

LEVEL OF UNDERSTANDING

RECORDING THE PATIENT'S RESPONSE TO EDUCATION

The following "Levels of Understanding" can be used in the PCC system:

- Good (G): Verbalizes understanding
Able to return demonstration or teach-back correctly

- Fair (F): Verbalizes need for more education
Incomplete return demonstration or teach-back indicates partial understanding

- Poor (P) Does not verbalize understanding
Unable to return demonstration or teach-back

- Refuse (R): Refuses education

- Group (GP): Education provided in group. Unable to evaluate

SETTING BEHAVIOR GOALS

OBJEC-TIVE	DEFINITION	MNEMONIC
Goal Set	This is the preparation phase defined as "patient ready to change" (patient is active)	GS
Goal Not Set	This is the pre-contemplation phase defined as "patient is not thinking about change"	GNS
Goal Met	This is the action phase defined as "patient activity making the change" or maintenance phase defined as "patient is sustaining the behavior change"	GM
Goal Not Met	This is the contemplation phase defined as "patient is unsure about the change" or relapse when the patient started making the change and did not succeed due to ambivalence or other factors.	GNM

To view the complete Patient Education Protocols and Codes Manual, visit:

www.ihs.gov

Click on Nationwide Programs and Initiatives, look in the upper right-hand corner, and then click on link to the Patient Education Protocols and Code Manual. You can down-load this pamphlet from the link.

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Patient & Family Education Codes (PEPC)

Codes Most Frequently Used by Behavioral Health Providers

13th Edition

January 2007



Documenting and Communication Patient & Family Education

After using the Patient Education Protocols and providing education, the education should be documented using the mnemonics (codes) found in this booklet. Correct documentation requires the completion of 6 elements:

1. Disease state, Illness or Condition
2. Education Topic Discussed
3. Level of Understanding
4. Time
5. Provider Initials
6. Behavior Goal: Goal Set, Goal Not Set, Goal Met, Goal Not Met

1. **AOD** = Alcohol and Other Drugs
2. **SM** = Stress Management
3. **G** = Good Understanding
4. **10 min.** = 10 Minutes
5. **XYZ** = Provider XYZ
6. **Goal Set** = Pt. to walk 30 min/day/5days/wk

Time

Providers should estimate the amount of Time spent providing the patient education and document that Time using whole numbers.

Clinical Reporting System (CRS)

Patient Education is tracked in RPMS via the Clinical Reporting System by 1) Disease state, illness or condition, 2) Education Topic discussed, 3) Level of Understanding, 4) Provider, 5) Time, and, 6) Behavior Goal.

Important Changes in the 13th Edition

The mnemonic CD for Chemical Dependency has been changed to AOD - Alcohol and Other Drugs. The change from the mnemonic CD to AOD was at the request of the Division of Behavioral Health. For the short-term, "CD" will remain a viable mnemonic but will eventually become obsolete in RPMS and totally replaced by AOD. We suggest you begin using the new AOD term now.

2007 Behavioral Health Codes

The codes listed on the next pages are the most commonly used by behavioral health providers. The complete list of behavioral health related codes can be found in the Patient Education Protocols and Codes located at www.ihs.gov under Nationwide Programs and Initiatives—look in the upper right-hand corner for the Patient Education Protocols and Code Manual. Questions regarding how to use and document education in the Behavioral Health GUI should be addressed to Denise Grenier, OIT Tucson.

PPD - Screening Skin Test

TE - Tests

TX - Treatment

Education Needs Assessment Codes

LP - Learning Preference

- Small Group
- Read
- Media
- Talk
- Do/Practice

Mnemonics

- LP-GP
- LP-READ
- LP-MEDIA
- LP-TALK
- LP-DOIT

RL - Readiness to Learn

- Distraction
- Eager
- Receptive
- Pain
- Severity of Illness
- Not Ready
- Unreceptive
- Intoxication

Mnemonics

- RL-DSTR
- RL-EAGR
- RL-RCPT
- RL-PAIN
- RL-SVIL
- RL-NOTR
- RL-UNRC
- RL-ETOH

HEALTH FACTORS:

BAR - Barriers to Learning

- Blind
- Cognitive Impairment
- Childhood Development
- Deaf
- Dementia
- Developmental Delay
- Does Not Read English
- Doesn't Speak English/Interpreter Needed
- Emotional Stressors
- Fine Motor Skills Deficit
- Learning Disability
- Speaks English As a Second Language
- Hard of Hearing
- No Barriers
- Pediatric/Developmental
- Social Stressors
- Values/Belief

