



# **CHR PCC Documentation**

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# **Instructor**

**Pamela Aguilar**  
**CHR Program Consultant**

**chrpcc@outlook.com**

**405.365.0237**





# Introduction

- Health behavior is central to disease prevention and management
- CHRs play a role in health behavior change due to their credibility
- CHRs may provide intensive patient counseling in a variety of settings including Homes, senior sites, community, during transport



"TRUE HEALTH CARE  
REFORM STARTS IN  
YOUR KITCHEN."



Wellness Mama

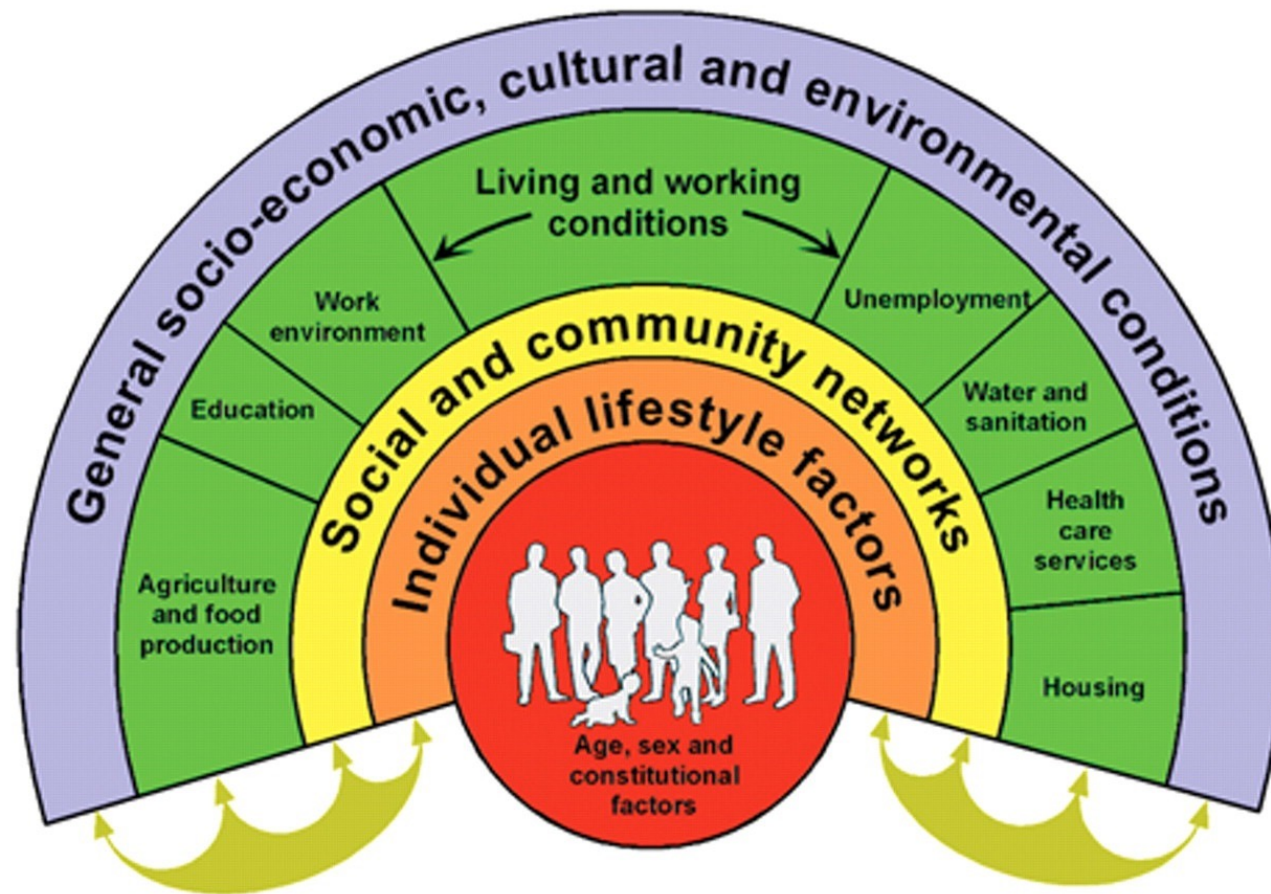
WELLNESSMAMA.COM



# Health Behavior

- ➔ Karl and Cobb (1966) defined three types of health related behaviors. They suggested that:
  1. a health behavior is a behavior aimed at preventing disease
  2. An illness behavior is a behavior aimed at seeking a remedy
  3. A sick role behavior is an activity aimed at getting well

# Impacts Health



# TYPES OF HEALTH BEHAVIOR CHANGES

## Establish new healthy behaviors

- Taking Medication as prescribed.
- Participating in regular physical activity.
- Consuming low fat food products.

