

PERSONALISED CARE PLAN

Name:	boomika	Patient ID:	V7vW8ecRRozF2ZRzIxxS
DOB:	Hosp No:
NHS No:		

Generated Care Plan

Model Predictions (Risk Summary for Each Condition)

- * Diabetes: Medium risk
- * Heart disease: High risk
- * Hypertension: Very high risk

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
 - + Exercise: Aim for 150 minutes of moderate-intensity activity per week, including strength training
 - + Lifestyle: Maintain a healthy body weight (BMI between 18.5 and 24.9), manage stress, and prioritize sleep hygiene
- * Heart disease:
 - + Blood pressure monitoring
 - + Cholesterol management
 - + Diet: Reduce salt intake, avoid processed foods, and focus on whole foods
 - + Exercise: Aim for 150 minutes of moderate-intensity activity per week, including strength training
 - + Lifestyle: Manage stress, prioritize sleep hygiene, and quit smoking (if applicable)
- * Hypertension:
 - + Blood pressure monitoring
 - + Lifestyle changes: Maintain a healthy body weight (BMI between 18.5 and 24.9), manage stress, and prioritize sleep hygiene
 - + Diet: Reduce salt intake, avoid processed foods, and focus on whole foods

Diet Recommendations

- * Breakfast: Oatmeal with banana and yogurt, whole-grain toast with avocado and eggs
- * Lunch: Grilled chicken or fish with brown rice and steamed vegetables
- * Dinner: Roasted vegetables with quinoa and lean beef or turkey
- * Snacks: Fresh fruits, carrot sticks with hummus, and nuts

Exercise Suggestions

- * Frequency: Aim for 150 minutes of moderate-intensity activity per week
- * Intensity: Include strength training exercises 2-3 times a week
- * Examples:
 - + Yoga: 30 minutes, 5 days a week
 - + Swimming: 30 minutes, 3 times a week
 - + Brisk walk: 10-15 minutes after meals, 5-7 days a week

Monitoring & Tests

- * Blood glucose monitoring for diabetes
- * Blood pressure monitoring for hypertension and heart disease
- * HbA1c checks for diabetes
- * Cholesterol management for heart disease
- * Potassium intake monitoring to balance sodium levels

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

- * Symptoms of high blood sugar (e.g., increased thirst, urination, or blurred vision)
- * Chest pain or shortness of breath
- * Severe headaches or confusion
- * Unexplained fatigue or weakness
- * Sudden changes in vision or speech

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

- * Maintain a healthy body weight (BMI between 18.5 and 24.9)
- * Manage stress through mindfulness, meditation, yoga, music, or gardening
- * Prioritize sleep hygiene: Aim for 7-8 hours of restful sleep daily
- * Avoid multitasking overload and maintain a positive mindset
- * Limit alcohol intake to 1 drink/day for women and 2 drinks/day for men (if applicable)
- * Quit smoking to reduce blood vessel damage