

Aged 45 to 49 'At Risk' HEALTH CHECK - initiated by Dr. Colin R. Adams

Ms Gloria Test , aged 49 yrs Date of Plan: 26/12/2006

Your At Risk Factor(s): Family History of Heart Disease, Hypertension

Assessment & Check list of recommendations

	GOALS		
Examination	IDEAL		Your Pathology
Your Height: 165cms Your Wt: 76 Your BMI: 27.9	BMI 20 - 25% Wt range:		Total Cholesterol : HDL cholesterol:
Blood Pressure Your BP: 130/80	Less than 130 / 80		LDL cholesterol:
Smoking: No	No smoking: Quitline 131 848		Triglycerides:
			IDEAL
			less than 5.0 greater than 1
			less than 3.0
			Less than 1.5

Management Plans (where appropriate)

Current Exercise: No regular exercise	Aim: 60 minutes every day Min: 40 mins - 3 days/week	Exercise Plan Will increase exercise - no specifications
Current Diet: Could improve on diet Overweight: Yes	<i>Limit</i> fat, salt, sugar & alcohol <i>Increase</i> fibre, sterols, omega3 <i>Adequate</i> fruit and vegetables	Healthy Eating Plan: Advised to follow healthy eating sheet recommendations. ? Will see practice nurse for assistance Overweight Plan Yes - Given Weight Management sheet
Alcohol:	<i>Aim</i> 2 alcohol free days/week Men: 3 standard drinks/day Women: 2 standard drinks/day	Phone counseling & information 1800 888 236
Osteoporosis risk: No	Risks: Low weight (BMI) Family history of osteoporosis Early menopause	Advised Bone scan: No
Depression: No	Beyond blue 1300 789 978	Plan: No - Given 1 page depression warning signs
? At risk of cancer Skin, breast, bowel, prostate	Start bowel cancer screen > 50 (earlier if Family History)	Men: ? prostate screening aged 50 Women: ? have cervical, breast screening
Lung peak flow 440 = 96%	Peak flow > 90% predicted	

Self-Care Education sheets given to assist

- Heart Foundation Benefits of exercise & some statistics HF General diet advice
 Weight management sheet: (If not dieting then what) Depression management
 Others:

Investigations Investigations: FBE, Fasting Lipids, HDL, glucose, ferritin, creatinine

Subsequent management

- Review when investigations complete
- Create specific 'Disease Management Plan' if relevant (Diabetes, Asthma, Hypertension, High lipids)

Patient Agreement (for careplan)

I have agreed / my carer has agreed, to this Health Assessment and understand the recommendations above. I am happy for this information to be shared with any Health Care providers as appropriate.

Signed by Patient/ Carer _____

Aged 45 to 49 'At Risk' CAREPLAN Item 717 - initiated by Dr. Colin R. Adams**Ms Gloria Test , aged 49 yrs Date of Plan:** 26/12/2006Fact sheets for - Chronic disease management plans link: { [HYPERLINK](#)"<http://www.nevdgp.org.au/info/careplans/index.htm>" \ "FS"}**Others available from practice nurse include:** Reducing weight, Sterols, Why diets don't work, Walking plan & pedometers, Heartmoves CD, Arthritis issues, Asthma plan & issues**Initial Notes:****Tuesday December 26 2006** 14:26:49

Dr. Colin R. Adams

Examination:**General:**

Weight: 76 Kg

BMI: 27.9

BP(Sitting): 130/80

Respiratory:

Respiratory function:

	Pred	Pre	Pre%	Post	Post%	%Var
PEFR:	454	440	96.92			
FEV1:	2.71		0.00			
FVC:	3.29		0.00			
FER:	82.37					

Actions:

Letter Created - re. 45hc_new.

Measurements:

Date	BP (Sitting)	Height	Weight
26/12/2006	130/80	165	76

Family & Social History

Smoker: Ex-smoker Alcohol intake: None recorded.

Mother - Angina aged 58

Current Conditions

Date	Condition -- Comment
June 1999	HYPERTENSION BP 160/95

Past History

Date	Condition -- Comment
February 1999	RECURRENT UTI Ultrasound: kidneys normal - 15ml residual urine

Medications

Drug Name	Ltd. Elapse	Strength	Dose/Freq./Special
RAMACE Tablet		5mg	1 mane

Allergies and Immunisations

AMOXIL	rash 6/2002
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Relevant Pathology: