traumatic stress disorder after severe traumatic brain injury. *American Journal of Psychiatry, 157(4), 629-631.*
 - Deutsch, P., Kendall, S., Frederick, R., Daninhirsch, C., & Cimino-Ferguson, S. (2006). Technologies' impact on life care planning: A pilot study of children with cerebral palsy. *Journal of Life Care Planning, 4(4), 161-172.*
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- Deutsch, P., Riddick-Grisham, S., Taylor, R., Allison, L., Neulicht, A., Preston, B., Zasler, N., & Roughan, J. (2006). *Brain Injury Professional: Special Issue on Life Care Planning*, 3(2). Houston, TX: Brain Injury Society and HDI Publishers.
 - Giles, G.M., & Clark-Wilson, J. (2000). Book Review of *Rehabilitation of the Severely Brain-Injured Adult: A Practical Approach* (2nd ed.). In *Journal of Head Trauma Rehabilitation*, 15(5), 1165-1168.
 - King, K. (2006). Guidance for group travelers with disabilities. *Action online*. Retrieved February 18, 2007 from www.unitedspinal.org/publications/action
 - Lewis, J., Morris, M., Morris, R., Krawiecki, N., & Foster, M. (2000). Social problem solving in children with acquired brain injuries. *Journal of Head Trauma Rehabilitation*, 15(3), 930-942.
 - Lilly, J.K., & Walker, C. (2005). Chronic pain assessment and validation: Role of stress and psychological factors. *Journal of Life Care Planning*, 3(4), 237-238.
 - North American Nursing Diagnosis Association (NANDA). *Nursing Diagnoses: Definitions and Classifications, 2003-2004*. Philadelphia, PA: Author.
 - Oakes, M.T. (2004). Chronic pain medications: Current trends for life care planners. *Journal of Life Care Planning*, 3(3), 177-192.
 - Paralyzed Veterans Administration. (2006). *Clinical Practice Guidelines for Health Care Professionals*. Retrieved February 18, 2007 from www.scicpg.org. Below is a sample of clinical practice guidelines for health care professionals that provide guidance and address questions regarding spinal cord injury:
 - Preservation of Upper Limb Function Following Spinal Cord Injury
 - Pressure Ulcer Prevention and Treatment Following Spinal Cord Injury
 - Prevention of Thromboembolism in Spinal Cord Injury
 - Neurogenic Bowel Management in Adults with Spinal Cord Injury
 - Outcomes Following Traumatic Spinal Cord Injury
 - Acute Management of Autonomic Dysreflexia: Individuals with Spinal Cord Injury Presenting to Health-Care Facilities
 - Pressure Ulcers: What You Should Know. A Guide for People with Spinal Cord Injury, Consumer Guide
 - Neurogenic Bowel: What You Should Know. A Guide for People with Spinal Cord Injury, Consumer Guide
 - Expected Outcomes: What You Should Know. A Guide for People with C4 Spinal Cord Injury, Consumer Guide
 - Expected Outcomes: What You Should Know. A Guide for People with C1-3 Spinal Cord Injury, Consumer Guide
 - Depression Following Spinal Cord Injury: A Clinical Practice Guideline for Primary Care Physicians
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- Respiratory Management Following Spinal Cord Injury: A Clinical Practice Guideline for Health-Care Professionals
 - Pomeranz, J., Shaw, L., Sawyer, H.W., & Velozo, C.A. (2006). Consensus among life care planners regarding activities to consider when recommending personal attendant care services for individuals with spinal cord injury: A Delphi study. *Journal of Life Care Planning*, 5(1&2), 7-22.
 - Pouch, K. (2006). Using nursing diagnosis in spinal cord injury life care plans. *Journal of Nurse Life Care Planning*, 6(1), 17-20.
 - Research Review. (2003). Osteoporosis and spinal cord injury. *Journal of Nurse Life Care Planning*, 2(2), 14-17.
 - Roughan, J. (2006). Critical thinking: Its impact on life care planning. *Brain Injury Professional*, 3(2), 40.
 - Verma, A. (2000). Opportunities for neuroprotection in traumatic brain injury. *Journal of Head Trauma Rehabilitation*, 15(5), 1149-1161.
 - Weed, R.O., & Engelhart, L.R. (2005). Vehicle modifications: Useful considerations for life care planners. *Journal of Life Care Planning*, 4(2&3), 115-126.
 - Ylvisaker, M. (2000). Book Review. *Traumatic Brain Injury Rehabilitation: Children and Adolescents* (2nd ed.). *Journal of Head Trauma Rehabilitation*, 15(5), 1168-1171.
 - Yonker Rehabilitation Center. (1999). *"Back on Track:" A Brain Injury Education Manual for Patients and Their Families*. Des Moines, IA: Yonker Memorial Rehabilitation Center.

