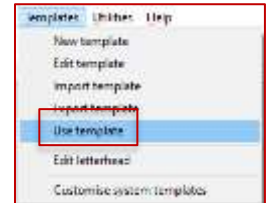


# Summary Sheet

## How to use the 'My Healthy Heart Plan' template

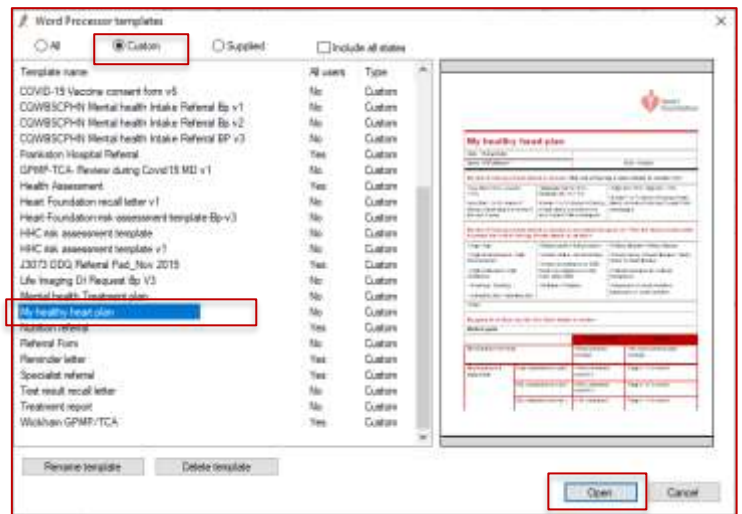
Follow these instructions to use your My Healthy Heart Plan template with Bp Premier.

Once imported to Bp Premier, the My Healthy Heart Plan template will be accessible from the **Custom** templates list.



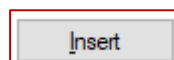
To use the My Healthy Heart Plan template:

1. Open a patient record (F2)
2. Open the Word Processor (F4)
3. Select **Templates > Use template**
4. Select **Custom**
5. Select the **My Healthy Heart Plan** template
6. **Open**



The prompt screen will display:

7. Enter the following information:
  - **Risk** of heart attack or stroke (enter as a percentage)
  - Tick **risk category** (low or moderate or high)
  - Tick each **factor** from the available list (age etc) that increases the patients risk of heart attack or stroke eg age
  - 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 **date of next appointment** (Tick the box and type over the date displayed)
9. Enter the **position** of the person completing the template
10. Enter **the name of the GP**
11. Select **Insert**



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)
<b>Smoking</b>	Quit smoking and/or avoid second-hand smoke	Quit smoking at home alongwith partner by 1st August, 2021
<b>Healthy eating</b>	Eat a heart healthy diet: <ul style="list-style-type: none"> <li>• Plenty of vegetables, fruits and wholegrains</li> </ul>	

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 Correspondence Out section of the patient record.

16. **Save.**

17. Select **File > Print** to print a copy to give to the patient

18. Select **File > Send mail** to email a copy to the patient.

Tick **'Use patient email'** to send to the patient email recorded in their demographic profile.

NB. Emails need to be configured in Bp and practice consent process followed.

19. **Send.**