

**GERD Risk Plan**

**Individual’s Name:**

**Date plan begins:**

**Date Plan expires:**

**Dates of Revisions:**

**Written by:**

**Risk:**       is at risk of experiencing symptoms of GERD.

**Desired Outcome:**       will take medications as prescribed and follow recommended diet. Staff will respond as trained if symptoms of GERD are exhibited.

**Why at risk/History:**

**GERD (gastroesophageal reflux disease)** is the return of the stomach's contents back up into the esophagus, irritating it and can cause damage to its lining. Being overweight, overeating, certain drinks and foods, smoking, and stress increase the risks and frequency of experiencing symptoms.

**Supports and interventions:**

* Staff will encourage      , as needed, to follow recommended diet and to avoid: Caffeine-Chocolate, coffee, soda, Acidic foods-Tomatoes, citrus fruits, Spicy, fatty, or fried foods, Overeating, Eating too late, or lying down immediately after eating.
* Staff will assist      , as needed, to take medications as prescribed.

**Monitor:**

**Common symptoms of GERD include:**

* A burning sensation in your chest (heartburn), usually after eating, which might be worse at night or when lying down
* Chest pain
* Difficulty swallowing
* Regurgitation of food or sour liquid
* Sensation of a lump in your throat

**Symptoms of nighttime acid reflux:**

* Chronic cough
* Laryngitis
* New or worsening asthma
* Disrupted sleep

**Serious symptoms of GERD include:**

* Unexpected [weight](https://www.webmd.com/diet/tc/healthy-weight-what-is-a-healthy-weight) loss
* [Blood](https://www.webmd.com/heart/anatomy-picture-of-blood) in vomit
* Black, tarry, or maroon-colored stools
* Difficulty or pain with swallowing
* [Asthma](https://www.webmd.com/asthma/default.htm)-like symptoms, such as wheezing or dry [cough](https://www.webmd.com/first-aid/coughs)
* Hoarseness, especially in the morning
* Chronic [sore throat](https://www.webmd.com/cold-and-flu/understanding-sore-throat-basics)
* Hiccups that don't let up
* [Nausea](https://www.webmd.com/children/ss/nausea-vomiting-remedies-treatment) that lasts for more than a day or two

**Notify:**

* **Call 911 if emergency intervention was necessary, such as, back blows, abdominal thrusts, CPR, etc., exhibiting multiple or severe symptoms, if more than first aid is needed for injuries, if they hit their head, any type of reaction that interferes with the ability to breathe or swallow, rapidly worsening symptoms, or loss of consciousness.**
* **Seek medical attention if symptoms of GERD continue with medication or if experiencing serious symptoms of GERD.**
* Notify Program Manager, Health and Safety Tech of any symptoms of GERD, change of condition, or concerns.
* Program Manager will notify family, guardian, other Program Managers, and/or Providers of any symptoms of GERD, change of condition, or concerns.
* Staff will document on incident report by end of shift.

**If 911 is called:**

* Remain with       until EMTs arrive. If emergency intervention was necessary, continue as trained until relieved by EMTs.
* Ensure that emergency personnel are aware of all medical conditions, allergies, and medications.
* Follow       to the hospital and remain with participant until relieved by staff or family.
* Complete an incident report by end of shift and BDDS report within 24 hours.

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| **Provider** |  | **Risk Plan** |  |  | **Date Effective** |
| **Paladin** | | **GERD** | | |  |
| **Print Name** | | **Signature** | **Company/Title** | | **Date** |
|  | |  | **Paladin/Program Manager** | |  |
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