Search Engines, Web Directories, Websites, and Databases

The following search engines, web directories, websites, and databases is a compilation of ones submitted by life care planners via the careplanners listserv (www.careplanners.net) and from the presentation by Leslie Watson and Jaime Pomeranz at the International Conference on Life Care Planning, October, 2006.

Search Engines:

- www.AltaVista.com
 - www.ASK.com
 - www.bestoftheweb.com
 - www.dmoz.org
 - www.Dogpile.com
 - www.excite.com
 - www.gocee.com/eureka/openhere
 - www.go.com
 - www.GOOGLE.com
-

- www.IBOOGIE.com
- www.metacrawler.com
- www.netscape.com
- www.searchAOL.com
- www.search.msn.com
- www.webcrawler.com
- www.yahoo.com

General Web Directories:

- INFOMINE, <http://lib-www.ucr.edu/>
- Starting Point, <http://www.starting-point.com/>

Directories with Rankings or Evaluations:

- Argus Clearinghouse, <http://www.clearinghouse.net/>
- Britannica's Internet Guide, <http://www.britannica.com/>
- Librarian's Index to the Internet, <http://lii.org/>
- LookSmart, <http://search.looksmart.com/>
- Lycos Top 5%, <http://point.lycos.com/categories/>
- Magellan, <http://Magellan.excite.com/>
- Mining Company, <http://www.miningco.com/>
- MSN Best of the Web, <http://www.msn.com/>
- NetGuide, <http://www.netguide.com/>
- Peer review process, <http://www.lib.utexas.edu/lsl/help/modules/peer.html>
- WWW Virtual Library, <http://vlib.org/>

Websites:

- Alpha Stim: www.immunesupport.com/library/powersearch.cfm?searchtext=alpha&stim&submit.x=11
 - American Hospital Directory
- www.ahd.com
 - Aquatic Lift
- www.aquaticaccess.com
 - Area Real Estate Prices
- www.realtor.com/Default.asp?poe=realtor
 - Assistive Technology resources for children and adults with special needs
- www.closingthegap.com
 - Auto modifications
- www.accessams-com/driving-aids.com – Left foot gas pedals
- www.nmeda.org
 - Case Management Resource Guide
- www.cmrg.com/guide.cfm
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- Children's Resources
 - www.yellowpagesforkids.com

 - Communications
 - www.adaptivation.com - Environmental Control
 - www.dragontalk.com - Naturally Speaking Software
 - www.mayer-johnston.com – Hardware and Software
 - www.tashinc.com/catalog/ca-5-ringer.html – One handed keyboard, speech synthesizers
 - www.words-plus.com - Augmentative
 - www.zygo-usa.com - Augmentative

 - Durable Medical Equipment
 - www.abilitations.com – Positioning, Tumbleform Wedges
 - www.beyondplay.com/cgi-bin/SEARCH.PL – Deep Pressure Sensory Vest
 - www.brandtind.com/chairs.html - Hydrotherapy Chair
 - www.disabilityproducts.com – Aids for Independent Living
 - www.Medquip.com
 - www.pmsionline.com
 - www.prentrom.com - Prentke Romich Equipment
 - www.rehabmart.com/bedsores2.asp – Multi Podus Boots
 - www.rifton.com – Shower chairs, supine boards, standers, etc.
 - www.safetyplus.net – Sterile Surgical Gloves
 - www.sammonspreston.com
 - www.southwestmedical.com – Catheters, Chux pads
 - www.sunrisemedical.de (can select particular language)
 - www.techhealth.com

 - External Feed, Ostomy, Incontinence, etc.
 - www.medicalsupplygroup.com

 - Freehand system
 - www.neurocontrol.com (if site still under construction) try www.nextag.com

 - Government: U.S. Department of Labor
 - www.dol.gov/sitemap

 - Hand Splints for Spinal Cord Injury
 - http://www.wheelsonline.com/ortho/hand_splints_for_spinal_cord_injury

 - Healthcare cost and utilization project (HCUP)
 - hcup-us.ahrq.gov. Site is designed to answer HCUP-related questions; provide detailed information on HCUP databases, tools, and products; and offer technical assistance to HCUP users.