Mnemonics

- BAR-BLND
- BAR-COGI
- BAR-PEDI
- BAR-DEAF
- BAR-DEMN
- BAR-DEVD
- BAR-DNRE
- BAR-INTN
- BAR-EMOT
- BAR-FIMS
- BAR-LDIS
- BAR-ESL
- BAR-HEAR
- BAR-NONE
- BAR-PEDI
- BAR-STRS
- BAR-VALU

PP - POSTPARTUM

C - Complications
CUL - Cultural/Spiritual Aspects of Health
FU - Follow-up
I - Information
INF - Infant Care
KE - Kegel Exercises
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
NJ - Neonatal Jaundice
PM - Pain Management
WC - Wound Care

PDEP - POSTPARTUM DEPRESSION

DP - Disease Process
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
SM - Stress Management
TX - Treatment

PN - PRENATAL

1T - First Trimester
2T - Second Trimester
3T - Third Trimester
ADM - Admission to Hospital
AOD - Alcohol and Other Drugs
BH - Behavioral Health
C - Complications
CUL - Cultural/Spiritual Aspects of Health
DC - Dental Caries
DV - Domestic Violence
EQ - Equipment
EX - Exercise
FAS - Fetal Alcohol Syndrome
FU - Follow-up
GD - Growth and Development
GDM - Gestational Diabetes
GEN - Genetic Testing
HIV - Human Immunodeficiency Virus
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
PIH - Pregnancy-Induced Hypertension and Pre-Eclampsia
PM - Pain Management
PTL - Pre-term Labor
S - Safety
SHS - Second-Hand Smoke
SM - Stress Management
SOC - Social Health
STI - Sexually Transmitted Infections
TE - Tests
TO - Tobacco
VBAC - Vaginal Birth after Cesarean Section

RTS - RESTRAINTS

EQ - Equipment
L - Literature
M - Medications
S - Safety

STI - SEXUALLY TRANSMITTED INFECTIONS

C - Complications
CUL - Cultural/Spiritual Aspects of Health
FU - Follow-up
I - Information
L - Literature
M - Medications
P - Prevention
SM - Stress Management
TE - Tests
TX - Treatment

SIDS—SUDDEN INFANT DEATH

CUL - Cultural/Spiritual Aspects of Health
I - Information
L - Literature
P - Prevention
S - Safety
SHS - Second-Hand Smoke

SB - SUICIDAL BEHAVIOR

CUL - Cultural/Spiritual Aspects of Health
FU - Follow-up
L - Literature
M - Medications
PSY - Psychotherapy
SCR - Screening
SM - Stress Management
TX - Treatment
WL - Wellness

TO - TOBACCO USE

C - Complications
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
HY - Hygiene
IR - Information and Referral
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
QT - Quit
S - Safety
SHS - Second-Hand Smoke
SM - Stress Management

TB - TUBERCULOSIS

CUL - Cultural/Spiritual Aspects of Health
DOT - Directly Observed Therapy
DP - Disease Process
FU - Follow-up
L - Literature

AF - ADMINISTRATIVE FUNCTIONS

B - Benefits of Updating Charts
C - Confidentiality
FU - Follow-up
REF - Referral Process
RI - Patient Rights and Responsibilities

ADM - ADMISSION TO HOSPITAL

ADV - Advance Directive
CUL - Cultural/Spiritual Aspects of Health
EQ - Equipment
OR - Orientation
PM - Pain Management
POC - Plan of Care
RI - Patient Rights & Responsibilities
S - Safety

ADV - ADVANCE DIRECTIVES

I - Information
L - Literature
LW - Living Will
POA - Durable Power of Attorney for Health Care
RI - Patient Rights and Responsibilities

AL - ALLERGIES

DP - Disease Process
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
TE - Tests

AOD - ALCOHOL AND OTHER DRUGS

C - Complications
CCA - Continuum of Care
CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
IR - Information and Referral
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
PLC - Placement
SCR - Screening
SM - Stress Management
TE - Tests
WL - Wellness

ALZ - ALZHEIMER'S DISEASE

ADV - Advance Directive
AP - Anatomy and Physiology
C - Complications
CM - Case Management
DP - Disease Process
FU - Follow-up

HM - Home Management
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
PCL - Placement
S - Safety
SM - Stress Management
TE - Tests
TX - Treatment

ADD - ATTENTION DEFICIT HYPERACTIVITY DISORDER

C - Complications
CM - Case Management
DP - Disease Process
FU - Follow-up
GD - Growth and Development
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
TE - Tests
TX - Treatment

BH - BEHAVIORAL AND SOCIAL HEALTH

ADL - Activities of Daily Living
ANA - Abuse and Neglect, Adult
ANC - Abuse and Neglect, Child
CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
HOU - Housing
IR - Information and Referral
L - Literature
M - Medications
PLC - Placement
RI - Patient Rights and Responsibilities
SM - Stress Management
TE - Tests
TH - Therapy
TLM - Tele-Health
TR - Transportation
WL - Wellness