## Increasing existing healthy behaviors

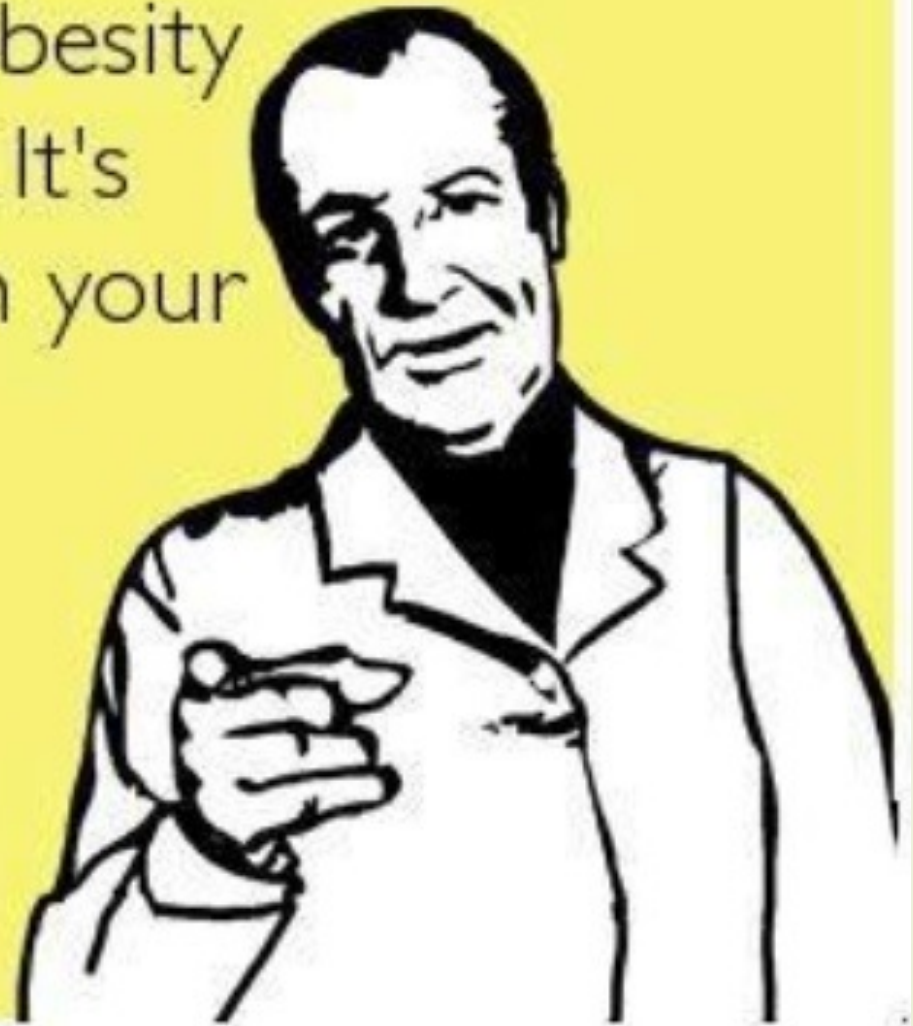
- Scheduling more regular doctor appointments.
- Ensuring adequate amounts of sleep.
- Increasing consumption of fibers, fruits and vegetables.

## Decreasing unhealthy behaviors

- Decreasing amount of salt and sugar in diet.
- Quitting smoking
- Reducing daily alcohol consumption.

(Catalbiano & Ricciardelli, 2013)

It's not that diabetes,  
heart disease and obesity  
runs in your family. It's  
that no one runs in your  
family.