 - Hearing devices
 - www.a1.hearingaids.com
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- www.nfss.com – Assistive Living Devices for Deaf & Hard of Hearing
 - www.sighted.com
 - www.teltexinc.com

 - Home Modifications
 - www.aema.com/contact_member.php
 - www.disability-resource.com/housing.html
 - <http://www.homemods.org/pages/links.shtml>
 - www.nahb.org/

 - International Academy of Life Care Planners
 - www.ialcp.org or www.rehabpro.org

 - IPG Intrathecal Pump
 - <http://www.medtronic.com/neuro/pain/downloads/DDBnoncancer2003.pdf>

 - Kaye Walkers
 - www.kayeproducts.com

 - Life Care Planner Resources
 - http://www.careplanners.net/links_orgs.asp

 - Lifts
 - www.barrierfreelifts.com - Barrier Free, Overhead, Portable
 - www.jamesonmedical.com
 - www.rehabmart.com
 - www.wisdomking.com – Pool

 - Mattress Systems
 - www.l-adjustablebeds.com – Adjustable Beds
 - www.comforthouse.com – Hospital Bed Sheets
 - www.mellenair.com – Rem Air
 - www.progressivemedicalinc.com – Alternating Pressure Mattresses
 - www.selectcomfort.com

 - Medical Dictionary and CPT Code Information
 - <http://icd9cm.chrisendres.com/index.php?srchtype=procs&srchtext=replacement+of+pulmonary+conduit&action=search>

 - Medical Supplies
 - www.allegromedical.com
 - www.allergysupply.com
 - www.ans-medical.com – Spinal Cord Stimulator
 - www.conceptsinconfidence.com – Magic Bullet Suppositories
 - www.easyliner.com – Alps Skin Lotion
 - www.hhponline.com – Home Health Products
 - www.Medquip.com
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- www.pmsionline.com – Integrated workers’ compensation supplier
 - www.wecarepharmacy.com – Wound Dressings, Comfeel
(site still under construction)

 - Medical Testing/Lab Information
 - <http://library.kumc.edu/omrs/diseases/medtests.html>

 - Medicine/Prescription Drugs
 - www.drugstore.com
 - www.mymedmart.com
 - www.walgreens.com

 - Mobility
 - www.easystand.com – Standing Frames
 - www.hand-bikes.com – Hand Powered bikes
 - www.mulhollandinc.com – Pediatric Positioning Systems, Walkers, etc.
 - www.pacificmobility.com
 - www.promedproducts.com – Recumbent Bikes
 - www.scooteron.com – Power Scooters
 - www.snugseat.com – Pediatric Seating Systems, Walkers, Standing Frames
 - www.spinlife.com
 - www.thebikerack.com – Hand Pedal Bicycles

 - National Organization for Rare Disorders (NORD)
 - www.rarediseases.org/search

 - Nellcore Oximeter
 - www.med-electronics.com

 - Neuropsychologist Directory
 - www.theaacn.org/index.html - American Academy of Clinical Neuropsychologists

 - North American Brain Injury Society
 - <http://www.nabis.org/>

 - Nursing issues and topics
 - www.nursingworld.org

 - Nutritional Supplements
 - www.juiceplus.com

 - Orientation and Mobility Specialists
 - www.caoms.org
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- Pain Control
 - www.paincontrolproducts.com – TENS and accessories
 - www.supports4less.com – Carpal Tunnel Splints
 - Pain Control Garments
 - www.mypainmanager.com – Bioflex Wearable Therapy
 - Pediatric Splints
 - www.chasa.org – Children’s Hemiplegia and Stroke Association
 - Personal assistance training
 - <http://www.infouse.com/pas/start/index.html>. Site does not address costs but general issues and information.
 - Personal Assistant Profile
 - www.eldercare.com/modules.php?op=modload&name=CG_Resources&file=article&sid=861
 - Physiatrist Directory
 - <http://www.e-aapmr.org/imis/imisonline/findphys/find.cfm>
 - PMSI catalog
 - www.pmsionline.com.
 - Product Information Source for Disability Products and Services
 - www.disabilitypostcards.com
 - Pulse Oximeters
 - www.SEMedicalsupply.com
 - Recreation
 - www.endorphin.net – Gym Equipment for SCI
 - Respiratory
 - www.medquip.com – Nebulizer
 - www.pulmonetic.com – Pulmonetic Ventilators
 - Spinal Cord Stimulator
 - www.controlyourpain.com
 - Surgical Costs
 - www.ahd.com
 - www.healthia.com/pricing
 - Therapeutic Alliances Inc. ERGYS
 - www.MusclePower.com
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- Transplant Information and Centers
 - www.transplantweek.org

- Vision Impairment Aids
 - www.aph.org - American Printing House for the Blind Products
 - www.magnifyingcenter.com
 - www.talksight.com – software/equipment

- Wander Guard Alert System
 - www.seniortech.com

- Wheelchairs
 - www.absolutesafety.com
 - www.Invacare.com
 - www.mobility-USA.com – Off Road All Terrain
 - www.pbc-online.com
 - www.planetmobility.com – Lifestand
 - www.quickie-wheelchairs.com – Accessories
 - www.rehabmart.com – Scale
 - www.rehaboutlet.com – Scale
 - www.southwestmedical.com
 - www.vestil.com/wc – Off Road All Terrain

Online Databases (in alphabetical order):

Ageline - www.aarp.org/research/ageline/

Dates covered: 1978-current. Ageline is a searchable electronic database containing detailed summaries of publications about older adults and aging, including books, journal and magazine articles, research reports, and videos.

Google Scholar - <http://www.scholar.google.com>

Use to find scholarly literature (peer-reviewed papers, theses, preprints, abstracts, technical reports) from a wide variety of academic publishers, professional societies, preprint repositories and universities, as well as scholarly articles available across the web. Google Scholar presents search results in order of relevance to your query, so the most useful references should appear at the top of the page.

NARIC (National Rehabilitation Information Center) Databases - www.naric.com/

Dates covered: 1956-current. Access to three NARIC Databases. REHABDATA contains approximately 69,000 abstracts of books, reports, articles, and audiovisual materials relating to disability and rehabilitation research. Each abstract includes bibliographic information, a 250-word abstract, and, when appropriate, information regarding the project that produced the document.

National Institutes of Health Funded Research - <http://www.nih.gov/>

The National Institutes of Health (NIH) is the largest funder of medical research in the world, and the largest funder of non-classified research in the U.S. federal

government. NIH asks every scientist who receives an NIH research grant, and who publishes the results in a peer-reviewed journal, to deposit a digital copy of the article in PubMed Central (PMC), the online digital library maintained by the NIH. PMC will then provide free online access to its copy.

ProQuest 5000 International - <http://proquest.com/>

Dates covered: 1970-current. ProQuest accesses databases covering a wide range of subject areas and disciplines using a common search interface. It is the library's premiere full-text database, indexing over 4,000 sources including scholarly journals, popular magazines and newspapers.

PsycINFO - <http://www.apa.org/psycinfo/>

Dates covered: 1840-current. PsycINFO indexes and provides non-evaluative abstracts for scholarly, international literature in psychology and related disciplines such as sociology, education, consumer behavior, linguistics, medicine, law, psychiatry, and anthropology. Materials covered include articles from more than 1,300 journals, reports of surveys, bibliographies, books and book chapters, and dissertations. Site License.

PubMed - www.pubmedcentral.nih.gov/

Accesses the MEDLINE database of the National Library of Medicine, covering medicine, nursing, dentistry, veterinary medicine, the health care system, and pre-clinical sciences. Contains citations and abstracts for articles in about 3,900 current biomedical journals published in the U. S. and 70 foreign countries.