CPM - CHRONIC PAIN

CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
IR - Information and Referral
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
PSY - Psychotherapy
S - Safety
SM - Stress Management
TE - Tests
TX - Treatment

DEP - DEPRESSION, MAJOR

CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
IR - Information and Referral
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
P - Prevention
PSY - Psychotherapy
SCR - Screening
SM - Stress Management
TX - Treatment

ELD - ELDER CARE

ADV - Advance Directive
ANA - Abuse and Neglect - Adult
CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process/Aging
EQ - Equipment
EX - Exercise
FU - Follow-up
H - Hygiene
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
S - Safety
SM - Stress Management
WL - Wellness

EOL - END OF LIFE

ADV - Advance Directive
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EQ - Equipment
GP - Grieving Process
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
PM - Pain Management
PSY - Psychotherapy
SM - Stress Management
TX - Treatment

FALL - FALL PREVENTION

C - Complications
DP - Disease Process
EQ - Equipment
FU - Follow-up
L - Literature
S - Safety
SCR - Screening

FP - FAMILY PLANNING

AP - Anatomy and Physiology
DIA - Diaphragm
DPO - Depot Medroxyprogesterone Injections
EC - Emergency Contraception

FC - Foam and/or Condoms
FU - Follow-up
HPDP - Health Promotion, Disease Prevention
IC - Implant Contraception
IR - Information and Referral
IUD - Intrauterine Device
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
MT - Methods
N - Nutrition
OC - Oral Contraceptives
ST - Sterilization
TD - Transdermal (Patch)
TE - Tests

FAS - FETAL ALCOHOL SYNDROME

ADL - Activities of Daily Living
C - Complications
CM - Case Management
DP - Disease Process
FU - Follow-up
GD - Growth and Development
HPDP - Health Promotion, Disease Prevention
IR - Information and Referral
L - Literature
LA - Lifestyle Adaptations
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
PN - Prenatal
SCR - Screening
TE - Tests

FMS - FIBROMYALGIA SYNDROME

CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
PM - Pain Management
SM - Stress Management
TE - Tests

GAD - GENERALIZED ANXIETY DISORDER

C - Complications
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EX - Exercise
FU - Follow-up
IR - Information and Referral
L - Literature
M - Medications
SM - Stress Management
TX - Treatment

GRIEF - GRIEF

C - Complications
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
PSY - Psychotherapy

HA - HEADACHES

AP - Anatomy and Physiology
C - Complications
DP - Disease Process
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
PSY - Psychotherapy
SM - Stress Management
TE - Tests
TX - Treatment

HPDP - HEALTH PROMOTION DISEASE PREVENTION

ADL - Activities of Daily Living
CAR - Automobile Safety
CUL - Cultural/Spiritual Aspects of Health
EX - Exercise
FU - Follow-up
HY - Hygiene
L - Literature
LA - Lifestyle Adaptations
M - Medications
N - Nutrition
S - Safety
SCR - Screening
SM - Stress Management
SX - Sexuality
TE - Tests

HEP - HEPATITIS A,B,C

AP - Anatomy and Physiology
C - Complications
CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DPA - Disease Process (Hep A)
DPB - Disease Process (Hep B)
DPC - Disease Process (Hep C)
FU - Follow-up
HPDP - Health Promotion, Disease Prevention
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
TE - Tests
TX - Treatment

HIV - HUMAN IMMUNODEFICIENCY VIRUS

ADV - Advance Directive
C - Complications
CM - Case Management
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EQ - Equipment
FU - Follow-up
HM - Home Management
HPDP - Health Promotion, Disease Prevention
HY - Hygiene
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
PN - Prenatal
S - Safety
SM - Stress Management
TE - Tests
TX - Treatment

M - MEDICATIONS

DI - Drug Interaction
FU - Follow-up
I - Information
L - Literature
MB - Medication Box Teaching
MDI - Metered-Dose Inhalers
NEB - Nebulizer
PRX - Medication Dispensation to Proxy

PM - PAIN MANAGEMENT

AP - Anatomy and Physiology
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
EQ - Equipment
EX - Exercise
FU - Follow-up
L - Literature
LA - Lifestyle Adaptations
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
P - Prevention
PSY - Psychotherapy
TE - Tests
TX - Treatment

PNL - PERINATAL LOSS

C - Complications
CUL - Cultural/Spiritual Aspects of Health
DP - Disease Process
FU - Follow-up
GP - Grieving Process
L - Literature
M - Medications
MNT - Medical Nutrition Therapy
N - Nutrition
PM - Pain Management
SM - Stress Management
TX - Treatment