

# PERSONALISED CARE PLAN

Name:	sai	Patient ID:	1
DOB:	.....	Hosp No:	.....
NHS No:	.....		

## Generated Care Plan

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

#### \* Diabetes: MEDIUM/HIGH risk

+ Based on lifestyle modifications and diet recommendations, diabetes management requires ongoing attention to blood glucose levels, HbA1c checks, and adjustments to daily habits.

#### \* Heart disease: MEDIUM risk

+ Given the emphasis on BP monitoring, cholesterol management, and diet/exercise recommendations, heart disease prevention requires regular check-ins and lifestyle adjustments.

#### \* Hypertension: MEDIUM/HIGH risk

+ With a focus on BP monitoring, lifestyle changes, and dietary modifications, hypertension management demands consistent attention to blood pressure levels and overall health habits.

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

#### ### Diabetes Care Plan

\* Blood glucose monitoring: Regularly check blood glucose levels to adjust medication and diet as needed

\* HbA1c checks: Schedule regular HbA1c tests to monitor blood sugar control

\* Diet: Focus on reducing salt intake, avoiding processed foods, and eating potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)

\* Exercise: Aim for 150 minutes of moderate-intensity activity per week, including strength training and daily brisk walks after meals

\* Lifestyle:

+ Maintain a healthy body weight with a BMI between 18.5 and 24.9

+ Engage in stress management techniques (mindfulness, meditation, yoga) to reduce stress levels

#### ### Heart Disease Care Plan

\* BP monitoring: Regularly check blood pressure levels to monitor heart health

\* Cholesterol management: Monitor cholesterol levels and adjust diet/exercise as needed

\* Diet: Emphasize reducing salt intake, avoiding processed foods, and eating potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)

\* Exercise: Aim for 150 minutes of moderate-intensity activity per week, including strength training and daily brisk walks after meals

\* Lifestyle:

+ Maintain a healthy body weight with a BMI between 18.5 and 24.9

+ Engage in stress management techniques (mindfulness, meditation, yoga) to reduce stress levels

#### ### Hypertension Care Plan

\* BP monitoring: Regularly check blood pressure levels to monitor heart health

\* Lifestyle changes:

+ Maintain a healthy body weight with a BMI between 18.5 and 24.9

- + Limit sodium intake and avoid processed foods
- + Engage in stress management techniques (mindfulness, meditation, yoga) to reduce stress levels
- \* Diet: Emphasize potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt) and reduced salt intake

#### **\*\*Diet Recommendations\*\***

- \* Breakfast:
  - + Oatmeal with fruit and nuts
  - + Whole-grain toast with avocado and eggs
- \* Lunch:
  - + Grilled chicken or fish with brown rice and steamed vegetables
  - + Whole-grain pita with hummus, cucumber, and tomato
- \* Dinner:
  - + Baked salmon with roasted vegetables and quinoa
  - + Grilled turkey or beef with sweet potato and green beans
- \* Snacks:
  - + Fresh fruit and nuts
  - + Greek yogurt with honey and walnuts

#### **\*\*Exercise Suggestions\*\***

- \* Frequency: Aim for 150 minutes of moderate-intensity activity per week, including strength training and daily brisk walks after meals
- \* Intensity: Moderate-intensity activities include swimming, yoga, or brisk walking. Strength training can be done through bodyweight exercises or resistance bands.

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

- \* Blood glucose levels (diabetes)
- \* Blood pressure readings (hypertension)
- \* Cholesterol levels (heart disease)
- \* HbA1c tests (diabetes)

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

- \* Sudden onset of severe chest pain or difficulty breathing
- \* Severe headache or confusion
- \* Numbness, tingling, or weakness in the face, arm, or leg
- \* Difficulty speaking or swallowing

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

- \* Maintain a healthy body weight with a BMI between 18.5 and 24.9
- \* Engage in stress management techniques (mindfulness, meditation, yoga) to reduce stress levels
- \* Aim for 7-8 hours of restful sleep daily
- \* Limit screen time before bedtime and establish a consistent sleep schedule
- \* Avoid multitasking overload and maintain a positive mindset