Social Services Abstracts - <http://www.csa.com/factsheets/ssa-set-c.php>

Dates covered: 1980-current. CSA Social Services Abstracts provide bibliographic coverage of current research focused on social work, human services, and related areas, including social welfare, social policy, and community development. Site License.

Web of Science – www.webscience.org/

Dates covered: 1995-current. The Web of Sciences includes three citation indexes: Science Citation Index, Social Sciences Citation Index and the Arts and Humanities Citation Index. Over 8,000 scholarly, peer-reviewed journals are included in the indexing. Building on the list of cited sources (or footnotes) for each entry, this database can search for works that have cited a specific author or a specific article. Web of Science is also searchable by keyword, author, journal, address and other fields. Consortium (12 Libraries) share 15 simultaneous users.

Durable Medical Equipment Suggested Frequency for Replacement*



Wheelchair and Accessories

Power WC with Tilt, cushion, etc.

Power WC Maintenance

Power WC Batteries (2)

5-7 years
Annually
Annually

Manual WC (back-up for Power WC)

Manual Maintenance

5 years
Annually

Cushions

WC Belts

Back Pack

Sip and Puff

WC – accessories (armrests, foot plates, gloves, etc.)

1-2 years
2 years
2 years
Annually
2-3 years

Shower Chair

3-in-1 Commode

5-7 years
5 years

Respiratory Equipment

Ventilator

Oxygen Concentrator

Ambu Bag

Ventilator Maintenance

Battery Charger

Battery Charger for the WC

Cigarette Lighter Adapter for the Ventilator

Suction Machine

Portable suction machine with battery

Carrying case for portable suction machine

Nebulizer

5-7 years
5 years
3-5 years
Annually
2 years
2 years
2 years
3-5 years
5 years
1-2 years
3-5 years

Support Surfaces

Pegasus Mattresses

Electric Hospital Bed

Low-Air loss mattresses

7 years+++
10 years
5-7 years

Miscellaneous

Ramps

Lift Equipment

Slings for Lift Equipment

10 years
5 years
Annually

Van with Modifications	7 years
Stethoscope and BP Cuff	5 years
Pulse Oximeter	3-5 years
IV pole	10 years

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NANDA Approved Nursing Diagnoses, 2003-2004

To assist with establishment of nursing foundation by qualified nurse life care planners, below is a list of approved nursing diagnoses according to NANDA (2003-2004). NANDA nomenclature represents clinical nursing judgments about a client's actual or potential health. Available at www.duke.edu/~goodw010/vocab/NANDA.html:

- Activity Intolerance
 - Activity Intolerance, Risk for
 - Adaptive Capacity: Intracranial, Decreased
 - Adjustment, Impaired
 - Airway Clearance, Ineffective
 - Anxiety
 - Anxiety, Death
 - Aspiration, Risk for
 - Attachment, Parent/Infant/Child, Risk for Impaired
 - Body Image, Disturbed
 - Body Temperature: Imbalanced, Risk for
 - Bowel Incontinence
 - Breastfeeding, Effective
 - Breastfeeding, Ineffective
 - Breastfeeding, Interrupted
 - Breathing Pattern, Ineffective
 - Cardiac Output, Decreased
 - Caregiver Role Strain
 - Caregiver Role Strain, Risk for
 - Communication, Readiness for Enhanced
 - Communication: Verbal, Impaired
 - Confusion, Acute
 - Confusion, Chronic
 - Constipation
 - Constipation, Perceived
 - Constipation, Risk for
 - Coping: Community, Ineffective
 - Coping: Community, Readiness for Enhanced
 - Coping, Defensive
 - Coping: Family, Compromised
 - Coping: Family, Disabled
 - Coping: Family, Readiness for Enhanced
 - Coping (Individual), Readiness for Enhanced
 - Coping, Ineffective
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- Decisional Conflict (Specify)
 - Denial, Ineffective
 - Dentition, Impaired
 - Development: Delayed, Risk for
 - Diarrhea
 - Disuse Syndrome, Risk for
 - Diversional Activity, Deficient
 - Dysreflexia, Autonomic
 - Dysreflexia, Autonomic, Risk for
 - Energy Field, Disturbed
 - Environmental Interpretation Syndrome, Impaired
 - Failure to Thrive, Adult
 - Falls, Risk for
 - Family Processes, Dysfunctional: Alcoholism
 - Family Processes, Interrupted
 - Family Processes, Readiness for Enhanced
 - Fatigue
 - Fear
 - Fluid Balance, Readiness for Enhanced
 - Fluid Volume, Deficient
 - Fluid Volume, Deficient, Risk for
 - Fluid Volume, Excess
 - Fluid Volume, Imbalanced, Risk for
 - Gas Exchange, Impaired
 - Grieving, Anticipatory
 - Grieving, Dysfunctional
 - Growth, Disproportionate, Risk for
 - Growth and Development, Delayed
 - Health Maintenance, Ineffective
 - Health-Seeking Behaviors (Specify)
 - Home Maintenance, Impaired
 - Hopelessness
 - Hyperthermia
 - Hypothermia
 - Identity: Personal, Disturbed
 - Infant Behavior, Disorganized
 - Infant Behavior: Disorganized, Risk for
 - Infant Behavior: Organized, Readiness for Enhanced
 - Infant Feeding Pattern, Ineffective
 - Infection, Risk for
 - Injury, Risk for
 - Knowledge, Deficient (Specify)
 - Knowledge (Specify), Readiness for Enhanced
 - Latex Allergy Response
 - Latex Allergy Response, Risk for
 - Loneliness, Risk for
 - Memory, Impaired
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- Mobility: Bed, Impaired
 - Mobility: Physical, Impaired
 - Mobility: Wheelchair, Impaired
 - Nausea
 - Neurovascular Dysfunction: Peripheral, Risk for
 - Noncompliance (Specify)
 - Nutrition, Imbalanced: Less than Body Requirements
 - Nutrition, Imbalanced: More than Body Requirements
 - Nutrition, Imbalanced: More than Body Requirements, Risk for
 - Nutrition, Readiness for Enhanced
 - Oral Mucous Membrane, Impaired
 - Pain, Acute
 - Pain, Chronic
 - Parenting, Impaired
 - Parenting, Readiness for Enhanced
 - Parenting, Risk for Impaired
 - Peri-operative Positioning Injury, Risk for
 - Poisoning, Risk for
 - Post trauma Syndrome
 - Post trauma Syndrome, Risk for
 - Powerlessness
 - Powerlessness, Risk for
 - Protection, Ineffective
 - Rape-Trauma Syndrome
 - Rape-Trauma Syndrome: Compound Reaction
 - Rape-Trauma Syndrome: Silent Reaction
 - Relocation Stress Syndrome
 - Relocation Stress Syndrome, Risk for
 - Role Conflict, Parental
 - Role Performance, Ineffective
 - Self-Care Deficit: Bathing/Hygiene
 - Self-Care Deficit: Dressing/Grooming
 - Self-Care Deficit: Feeding
 - Self-Care Deficit: Toileting
 - Self-Concept, Readiness for Enhanced
 - Self-Esteem, Chronic Low
 - Self-Esteem, Situational Low
 - Self-Esteem, Risk for Situational Low
 - Self-Mutilation
 - Self-Mutilation, Risk for
 - Sensory Perception, Disturbed (Specify: Visual, Auditory, Kinesthetic, Gustatory, Tactile)
 - Olfactory)
 - Sexual Dysfunction
 - Sexuality Patterns, Ineffective
 - Skin Integrity, Impaired
 - Skin Integrity, Risk for Impaired
-