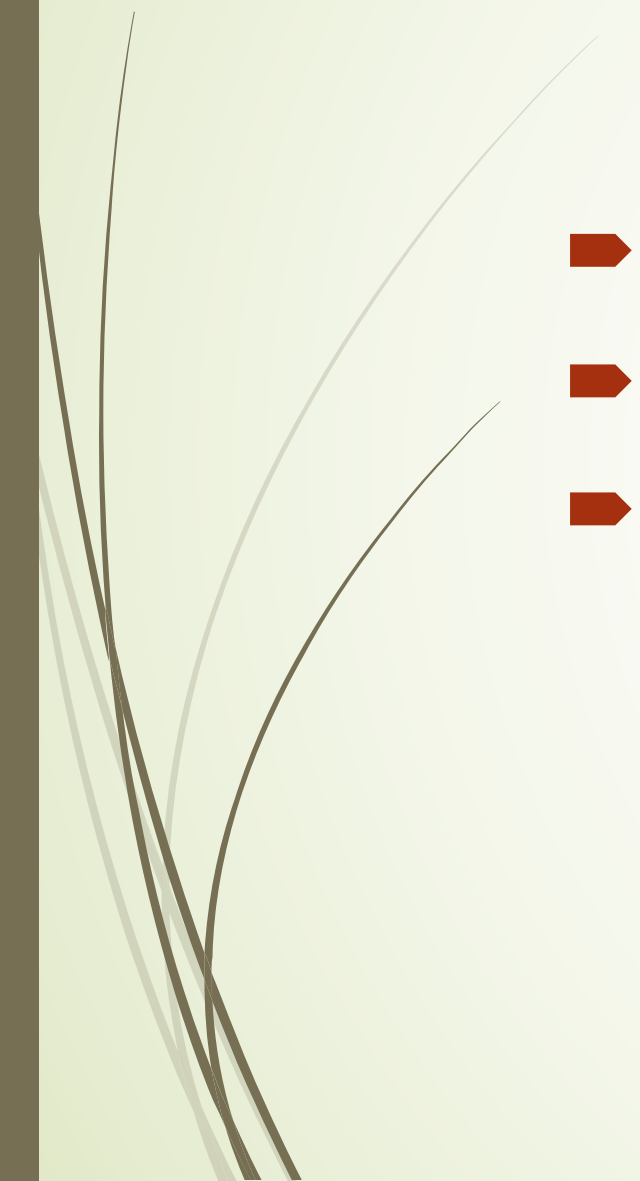


somee cards  
user card



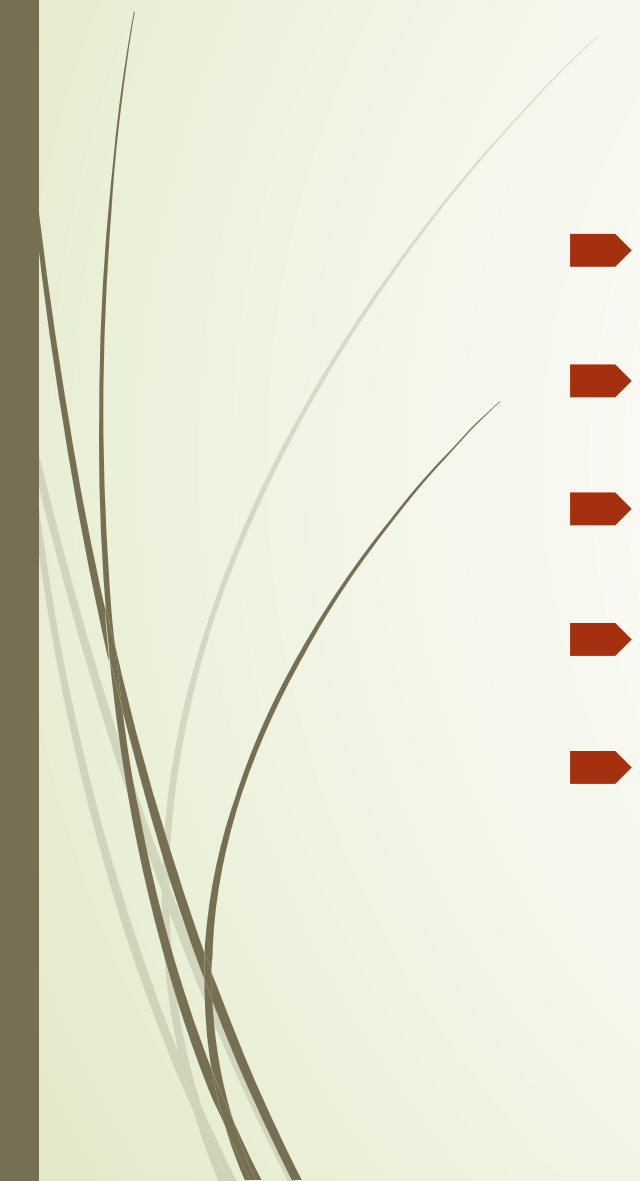


# Purpose of CHR PCC

- Communication tool
  - Legislative requirements
  - Legal document
- 



# Benefit to CHR Program

- Communication tool
  - Program management
  - Strengths/Weakness
  - Grants
  - Reports
- 

