

**Documenting Behavior Goals**

OBJECTIVE	DEFINITION	ACTION	MNEMONIC
Goal Set	The preparation phase defined as "patient ready to change" (patient is active)	State a plan State a plan how to maintain at least one _____ Write a plan of management Plan to change _____ State a plan to test _____ (blood sugar) Choose at least one change to follow _____ Demonstrate _____ and state a personal plan for _____ Identify a way to cope with _____	GS
Goal Not Set	The pre-contemplation phase defined as "patient is not thinking about change"	Goal Not Set	GNS
Goal Met	The action phase defined as "patient activity making the change" or maintenance phase defined as "patient is sustaining the behavior change"	Behavior Goal Met Patient maintains Goal	GM
Goal Not Met	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.	Behavior Goal Not Met Patient set a goal but is ambivalent about change Relapse Patient set a goal but is unable to meet the goal	GNM

**Documenting Behavior Goals**



**Patient & Family Education Codes (PEPC)**

**for Prenatal/ Perinatal Codes**



**14th Edition**

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## Documenting Prenatal/Perinatal Education

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

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

1. **BF** = Breastfeeding
2. **CS** = Collection and Storage of Milk
3. **G** = Good Understanding
4. **10** (Minutes ) = Time
5. **XYZ** = Provider Initials
6. **GS**: Pt. to practice collection/storage of milk in freezer = Behavior Goal

Patient Education String:

BF-CS-G-10-XYZ-GS: Pt. to practice collection/storage of milk

## Documenting Time

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

## Clinical Reporting System (CRS)

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

## Prenatal-/Perinatal Codes

The codes listed on the following pages are the most commonly used prenatal/perinatal health codes.

The complete list of health related codes can be found in the Patient Education Protocols and Codes Manual at [www.ihs.gov](http://www.ihs.gov). Click on Nationwide Programs and Initiatives; look in the upper right-hand corner. You will see the Patient Education Protocols and Codes Manual.

To view the complete Patient Education Protocols and Codes Manual, visit: [www.ihs.gov](http://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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**WH-N** Nutrition  
**WH-OS** Osteoporosis  
**WH-PAP** Pap Smear  
**WH-PMS** Premenstrual Syndrome

**WH-PRO** Procedures  
**WH-RS** Reproductive System  
**WH-SM** Stress Management  
**WH-STI** Sexually Transmitted Infections  
**WH-TD** Transdermal (Patch)  
**WH-TE** Tests

## Documenting the Patient's 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 individual response
- The PCC Coders can only select "Good, Fair, Poor, Group, or Refused" for the level of understanding. Remember, this section is meant for speedy documentation of brief educational encounters. If you want to write a more lengthy narrative, please do so, on a separate PCC form using the codes to simply summarize your note. On inpatient PCCs each entry must be prefaced by a date.

## Educational Assessment

### LP - Learning Preference

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

### RL - Readiness to Learn

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

### 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

- LP-GP
- LP-READ
- LP-MEDIA
- LP-TALK
- LP-DOIT
- Mnemonics**
- RL-DSTR
- RL-EAGR
- RL-RCPT
- RL-PAIN
- RL-SVIL
- RL-NOTR
- RL-UNRC
- RL-ETOH

### 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

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

### STI - SEXUALLY TRANSMITTED INFECTIONS

- STI-AP** Anatomy & Physiology
- STI-C** Complications
- STI-CUL** Cultural/Spiritual Aspects of Health
- STI-DP** Disease Process
- STI-FU** Follow-up
- STI-HPDP** Health Promotion, Disease Prevention
- STI-L** Literature
- STI-M** Medications
- STI-P** Prevention
- STI-SM** Stress Management
- STI-TE** Tests
- STI-TX** Treatment

### SIDS - SUDDEN INFANT DEATH

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

### SPE - SURGICAL PROCEDURES AND ENDOSCOPY

- SPE-ADV** Advance Directive
- SPE-C** Complications
- SPE-CUL** Cultural/Spiritual

- Aspects of Health
- SPE-EQ** Equipment
- SPE-FU** Follow-up
- SPE-IS** Incentive Spirometry
- SPE-L** Literature
- SPE-M** Medications
- SPE-PM** Pain Management
- SPE-PO** Postoperative
- SPE-PR** Preoperative
- SPE-PRO** Procedures
- SPE-TCB** Turn, Cough, Deep Breath
- SPE-TE** Tests
- SPE-WC** Wound Care

