

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
- * Heart Disease: High
- * Hypertension: High

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

Diabetes:

- * Blood glucose monitoring
- * HbA1c checks every 3 months
- * Diet:
 - + Reduce salt intake by avoiding processed foods and cooking with minimal salt
 - + Eat potassium-rich foods like bananas, potatoes, spinach, salmon, and yogurt to balance sodium levels
- * Exercise: Aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week)
- * Lifestyle:
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Practice stress management techniques like mindfulness, meditation, yoga, or music to reduce stress levels

Heart Disease:

- * Blood pressure monitoring
- * Cholesterol management: Reduce intake of processed foods and increase potassium-rich foods to support heart health
- * Diet:
 - + Reduce salt intake by avoiding processed foods and cooking with minimal salt
 - + Eat potassium-rich foods like bananas, potatoes, spinach, salmon, and yogurt to balance sodium levels
- * Exercise: Aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week)
- * Lifestyle:
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9
 - + Practice stress management techniques like mindfulness, meditation, yoga, or music to reduce stress levels

Hypertension:

- * Blood pressure monitoring
- * Lifestyle changes:
 - + Maintain a healthy body weight with a BMI between 18.5 and 24.9

- + Reduce salt intake by avoiding processed foods and cooking with minimal salt
- + Limit alcohol consumption to 1 drink/day for women, 2/day for men
- + Quit smoking to reduce blood vessel damage
- * Diet:
- + Eat potassium-rich foods like bananas, potatoes, spinach, salmon, and yogurt to balance sodium levels

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

- * Breakfast: Oatmeal with banana and honey, whole-grain toast with avocado and eggs
- * Lunch: Grilled chicken or fish with brown rice and steamed vegetables
- * Dinner: Quinoa and black bean bowl with roasted sweet potatoes and green beans
- * Snacks: Fresh fruit like apples or berries, carrot sticks with hummus

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

- * Aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week)
- * Include strength training exercises 2-3 times a week to build muscle and bone density
- * Consider incorporating yoga or swimming as part of your exercise routine

****Monitoring & Tests****

- * Blood glucose monitoring for diabetes
- * Blood pressure monitoring for hypertension
- * Cholesterol checks every 6 months for heart disease
- * HbA1c checks every 3 months for diabetes

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

- * Severe symptoms like chest pain, shortness of breath, or severe headache in patients with heart disease or hypertension
- * Severe hypoglycemia (low blood sugar) in patients with diabetes

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

- * Maintain a healthy body weight with a BMI between 18.5 and 24.9
- * Reduce stress levels through mindfulness, meditation, yoga, or music
- * Aim for 7-8 hours of restful sleep daily
- * Limit alcohol consumption to 1 drink/day for women, 2/day for men
- * Quit smoking to reduce blood vessel damage