# Paint a Picture



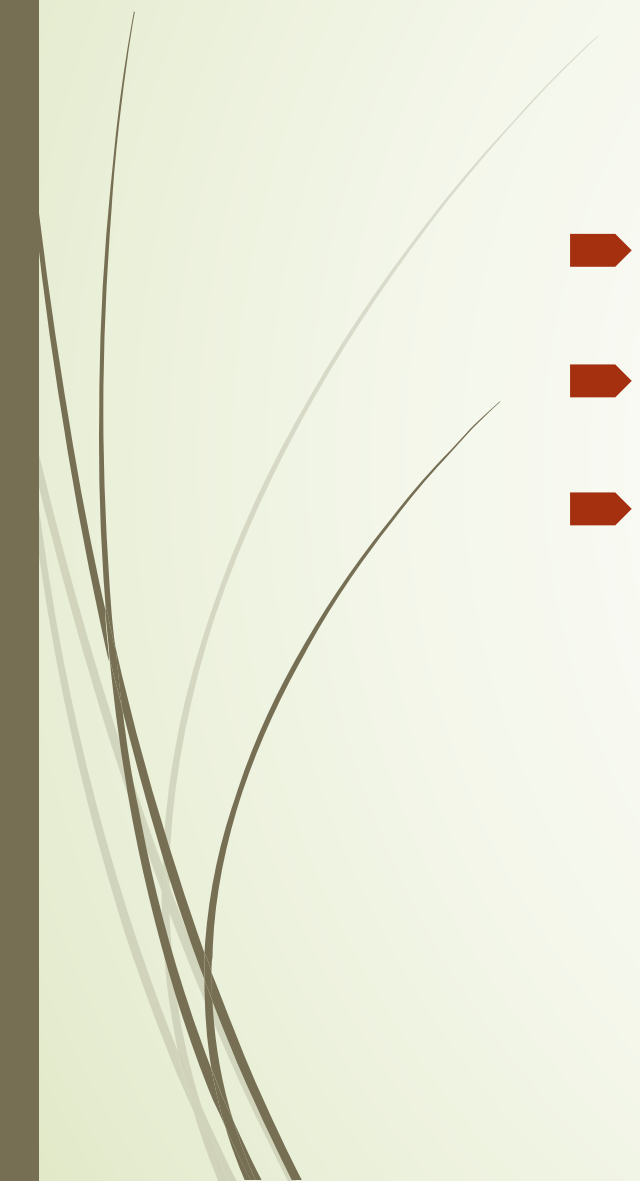


# FACT

- **F**actual
  - **A**ccurate
  - **C**omplete
  - **T**imely
- 



# Factual

- Information you see, hear, smell, touch
  - No judgement/bias
  - Be specific
- 