### TO - TOBACCO USE

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

### UTI - URINARY TRACT INFECTION

- UTI-AP** Anatomy & Physiology
- UTI-DP** Disease Process
- UTI-FU** Follow-up
- UTI-HY** Hygiene
- UTI-L** Literature
- UTI-M** Medications
- UTI-MNT** Medical Nutrition Therapy
- UTI-N** Nutrition
- UTI-P** Prevention
- UTI-PM** Pain Management
- UTI-SM** Stress Management
- UTI-TE** Tests

### WH - WOMEN'S HEALTH

- WH-AP** Anatomy & Physiology
- WH-BE** Breast Exam
- WH-COLP** Colposcopy
- WH-CRYO** Cryotherapy
- WH-CUL** Cultural/Spiritual Aspects of Health
- WH-EX** Exercise
- WH-FU** Follow-up
- WH-HY** Hygiene
- WH-KE** Kegel Exercises
- WH-L** Literature
- WH-LP** LEEP
- WH-M** Medications
- WH-MAM** Mammogram
- WH-MNT** Medical Nutrition Therapy
- WH-MP** Menopause
- WH-MS** Menses

## **ANS - ANESTHESIA**

**ANS-C** Complications  
**ANS-EQ** Equipment  
**ANS-FU** Follow-up  
**ANS-INT** Intubation  
**ANS-IS** Incentive Spirometry  
**ANS-L** Literature  
**ANS-PM** Pain Management  
**ANS-PO** Postoperative  
**ANS-PR** Preoperative  
**ANS-PRO** Procedures  
**ANS-TCB** Turn, Cough, Deep  
Breath

## **BF - BREASTFEEDING**

**BF-AP** Anatomy and Physiology  
**BF-BB** Benefits of Breastfeeding  
**BF-BC** Breast Care  
**BF-BP** Breastfeeding Positions  
**BF-CS** Collection and Storage of  
Breast Milk  
**BF-EQ** Equipment  
**BF-FU** Follow-up  
**BF-GD** Growth and Development  
**BF-HC** Hunger Cues  
**BF-L** Literature  
**BF-LA** Lifestyle Adaptations  
**BF-M** Maternal Medications  
**BF-MK** Milk Intake  
**BF-MNT** Medical Nutrition  
Therapy  
**BF-N** Nutrition (Maternal)  
**BF-NJ** Neonatal Jaundice  
**BF-ON** Latch-on  
**BF-SF** Introduction to Solid  
Foods  
**BF-SM** Stress Management  
**BF-T** Teething  
**BF-W** Weaning

## **CHN - CHILD HEALTH NEW- BORN (0-60 DAYS)**

**CHN-CAR** Car Seats &  
Automobile Safety  
**CHN-ECC** Early Child Caries  
**CHN-FU** Follow-up  
**CHN-GD** Growth & Development  
**CHN-HY** Hygiene  
**CHN-I** Information  
**CHN-L** Literature  
**CHN-MNT** Medical Nutrition  
Therapy  
**CHN-N** Nutrition  
**CHN-NJ** Neonatal Jaundice  
**CHN-PA** Parenting  
**CHN-S** Safety  
**CHN-SF** Introduction to Solid  
Foods  
**CHN-SHS** Second-Hand Smoke

## **CB - CHILDBIRTH**

**CB-AP** Anatomy & Physiology  
**CB-C** Complications  
**CB-CUL** Cultural/Spiritual Aspects  
of Health  
**CB-EQ** Equipment  
**CB-EX** Exercise, Relaxation  
And Breathing  
**CB-FU** Follow-up  
**CB-ISEC** Infant Safety

**CB-L** Literature  
**CB-LB** Labor Signs  
**CB-M** Medications  
**CB-NJ** Neonatal Jaundice  
**CB-OR** Orientation  
**CB-PM** Pain Management  
**CB-PRO** Procedures, Obstetrical  
**CB-RO** Role of Labor and  
Delivery Partner/Coach  
**CB-TE** Tests  
**CB-VBAC** Vaginal Birth after  
Cesarean Section

## **DV - DOMESTIC VIOLENCE**

**DV-CUL** Cultural/Spiritual Aspects  
of Health  
**DV-DP** Disease Process  
**DV-FU** Follow-up  
**DV-IR** Information and Referral  
**DV-L** Literature  
**DV-P** Prevention  
**DV-PSY** Psychotherapy  
**DV-S** Safety  
**DV-SCR** Screening  
**DV-SM** Stress Management  
**DV-TX** Treatment

## **DVV - DOMESTIC VIOLENCE**

### **VICTIM**

**DVV-C** Complications  
**DVV-CUL** Cultural/Spiritual  
Aspects of Health  
**DVV-DP** Disease Process  
**DVV-FU** Follow-up  
**DVV-IR** Information & Referral  
**DVV-L** Literature  
**DVV-P** Prevention  
**DVV-PSY** Psychotherapy  
**DVV-S** Safety  
**DVV-SCR** Screening  
**DVV-SM** Stress Management  
**DVV-TX** Treatment

## **FP - FAMILY PLANNING**

**FP-AP** Anatomy & Physiology  
**FP-DIA** Diaphragm  
**FP-DPO** Depot Medroxypro-  
gesterone Injections  
**FP-EC** Emergency  
Contraception  
**FP-FC** Foam and Condoms  
**FP-FU** Follow-up  
**FP-HPDP** Health Promotion,  
Disease Prevention  
**FP-IC** Implant Contraception  
**FP-IR** Information and Referral  
**FPIUD** Intrauterine Device  
**FP-L** Literature  
**FP-M** Medications  
**FP-MNT** Medical Nutrition  
Therapy  
**FP-MT** Methods  
**FP-N** Nutrition  
**FP-OC** Oral Contraceptives  
**FP-ST** Sterilization  
**FP-TD** Transdermal (Patch)  
**FP-TE** Tests

## **FF - FORMULA FEEDING**

**FF-FS** Formula Feeding Skills  
**FF-I** Information

**FF-L** Literature  
**FF-ME** Maternal Engorgement  
**FF-MNT** Medical Nutrition  
Therapy  
**FF-N** Nutrition  
**FF-NJ** Neonatal Jaundice  
**FF-S** Safety  
**FF-SF** Introduction to Solid Foods

## **GENE - GENETIC DISORDERS**

**GENE-BH** Behavioral & Social  
Health  
**GENE-C** Complications  
**GENE-CM** Case Management  
**GENE-EQ** Equipment  
**GENE-FU** Follow-up  
**GENE-I** Information  
**GENE-L** Literature  
**GENE-LA** Lifestyle Adaptation  
**GENE-MNT** Medical Nutrition  
Therapy  
**GENE-N** Nutrition  
**GENE-P** Prevention  
**GENE-PA** Parenting  
**GENE-P** Prevention  
**GENE-PA** Parenting  
**GENE-PT** Physical Therapy  
**GENE-S** Safety  
**GENE-SM** Stress Management  
**GENE-TE** Tests

## **HIV - HUMAN IMMUNODEFI- CIENCY VIRUS**

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

## **NJ - NEONATAL JAUNDICE**

**NJ-C** Complications  
**NJ-DP** Disease Process  
**NJ-P** Prevention  
**NJ-TE** Tests  
**NJ-TX** Treatment

## **PM - PAIN MANAGEMENT**

**PM-AP** Anatomy & Physiology  
**PM-CUL** Cultural/Spiritual  
Aspects of Health  
**PM-DP** Disease Process

**PM-EQ** Equipment  
**PM-EX** Exercise  
**PM-FU** Follow-up  
**PM-L** Literature  
**PM-LA** Lifestyle Adaptations  
**PM-M** Medications  
**PM-MNT** Medical Nutrition Therapy  
**PM-N** Nutrition  
**PM-P** Prevention  
**PM-PSY** Psychotherapy  
**PM-TE** Tests  
**PM-TX** Treatment

## **PNL - PERINATAL LOSS**

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

## **PP - POSTPARTUM**

**PP-AP** Anatomy & Physiology  
**PP-BH** Behavioral Health  
**PP-C** Complications  
**PP-CUL** Cultural/Spiritual  
Aspects of Health  
**PP-EX** Exercise  
**PP-FU** Follow-up  
**PP-I** Information  
**PP-INF** Infant Care  
**PP-ISEC** Infant Security  
**PP-KE** Kegel Exercises  
**PP-L** Literature  
**PP-M** Medications  
**PP-MNT** Medical Nutrition  
Therapy  
**PP-N** Nutrition  
**PP-NJ** Neonatal Jaundice  
**PP-PM** Pain Management  
**PP-WC** Wound Care

## **PDEP - POSTPARTUM**

### **DEPRESSION**

**PDEP-AP** Anatomy & Physiology  
**PDEP-DP** Disease Process  
**PDEP-EX** Exercise  
**PDEP-FU** Follow-up  
**PDEP-HPDP** Health Promotion,  
Disease Prevention  
**PDEP-IR** Information & Referral  
**PDEP-L** Literature  
**PDEP-LA** Lifestyle Adaptations  
**PDEP-M** Medications  
**PDEP-MNT** Medical Nutrition  
Therapy  
**PDEP-N** Nutrition  
**PDEP-PSY** Psychotherapy  
**PDEP-SM** Stress Management  
**PDEP-TX** Treatment

## **PN - PRENATAL**

**PN-1T** First Trimester