

PERSONALISED CARE PLAN

Name:	sam	Patient ID:	5
DOB:	Hosp No:
NHS No:		

Generated Care Plan

Model Predictions (Risk Summary for Each Condition)

- * Diabetes: LOW risk
- * Heart Disease: MEDIUM risk
- * Hypertension: MEDIUM risk

Care Plan (Disease Management, Monitoring, and Prevention)

* **Diabetes.**

- + Blood glucose monitoring regularly
- + HbA1c checks every 3-6 months
- + Diet: focus on reducing salt intake, avoiding processed foods, and increasing potassium-rich foods (bananas, potatoes, spinach, salmon, yogurt)
- + Exercise: aim for 30 minutes of moderate-intensity activity per day, including strength training exercises to build muscle tissue

* **Heart Disease.**

- + Blood pressure monitoring regularly
- + Cholesterol management through diet and lifestyle changes
- + Diet: focus on reducing salt intake, increasing potassium-rich foods, and avoiding processed foods
- + Exercise: aim for 30 minutes of moderate-intensity activity per day, including strength training exercises to build muscle tissue

* **Hypertension.**

- + Blood pressure monitoring regularly
- + Lifestyle changes: maintain a healthy body weight (BMI between 18.5 and 24.9), increase potassium-rich foods, and reduce stress levels through mindfulness, meditation, or yoga

Diet Recommendations

- * Breakfast: whole-grain toast with avocado, eggs, and bananas
- * Lunch: grilled chicken or fish with brown rice, steamed vegetables, and a side salad with potassium-rich fruits (bananas, dates)
- * Dinner: roasted vegetables with quinoa, lean beef or chicken, and a side of potatoes or sweet potatoes
- * Snacks: baby carrots with hummus, fresh berries with Greek yogurt, or a handful of almonds

Exercise Suggestions

- * Frequency: aim for 30 minutes of moderate-intensity activity per day (e.g., brisk walking, swimming)
- * Intensity: incorporate strength training exercises 2-3 times a week to build muscle tissue and strengthen bones and joints
- * Additional suggestions: incorporate yoga or meditation sessions 1-2 times a week to reduce stress levels

****Monitoring & Tests****

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

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

- * Symptoms of hypoglycemia (diabetes) such as shakiness, dizziness, or confusion
- * Chest pain or difficulty breathing (heart disease)
- * Severe headache or facial flushing (hypertension)

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

- * Maintain a healthy body weight (BMI between 18.5 and 24.9)
- * Limit salt intake and increase potassium-rich foods
- * Engage in regular physical activity (30 minutes per day) and strength training exercises (2-3 times a week)
- * Practice stress-reducing techniques such as mindfulness, meditation, or yoga
- * Aim for 7-8 hours of restful sleep daily