



SCHOOL OF NURSING

MN505: Unit 5 Assignment

Creating an Exercise Plan

Directions

For this Assignment, you will write a 2-3 page paper related to the following scenario:

Mr. Jones is a 42-year-old male recently diagnosed with type II diabetes. Mr. Jones also has a 5-year history of hypertension which is currently well controlled with Lisinopril 10 mg QD. Today during his checkup visit you have started him on metformin 500 mg, and you advised him that he needs to start a diet and exercise program.

You will need to plan a one-month diet and exercise program for Mr. Jones, followed with an evaluation visit with you to check on his progress at the end of the 30 days.

Please discuss in your paper how you will approach designing a plan for Mr. Jones. List your goals for Mr. Jones.

This paper is to be 2 to 3 pages in length, excluding your title page and your reference page. The document should be in appropriate 6th edition APA format.

DUE: to Dropbox on end of Day 7 of Unit 5.

To view the Grading Rubric for this Assignment, please visit the Grading Rubrics section of the Course Home.