

45 to 49 Health Check List - Shortcut 45hc

PART 1 (Nurse or doctor) .. You could give the patient [RACGP Survey](#) (prior to this visit)
Click on progress notes and enter '45hc' to produce checklist:

1. Start with Family history & Social history. Cover:

Family History: (hypertension, heart disease, diabetes, cancers, anxiety or depression)

Social History: (cover any family or work issues (Nb. alcohol & smoking separate entry))

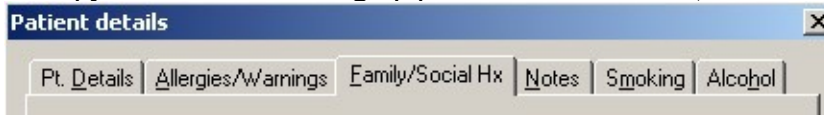
And enter details below

Details FH:

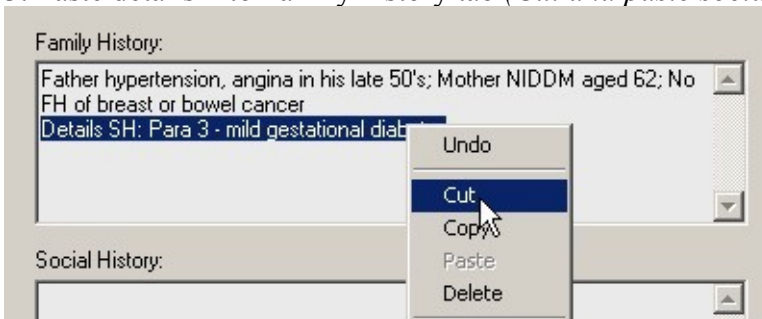
Details SH:

Nb. Good time to ask: Are you happy with life, ever felt depressed, ever considered suicide?

2. Copy details & now bring up patient details screen (*hit Ctrl+D*)



3. Paste details into Family history tab (*Cut and paste social history part*)



4. Whilst in Patient Details: Complete Allergies, Smoking & Alcohol Sections

Optional: place code "45hc" in Warnings & Custom fields section of notes (will enable database search for persons having had 45-49 health check)

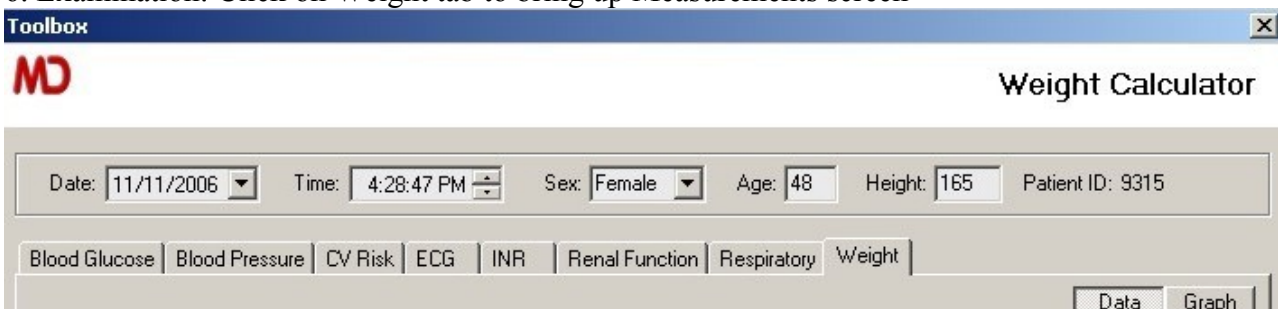
5. Save & Close Patient Details and then update:

History list (Active and Past) –

Immunisations

Medications: Update (*doctor only*)

6. Examination: Click on Weight tab to bring up Measurements screen



Fill in weight, waist measurement & height (save)

Perform peakflow in Respiratory tab

Click on CVS tab and fill in BP (nb. If a cholesterol level is inserted - risk level displays)

Note: All the above apart from the "Medications" section could be performed by your practice nurse prior to you seeing the patient (**recommended**).

PART 2 (Doctor or possibly nurse)

1. Open Letter writer and select '45healthCheck' template

2. Fill in template questions (snapshot of fields below)

User Defined Fields

Enter the values for these fields:

Fields	Value
at risk factor(s):	Family History of Heart Disease
Total cholesterol:	5.0
Target LDL:	3.0
Smoker:	No
current exercise:	No regular exercise
Exercise plan:	Will increase exercise - no specificatic
current diet:	Could improve on diet
Overweight:	Yes
healthy eating plan:	Advised to follow healthy eating sheet recommendations. ? Will see practice nurse f
Diet plan:	Given Weight Management sheet
Osteoporosis risk:	<input type="checkbox"/>
Depression:	<input type="checkbox"/>
Depression plan:	Given 1 page depression warning signs
Peak flow:	440 = 96%
Recommendations investigations:	Investigations: FBE, Fasting Lipids, HDL, glucose, ferritin, creatinine

OK Cancel

3. The Final Plan satisfies 'mandatory' requirements

Taking patient history and updating an existing history

Examination: BP, weight, BMI

Interventions:

- Investigations
- Patient self management
- Education & advice
- Treatment
- Referral

4. Also creates a Health Check plan for the patient (identifying risks & interventions)

Click here for example of final plan (page 1 - print out and give to patient)

Nb. Patient measurements of Height, Weight, BMI, Peak flow can be copied from page 2 and inserted into Page 1 printout.