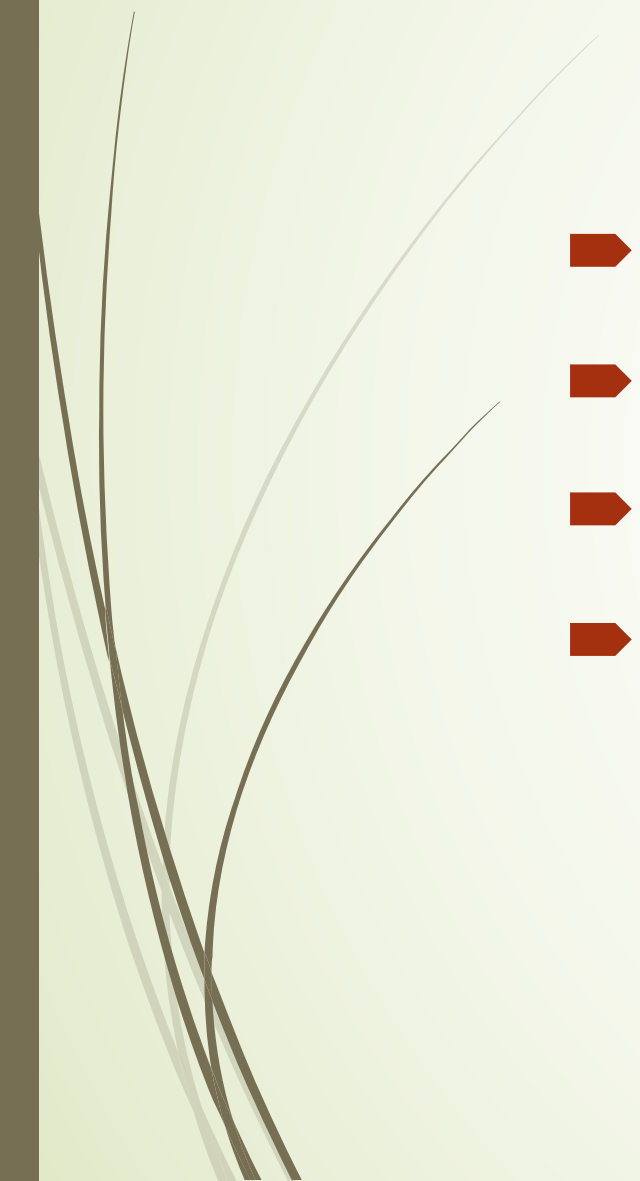


# Accurate

- Clear
  - Correct
  - Measurements/test
- 

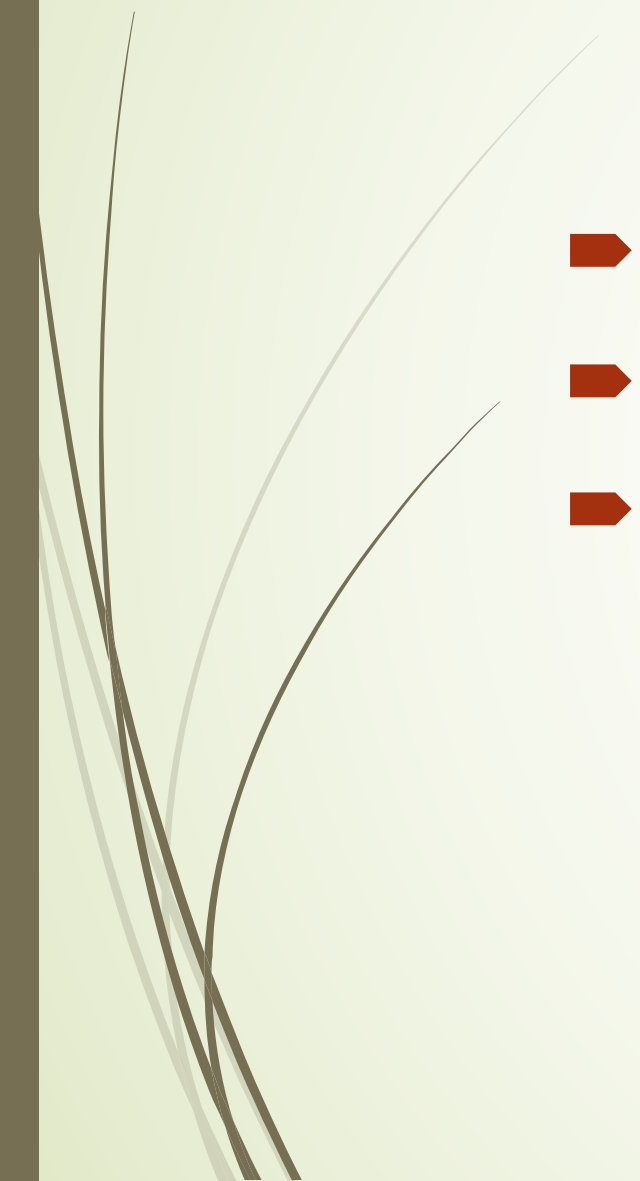


# Complete

- Required fields
  - Pt status
  - Pt responses
  - Interaction with other family members
- 



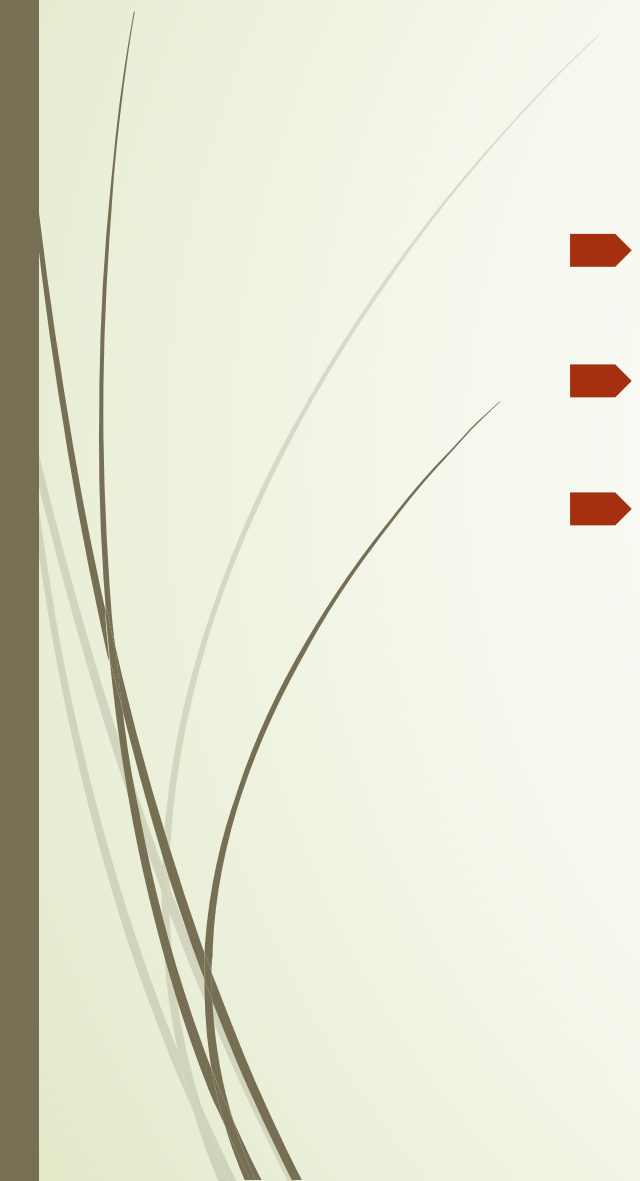
# Timely

- Legal document
  - Data integrity
  - Policy
- 






# Legal Document

- FACT
  - Write legibly
  - Facility approved abbreviations
- 



# CHR PCC SOAP

Universally used method that was developed by Dr. Lawrence Weed in the 1960's

- Subjective
  - Objective
  - Assessment
  - Plan
- 

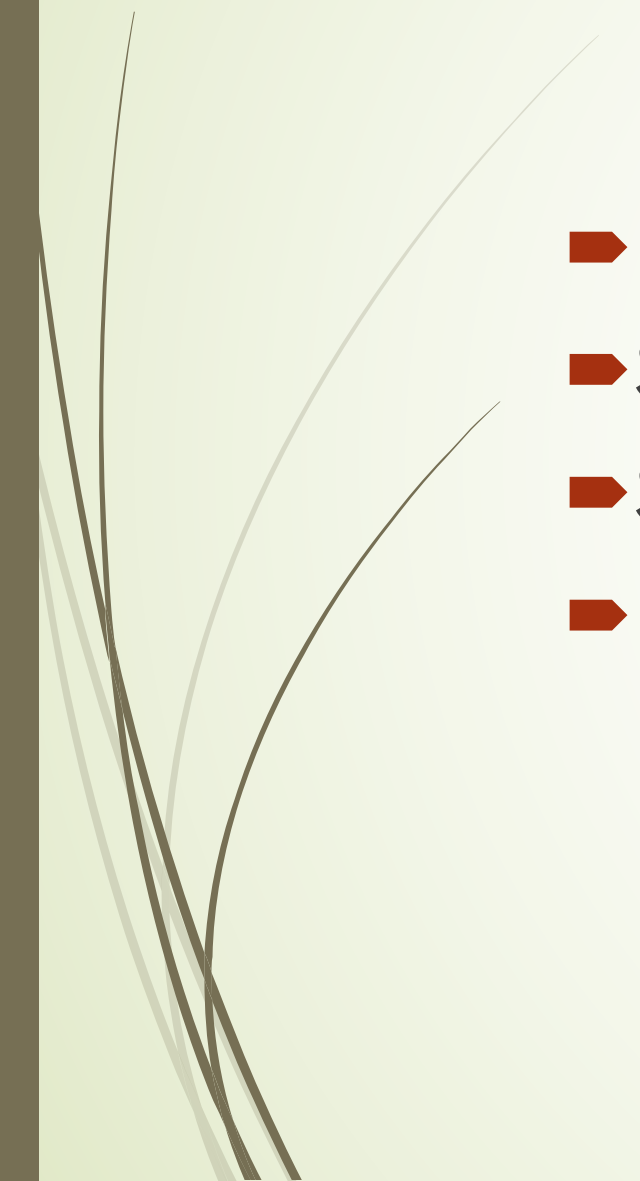