- Sleep Deprivation
 - Sleep Pattern Disturbed
 - Sleep, Readiness for Enhanced
 - Social Interaction, Impaired
 - Social Isolation
 - Sorrow, Chronic
 - Spiritual Distress
 - Spiritual Distress, Risk for
 - Spiritual Well-Being, Readiness for Enhanced
 - Spontaneous Ventilation, Impaired
 - Sudden Infant Death Syndrome, Risk for
 - Suffocation, Risk for
 - Suicide, Risk for
 - Surgical Recovery, Delayed
 - Swallowing, Impaired
 - Therapeutic Regimen Management: Community, Ineffective
 - Therapeutic Regimen Management, Effective
 - Therapeutic Regimen Management: Family, Ineffective
 - Therapeutic Regimen Management, Ineffective
 - Therapeutic Regimen Management, Readiness for Enhanced
 - Thermoregulation, Ineffective
 - Thought Processes, Disturbed
 - Tissue Integrity, Impaired
 - Tissue Perfusion, Ineffective (Specify: Renal, Cerebral, Cardiopulmonary, Gastrointestinal, Peripheral)
 - Transfer Ability, Impaired
 - Trauma, Risk for
 - Unilateral Neglect
 - Urinary Elimination, Impaired
 - Urinary Elimination, Readiness for Enhanced
 - Urinary Incontinence, Functional
 - Urinary Incontinence, Reflex
 - Urinary Incontinence, Stress
 - Urinary Incontinence, Total
 - Urinary Incontinence, Urge
 - Urinary Incontinence, Risk for Urge
 - Urinary Retention
 - Ventilatory Weaning Response, Dysfunctional
 - Violence: Other-Directed, Risk for
 - Violence: Self-Directed, Risk for
 - Walking, Impaired
 - Wandering
-

Sample Templates Useful in Life Care Planning

Example 1 – Client Letter

September 1, 2006

Mr. Smith
123 Front Street
St. Louis, MO 63111

Dear Mr. Smith:

This letter is to introduce myself as the Certified Life Care Planner assigned by your attorney, Mr. Stone, to work with you to complete a Life Care Plan. A Life Care Plan is a document that helps identify your future medical and rehabilitation needs resulting from your injury on September 9, 2001. Also identified in a Life Care Plan are the potential costs associated with meeting those needs.¹

My services are at no charge to you, and are provided by Mr. Stone.

I would like to meet with you at your home in the near future and will be calling you in a few days to discuss this further and to schedule a meeting at a mutually convenient time. Enclosed please find documents for you to fill out prior to our meeting. You may contact me at my office at 555-475-4800.

I look forward to meeting with you soon.

Sincerely,

John Smith
Certified Life Care Planner

cc: Attorney

¹ Partially adapted from the combined definition of the University of Florida and Intelicus Annual Life Care Planning Conference and the American Academy of Nurse Life Care Planners presented at the Forensic Section Meeting, NARPPS Annual Conference, Colorado Springs, CO, and agreed upon April 3, 1998.

Example 2, Physician/Provider Letter

September 6, 2006

Dr. Brad Bender
Address

RE: Mr. Smith

Dear Dr. Bender:

I am currently working with Mr. Smith to project his future needs through life expectancy secondary to his disability. We will be preparing a Life Care Plan for Mr. Smith which will delineate future rehabilitative, medical, and support care as may be needed throughout his life expectancy. "A Life Care Plan is a dynamic document based upon published standards of practice, comprehensive assessment, data analysis and research, which provides an organized concise plan for current and future needs with associated costs, for individuals who have experienced catastrophic injury or have chronic health care needs."¹

I will be accompanying Mr. Smith to an appointment he has scheduled with you on September 29, 2006, at 9:00 am, to obtain information regarding future care for Mr. Smith. I am asking you to review his medical records, and provide me with details of his future needs (see attached form). This information will be used to prepare a cost projection.

You may reach me through my office at 555-475-4800 and fax at 555-475-4801. I appreciate your assistance in the matter.

Respectfully,

John Smith
Life Care Planner

Attachment: Medical Recommendations form (see next page)

¹ Combined definition of the University of Florida and Intelicus Annual Life Care Planning Conference and the American Academy of Nurse Life Care Planners presented at the Forensic Section Meeting, NARPPS Annual Conference, Colorado Springs, CO, and agreed upon April 3, 1998.

Example 3 – Medical Recommendations

1. Diagnosis _____
2. What is the client's life expectancy _____
3. Routine office visits: _____ times per year to age _____; then times _____ per year thereafter.
Average office visit cost: \$ _____ Private pay rate please.
4. Anticipated surgical intervention: _____ Yes _____ No
If yes, please explain: _____
5. Co-morbidities:
6. Possible complications:
7. Current medications: _____

8. Anticipated medications: _____

9. Comments: _____

10. At what age would a patient care attendant be needed? _____ hrs/day
11. At what age would skilled nursing be needed? _____ hrs/day
12. At what age would facility based care be needed?
13. Please place a check next to the specialist that you feel should evaluate the patient.
Please indicate frequency.

