

# PERSONALISED CARE PLAN

Name:	arthi	Patient ID:	4
DOB:	.....	Hosp No:	.....
NHS No:	.....		

## Generated Care Plan

### \*\*Model Predictions (Risk Summary for Each Condition)\*\*

#### \* Diabetes:

+ Low risk: general care plan, exercise, and diet recommendations

#### \* Heart Disease:

+ Medium/High risk: care plans and suggest contacting paramedical support where appropriate

#### \* Hypertension:

+ High risk: clearly alert to consult a doctor immediately and provide emergency care plans supported by the context

### \*\*Care Plan (Disease Management, Monitoring, and Prevention)\*\*

#### \* Diabetes:

+ Blood glucose monitoring

+ HbA1c checks

+ Diet: reduce salt intake, avoid processed foods, and focus on whole foods like fruits, vegetables, and whole grains

+ Exercise: aim for 150 minutes of moderate-intensity activity per week (e.g., brisk walk after meals) and strength training 2-3 times a week

#### \* Heart Disease:

+ BP monitoring

+ Cholesterol management

+ Diet: focus on heart-healthy foods like fruits, vegetables, whole grains, and lean proteins

+ Exercise: aim for 150 minutes of moderate-intensity activity per week (e.g., brisk walk after meals) and strength training 2-3 times a week

#### \* Hypertension:

+ BP monitoring

+ Lifestyle changes: maintain a healthy body weight (BMI between 18.5 and 24.9), reduce sodium intake, and avoid processed foods

+ Diet: focus on whole foods like fruits, vegetables, whole grains, and lean proteins

### \*\*Diet Recommendations (Breakfast / Lunch / Dinner / Snacks)\*\*

\* Breakfast: oatmeal with banana, spinach, and a sprinkle of potassium-rich foods (e.g., almond butter)

\* Lunch: whole grain wrap with roasted vegetables, lean turkey breast, and avocado

\* Dinner: baked salmon with quinoa, steamed broccoli, and a side salad with potassium-rich foods (e.g., yogurt-based dressing)

\* Snacks: baby carrots with hummus, Greek yogurt with berries and spinach, or trail mix with nuts and dried fruits

### \*\*Exercise Suggestions (Frequency + Intensity)\*\*

\* Aim for 150 minutes of moderate-intensity activity per week (e.g., brisk walk after meals) and

strength training 2-3 times a week

- \* Incorporate activities like yoga, swimming, and bodyweight exercises to improve overall health and well-being

#### **\*\*Monitoring & Tests\*\***

- \* Blood glucose monitoring (for diabetes)
- \* BP monitoring (for hypertension and heart disease)
- \* Cholesterol checks (for heart disease)
- \* HbA1c checks (for diabetes)

#### **\*\*Red Flags Requiring Urgent Medical Attention\*\***

- \* Sudden onset of severe symptoms, such as chest pain or difficulty breathing
- \* Uncontrolled high blood pressure (BP > 180/120 mmHg)
- \* Severe hypoglycemia (blood sugar < 70 mg/dL) for people with diabetes

#### **\*\*General Health Plan (Lifestyle, Habits)\*\***

- \* Maintain a healthy body weight (BMI between 18.5 and 24.9)
- \* Reduce sodium intake and avoid processed foods
- \* Incorporate stress-reducing activities like yoga, meditation, or gardening
- \* Aim for 7-8 hours of restful sleep daily
- \* Limit alcohol consumption to 1 drink/day for women and 2 drinks/day for men
- \* Quit smoking to reduce blood vessel damage