# Subjective

- What the Pt tells you
- 

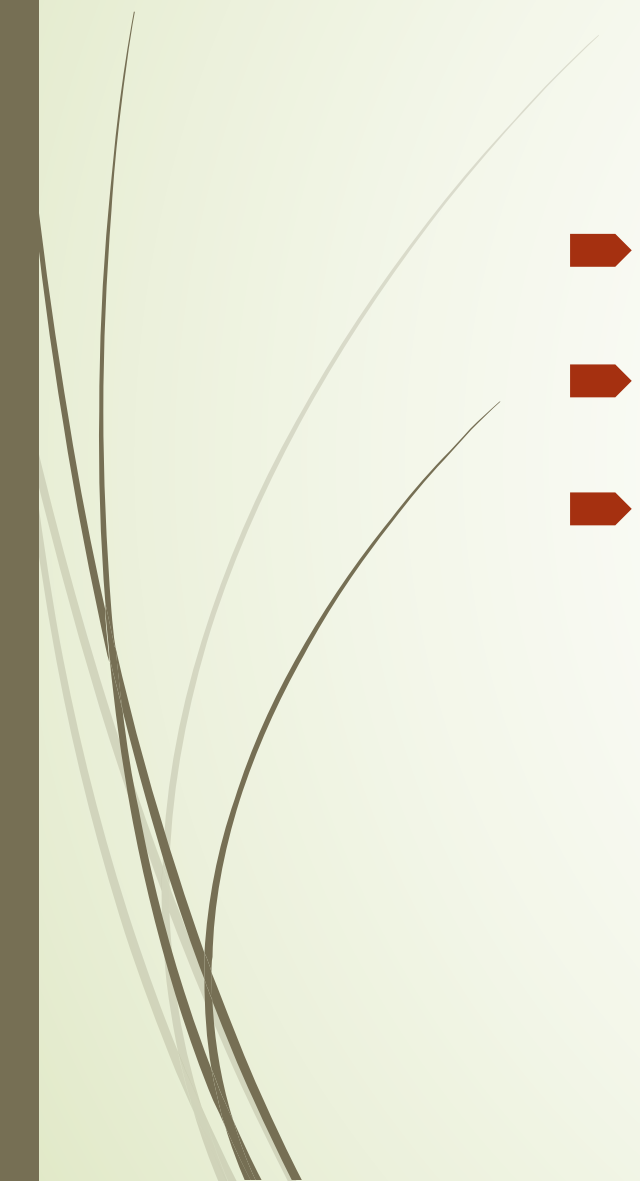


# Assessment

- Health Problem Code
  - Service Code
  - Service Minutes
  - Narrative
- 

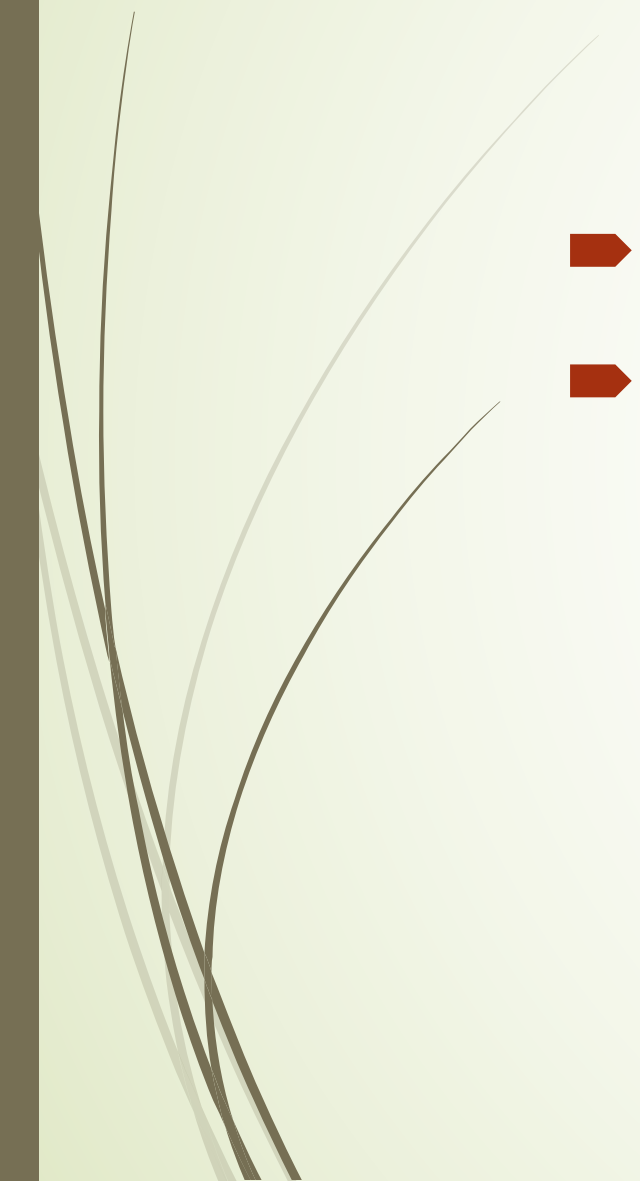


# Assessment

- What is the POV
  - What other services
  - Narrative
- 



# Objective

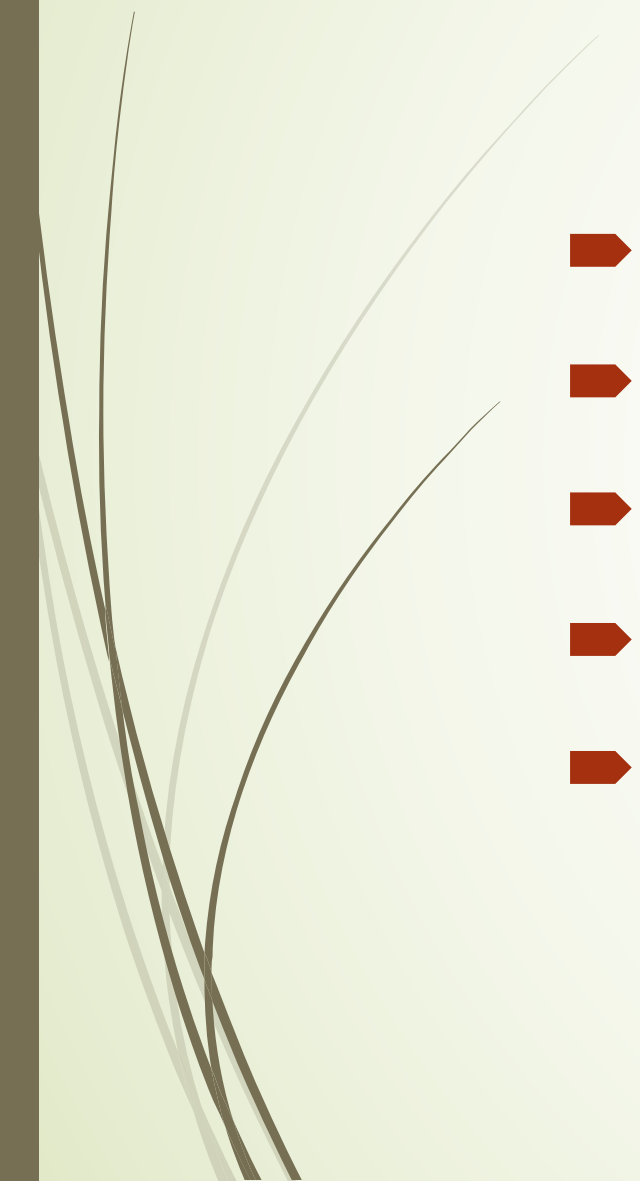
- What you observe
  - No opinions or assumptions
- 

