

PERSONALISED CARE PLAN

Name:	boomi	Patient ID:	1
DOB:	Hosp No:
NHS No:		

Generated Care Plan

****Model Predictions (Risk Summary for each condition)****

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

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

Diabetes:

- * Blood glucose monitoring
- * HbA1c checks every 3 months
- * Diet:
 - + Breakfast: Oatmeal with banana and almond milk
 - + Lunch: Grilled chicken with brown rice and mixed vegetables
 - + Dinner: Baked salmon with quinoa and steamed broccoli
 - + Snacks: Fresh fruits and nuts
- * Exercise:
 - + Frequency: 5 days a week
 - + Intensity: Moderate-intensity activity, such as brisk walking or swimming for at least 30 minutes per session
- * Lifestyle:
 - + Weight management: Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Stress management: Practice mindfulness, meditation, yoga, music, gardening, or other stress-reducing activities

Hypertension:

- * BP monitoring every 2 weeks
- * Diet:
 - + Breakfast: Oatmeal with banana and almond milk
 - + Lunch: Grilled chicken with brown rice and mixed vegetables
 - + Dinner: Baked salmon with quinoa and steamed broccoli
 - + Snacks: Fresh fruits, nuts, and potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- * Exercise:
 - + Frequency: 5 days a week
 - + Intensity: Moderate-intensity activity, such as brisk walking or swimming for at least 30 minutes per session
- * Lifestyle:
 - + Weight management: Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Stress management: Practice mindfulness, meditation, yoga, music, gardening, or other stress-reducing activities

Heart Disease:

- * BP monitoring every 2 weeks
- * Cholesterol management: Monitor cholesterol levels every 3 months
- * Diet:
 - + Breakfast: Oatmeal with banana and almond milk
 - + Lunch: Grilled chicken with brown rice and mixed vegetables
 - + Dinner: Baked salmon with quinoa and steamed broccoli
 - + Snacks: Fresh fruits, nuts, and potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- * Exercise:
 - + Frequency: 5 days a week
 - + Intensity: Moderate-intensity activity, such as brisk walking or swimming for at least 30 minutes per session
- * Lifestyle:
 - + Weight management: Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Stress management: Practice mindfulness, meditation, yoga, music, gardening, or other stress-reducing activities

Monitoring & Tests

- * Blood glucose levels every 3 months for diabetes
- * BP monitoring every 2 weeks for hypertension and heart disease
- * Cholesterol levels every 3 months for heart disease

Red Flags Requiring Urgent Medical Attention

- * Symptoms of hypoglycemia (diabetes): Shakiness, dizziness, sweating, or hunger
- * Chest pain or discomfort, pressure in the chest, arm, or shoulder, or shortness of breath (heart disease)
- * Severe headache, confusion, weakness, or difficulty speaking (hypertension)

General Health Plan

- * Lifestyle: Maintain a healthy body weight with a BMI between 18.5 and 24.9
- * Diet: Follow the diet plan outlined above for all three conditions
- * Exercise: Engage in moderate-intensity physical activity for at least 30 minutes per session, 5 days a week
- * Stress management: Practice mindfulness, meditation, yoga, music, gardening, or other stress-reducing activities
- * Sleep hygiene: Aim for 7-8 hours of restful sleep daily, maintain a consistent sleep schedule, and avoid late-night screen use.