SPECIALISTFREQUENCY

_____	Physiatrist	_____	time(s) per year
_____	Podiatry	_____	time(s) per year
_____	Urology	_____	time(s) per year
_____	Orthopedist	_____	time(s) per year
_____	Pain Management	_____	time(s) per year
_____	Psychology	_____	time(s) per year
_____	Individual Counseling	_____	time(s) per year
_____	Family Counseling	_____	time(s) per year
_____	Pulmonology	_____	time(s) per year
_____	Internal Medicine	_____	time(s) per year

___ Endocrinologist	___ time(s) per year
___ Ophthalmology	___ time(s) per year
___ Gynecology	___ time(s) per year
___ Infectious Disease	___ time(s) per year
___ Neuro-ophthalmology	___ time(s) per year
___ Neurosurgery	___ time(s) per year
___ Neurology	___ time(s) per year
___ Psychiatry	___ time(s) per year
___ Gastroenterology	___ time(s) per year
___ Biofeedback	___ time(s) per year
___ Inpatient Rehab Program	___ time(s) per year
___ Outpatient Rehab Program	___ time(s) per year
___ Occupational Therapy	___ time(s) per year
___ Physical Therapy	___ time(s) per year
___ Speech Therapy	___ time(s) per year
___ Wheelchair Evaluation	___ time(s) per year
___ Dietary Evaluation	___ time(s) per year
___ Recreation Evaluation	___ time(s) per year
___ Driving Evaluation	___ time(s) per year
___ Vocational Evaluation	___ time(s) per year
___ Other: _____	

14. Identify medical equipment necessary to meet the needs as determined by diagnosis:

Example 4 – Selected Portions of a Life Care Planning Assessment Tool***Orthotics/Prosthetics:**

Current Devices: None Arm: Below Joint
 Above Joint Leg: Below Joint
 Above Joint Foot Hand

Cost of Original Device: _____

Current Supplier _____

Address _____

City, State & Zip _____

Phone # _____

Sexual Assessment:

Is client sexually active at present? No Yes

If no, is this a change from previous level of functioning? No Yes

Does client presently utilize assistive device (implant, pump, etc.) No Yes

Would client like to have a consultation for assistive devices or medications to aid in his/her sexual functioning now or at a future date? No Yes

Home Monitoring Devices:

Are there monitoring devices set up in the home? No Yes

Type: Wired Wireless

Supplier: _____

Address _____

Original Cost: \$ _____

Phone # _____

Emotional State at Time of Interview:

Level of Consciousness: Alert Lethargic Semi-comatose Comatose

Orientation (check if oriented to): Person Place Time Situation

Mood: Happy Depressed Anxious Tearful Bland affect

Environmental Control, Computers, Telephones:

Type of Heating: Central Space Heaters None A/C only

Does client have an Environmental Control Panel? No Yes

Does client own a computer? No Yes

Make _____
Date of Purchase _____
Cost at Time of Purchase _____
Frequency of Use _____

Check if client possesses any of the following:
 CD Games Work-related Software Other

Does client own adaptive equipment for a computer?
 No Yes

Type _____
Date of Purchase _____

Telephone locations: _____

Type of dialing:
 Push Button Life Line
 Rotary Emergency Dialing System
 Equipped for the Hearing Impaired

Does client own any of the following Medic Alert® Equipment?
 Medic Alert Bracelet
 Medic Alert 911 Necklace

Notes:

*Reprinted with permission from Dr. Brian D. Johnson, BJohn87242@aol.com.

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About the Author

JoAnne McDaniel, RN, CCM, CLCP, LNCC, C.E.A.C., MSCC, is an independent Life Care Planner and Legal Nurse Consultant, and is owner of Life Care Planning Consultants, Inc., since 1996. Ms. McDaniel practiced clinical nursing 1982–1993, held a faculty position at Jefferson College 1988-1993, served as Co-Chair of the IARP (then NARRPS) Forensic Section 1999-2000, past President-Elect of the St. Louis Chapter of AALNC, and taught Introduction to Life Care Planning at the St. Louis Community College in Fall, 2006. She is currently expecting a 2007 graduation from Washington University in St. Louis with a degree in psychology.
