

PERSONALISED CARE PLAN

Name:	Boomika E	Patient ID:	3
DOB:	Hosp No:
NHS No:		

Generated Care Plan

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

- * Diabetes: Medium Risk
- * Heart Disease: Low Risk
- * Hypertension: High Risk

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

Diabetes:

- * Blood glucose monitoring
- * HbA1c checks every 3 months
- * Diet:
 - + Reduce sugar intake
 - + Increase potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- * Exercise: Aim for 30 minutes of moderate-intensity activity per day, 5 days a week (e.g., yoga or swimming)
- * Lifestyle changes:
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Limit late-night screen use and maintain a consistent sleep schedule

Heart Disease:

- * Blood pressure monitoring
- * Cholesterol management: no specific recommendations found in context, but patients should consult a doctor for personalized advice
- * Diet:
 - + Reduce salt intake
 - + Increase potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- * Exercise: Aim for 30 minutes of moderate-intensity activity per day, 5 days a week (e.g., yoga or swimming)
- * Lifestyle changes:
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Limit late-night screen use and maintain a consistent sleep schedule

Hypertension:

- * Blood pressure monitoring
- * Lifestyle changes:
 - + Reduce sodium intake by avoiding foods like papads, pickles, chips, salted snacks, sauces, and processed foods
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Limit late-night screen use and maintain a consistent sleep schedule

****Diet Recommendations****

- * Breakfast: Start with a balanced breakfast including potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- * Lunch: Choose whole grains, lean proteins, and plenty of fruits and vegetables
- * Dinner: Emphasize fish, poultry, and plant-based options, with a side of whole grain and potassium-rich foods
- * Snacks: Opt for fruits, nuts, seeds, or low-fat cheese

****Exercise Suggestions****

- * Frequency: Aim for 30 minutes of moderate-intensity activity per day, 5 days a week (e.g., yoga or swimming)
- * Intensity: Moderate-intensity activities such as brisk walking, cycling, or swimming are recommended
- * Strength Training: Incorporate strength training exercises at least twice a week to build muscle and bone density

****Monitoring & Tests****

- * Blood glucose monitoring for diabetes
- * Blood pressure monitoring for hypertension
- * Cholesterol management: consult a doctor for personalized advice
- * HbA1c checks every 3 months for diabetes

****Red Flags Requiring Urgent Medical Attention****

- * For high-risk patients, seek immediate medical attention if experiencing:
 - + Severe chest pain or difficulty breathing
 - + Sudden severe headache or confusion
 - + Severe abdominal pain or vomiting blood

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

- * Prioritize stress management techniques like mindfulness, meditation, yoga, and gardening to reduce stress levels
- * Avoid multitasking overload and maintain a positive mindset
- * Limit alcohol consumption to 1 drink per day for women and 2 drinks per day for men
- * Quit smoking to reduce blood vessel damage
- * Aim for 7-8 hours of restful sleep daily and prioritize sleep hygiene practices