

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

Care Plan (Disease Management, Monitoring, and Prevention)

* **Diabetes.**

- + Blood glucose monitoring
- + HbA1c checks every 3 months
- + Diet: reduce salt intake, avoid processed foods; prioritize potassium-rich foods like bananas, potatoes, spinach, salmon, yogurt
- + Exercise: aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week) and strength training to build muscle tissue
- + Lifestyle: maintain a healthy body weight (BMI between 18.5 and 24.9), avoid multitasking overload, practice stress management techniques like yoga, meditation, or music

* **Heart Disease.**

- + BP monitoring every month
- + Cholesterol management through diet and potentially medication
- + Diet: reduce salt intake, prioritize potassium-rich foods; limit processed foods and saturated fats
- + Exercise: aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week) and strength training to build muscle tissue
- + Lifestyle: maintain a healthy body weight (BMI between 18.5 and 24.9), avoid smoking, limit alcohol consumption to 1 drink/day for women and 2 drinks/day for men

* **Hypertension:**

- + BP monitoring every week
- + Lifestyle changes: reduce sodium intake, prioritize potassium-rich foods; maintain a healthy body weight (BMI between 18.5 and 24.9)
- + Diet: avoid processed foods, limit saturated fats; prioritize fruits, vegetables, whole grains, and lean protein sources
- + Exercise: aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week) and strength training to build muscle tissue

Diet Recommendations

* **Breakfast:** Oatmeal with banana and spinach, whole-grain toast with avocado, Greek yogurt with berries

* **Lunch:** Grilled chicken or fish with quinoa and steamed vegetables, whole-grain pita with hummus and cucumber slices

* **Dinner:** Baked salmon with roasted sweet potatoes and green beans, grilled turkey burger on a whole-grain bun with mixed greens

* **Snacks:** Fresh fruits, carrot sticks with hummus, air-popped popcorn

****Exercise Suggestions****

* ****Frequency:**** Aim for 150 minutes of moderate-intensity activity per week (e.g., 30 minutes, 5 days/week)

* ****Intensity:**** Moderate-intensity activities like brisk walking, swimming, or cycling; strength training exercises can be done 2-3 times a week

****Monitoring & Tests****

* Blood glucose monitoring for diabetes

* BP monitoring every month for heart disease and hypertension

* HbA1c checks every 3 months for diabetes

* Cholesterol management through blood tests and medication (if necessary)

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

* Sudden severe headache or confusion (possible sign of stroke)

* Chest pain or pressure (possible sign of heart attack)

* Severe shortness of breath or difficulty breathing

* Sudden vision changes or loss of vision

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

* Prioritize potassium-rich foods like bananas, potatoes, spinach, salmon, yogurt

* Limit processed foods and saturated fats

* Maintain a healthy body weight (BMI between 18.5 and 24.9)

* Avoid multitasking overload and practice stress management techniques like yoga, meditation, or music

* Aim for 7-8 hours of restful sleep daily and maintain a consistent sleep schedule