

Summary Sheet

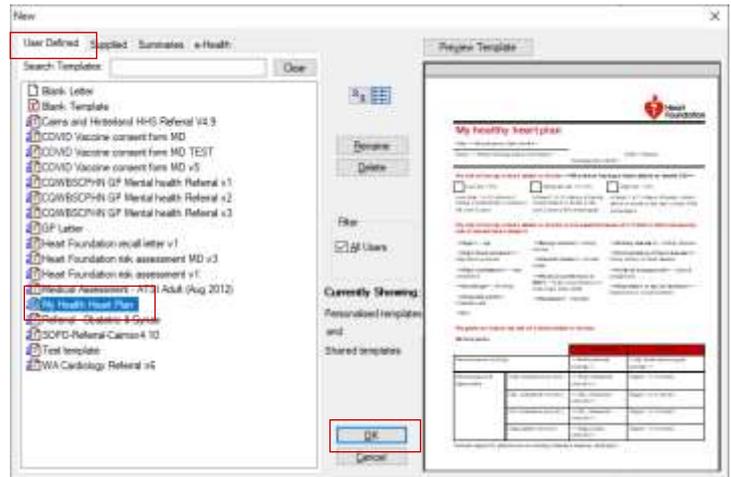
How to use the 'My Healthy Heart Plan' template

Follow these instructions to use your My Healthy Heart Plan template with MedicalDirector.

Once imported to MedicalDirector, the My Healthy Heart Plan template will be accessible from the **User Defined** templates list.

To use the My Healthy Heart Plan template:

1. Open a patient record (F2)
2. Open the Letterwriter (F8)
3. Select File > New
4. Select **User Defined**
5. Select the **My Healthy Heart Plan** template
6. **OK**



The prompt screen will display:

7. Enter the following information:
 - **Risk** of having a heart attack or stroke (as a percentage)
 - Tick **risk category** (Low, moderate or high)
 - Tick each **factor** that increases the patients risk from the available list (Age etc)
 - Enter the **current blood pressure**
 - Enter the **target blood pressure**
 - Enter **total cholesterol** (mmol/L)
 - Enter **HDL cholesterol** (mmol/L)
 - Enter **LDL cholesterol** (mmol/L)
 - Enter **triglycerides** (mmol/L)
8. Enter **next appointment** date (Tick the box and type over the date displayed)
9. Enter the **position** of the person completing the plan
10. Enter **the name of the GP**
11. Select **OK**

User Defined Fields

Enter the values for these fields:

Fields

My risk of having a heart attack or stroke (%):

Factors that increase my risk of stroke/heart attack:

Age:

High blood pressure:

High cholesterol:

Smoking:

Unhealthy diet:

Being inactive:

Alcohol intake:

Waist circumference or BMI:

Diabetes:

Kidney disease:

Family history of heart disease:

Cultural background:

Depression or social isolation:

Blood pressure (mmHg):

My blood pressure goal (mmHg):

Total cholesterol (mmol/L):

HDL cholesterol (mmol/L):

LDL cholesterol (mmol/L):

Triglycerides (mmol/L):

Next appointment date: 1/07/2021

Plan prepared by:

Position:

GP's name:

12. The Healthy Heart plan will be displayed. Enter any **New medications** including blood pressure and cholesterol lowering or other relevant medications, including the name, dose, instructions and any relevant notes to assist the patient.

New medication (if any)				
Type	Name	Dose	How to take	Notes
Blood pressure lowering				
Cholesterol lowering				
Other				

13. Enter **Lifestyle goals** tailored for the patient including how and when they are to be achieved to supplement the Heart Foundation goals in the plan.

Lifestyle goals		
	Heart Foundation goal	My goal – be specific (how and when)
Smoking	Quit smoking and/or avoid second-hand smoke	Quit smoking at home alongwith partner by 1st August, 2021
Healthy eating	Eat a heart healthy diet: <ul style="list-style-type: none"> Plenty of vegetables, fruits and wholegrains 	

14. Enter any **Further support referrals** that may be useful for the patient.
15. Select **File > Save** to save a copy of the Healthy Heart Plan in the Letters section of the patient record.
16. **Save.**
17. Select **File > Print** to print a copy to give to the patient
18. Select **File > Email > Send** to email a copy to the patient.
19. Tick '**Email patient**' to send to the patient email recorded in their demographic profile.
20. **OK**