# Plan Plots Course





# Plan

- Any necessary follow up
  - Scheduling appointments
  - List of medications
  - Educational lesson plans
  - Next visit
- 





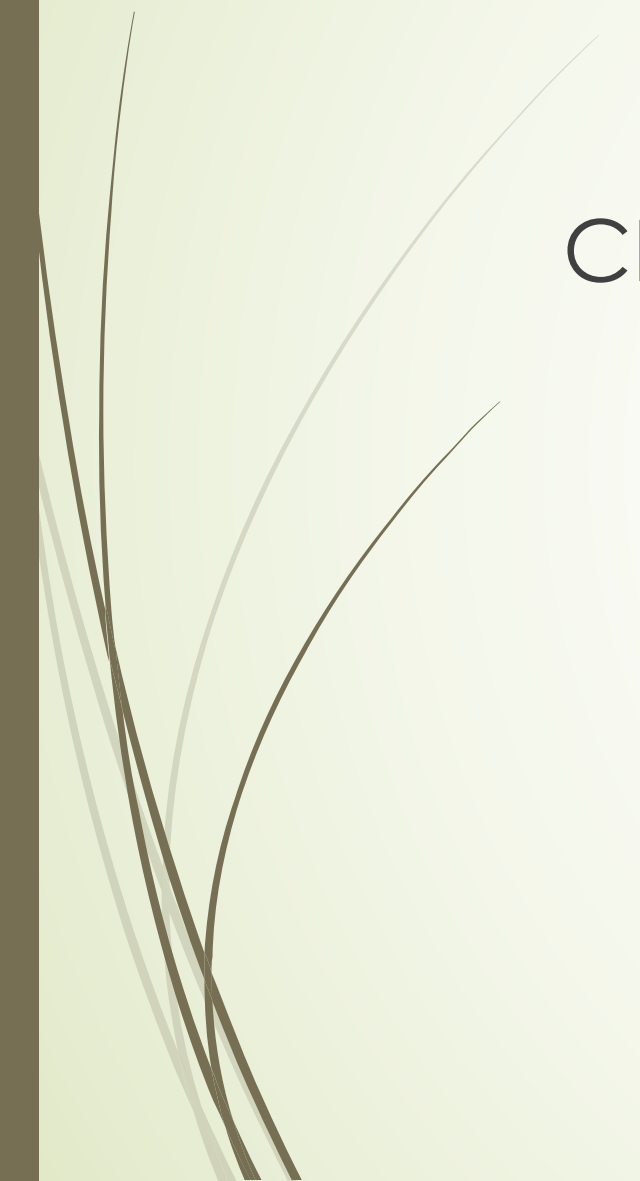
# Location

- Home
  - CHR Office
  - Community
  - Hospital
  - Radio/Telephone
  - None
  - School
- 



# Referrals

CHRs are a liaison

- Health Care System
  - Tribal resources
  - Local and Federal resources
- 



# Referral Categories

- 
- Medical
  - Nursing
  - Dental
  - Social Work
  - Behavioral Health
  - Other Professional
  - Technician
  - Agency Program
  - Family/Self/Community
  - CHR Program


# Busy as a Bee





# Documentation is Ally

Communication equals better outcomes

- Monthly reports
  - Protects you
  - Strategic reports
  - CHR specific data
- 



# Paint a picture





# Summary

- Clear
  - Timely
  - Accurate
  - Assessable
- 



When 'i' is  
replaced By 'we'

Even  
'illness'  
Becomes  
'Wellness'



# References

- ▶ CHR PCC User Manual

[www.ihs.gov/rpms/PackageDocs/BCH/bch\\_020u.pdf](http://www.ihs.gov/rpms/PackageDocs/BCH/bch_020u.pdf)

- ▶ CHR PCC User Manual Supplement

[www.ihs.gov/rpms/packagedocs/BCH/bch\\_020o.pdf](http://www.ihs.gov/rpms/packagedocs/BCH/bch_020o.pdf)

- ▶ CHR PCC Forms

[www.ihs.gov/rpms/packagedocs/BCH/bch\\_020f\\_2014.pdf](http://www.ihs.gov/rpms/packagedocs/BCH/bch_020f_2014.pdf)