

# WIP RISK SUMMARY

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## **Risk Summary – Align with Themes/Topics**

### **Medication Non-Adherence**

Never take medications  
Deliberately reduce medications  
Stop medications  
Forget to take medications  
Take wrong amount of medications – too many  
Take wrong amount of medications – too few  
Take medications at wrong time of day  
Take medication holiday  
Abuse medications  
Interactions with over-the-counter medications  
Interactions with vitamins  
Interactions with herbals and supplements  
Interactions with foods  
Real side-effects from medications  
Imagined side-effects from medications  
Side-effects from medication not noticed  
Side-effects from medication not reported  
Other symptoms interpreted as side-effects  
Peer pressure from family and friends  
Media articles on medication risks  
Media articles on medication effectiveness  
Too many medications to manage  
Can't afford medications (separate affordability guided conversation for care, food etc)  
Can't access medications  
Extensive travel for business or vacation  
Don't understand the importance of medications  
Forget to take medications  
Taking medications that are no longer required  
Misreading medication packaging  
Not understanding medication packaging  
Not having required pathology tests to assess medication effectiveness  
Not having required pathology tests to assess medication levels in body  
Not having required pathology tests to assess medication side-effects (e.g. liver damage from statins)  
Not performing required measurements (e.g. BP, RHR) to assess medication effectiveness  
Not reporting required measurements (e.g. BP, RHR) to physician to assess medication effectiveness  
Not having regular medication reviews with physician  
Taking unapproved generics or medications sourced from overseas  
Have trouble swallowing medications  
Psychosocial issues  
Accessibility issues  
Shelf life expiry of medications

### **Diet – Food and Drink and Supplements**

Insufficient calories for recovery  
Excess calories leading to weight gain  
Macro-nutrient deficiencies for recovery  
Micro-nutrient deficiencies for recovery

Insufficient fibre  
Insufficient soluble fibre  
Excess sodium  
Excess macronutrients  
Excess micronutrients  
Interactions with medications  
Any amount of banned/limited dietary ingredients (e.g. trans fats, caffeine)  
Inadequate nutrition for gut biome  
Allergic foods  
Hard to digestive aids  
Under cooked foods – contamination risks  
Over cooked foods – poor nutrition  
Affordability of healthy foods  
Affordability of home delivered fresh meals  
Affordability of healthy frozen foods  
Dining out  
Take out  
Limited range of foods  
Too much meat  
Not enough vegetables  
Too many unhealthy snacks  
Poor portion control  
Don't understand the importance of good nutrition  
Can't access healthy foods  
Can't physically cook  
Don't know how to cook  
Can't store frozen foods  
Can't meal plan  
Lots of travel  
Working long hours  
Family pressures  
Cultural preferences  
Emotional eating  
Peer pressures  
Don't drink enough water  
Too many caffeinated drinks  
Drink too many sodas  
Alcohol  
Undiagnosed allergies  
Religious restrictions – permanent  
Religious restrictions – temporary (e.g. festivals)  
Psychosocial issues  
Shift work  
Can't read menus  
Can't read recipes  
Can't read food nutrition labels  
Don't know how to shop for groceries  
Don't know how to store groceries  
Food addictions  
Innumerate – can't calculate servings etc.  
Unaware of healthy food swaps

## **Exercise – Recovery and Rehab**

Heart failure  
No prior exercise experience  
Poor knowledge of exercise  
Doesn't understand the importance of exercise  
Existing sports or other injuries  
Long-term side-effects of previous injuries  
Restrictions from most recent surgery  
Afraid of exercising alone  
Inclement weather events outdoor exercising  
Unaware of risks associated with heat, cold and altitude  
Life too busy  
Doesn't enjoy your exercise  
Wants to return to previous sports or exercise as soon as possible  
Wants to try sports or exercise previously impossible  
Peer pressure  
Family pressure  
Religious restrictions  
Cannot assess own perceived rate of effort  
Unaware of exercise risks  
Unaware of sternum restrictions  
Unaware of mobilisation requirements  
Unable to assess distance or time walked  
Unable to attend cardiac rehabilitation  
Unrealistic expectations  
No access to exercise equipment or facilities  
No access to exercise instruction  
Morbid obesity  
Extreme fatigue  
Inadequate nutrition  
Doesn't want to exercise in front of others  
Frustration at reduced strength, endurance and flexibility after surgery  
Constant travel  
Fear of injury  
Fear of re-triggering heart condition  
Access to medical help in remote areas  
Cultural factors  
Gender factors  
Psychosocial factors  
Accessibility factors  
Affordability of exercise clothing  
Motivation  
Side effects of medications

## **Enablers Summary**

### **Guided Conversations**

Management – access, remembering etc  
Affordability  
Therapeutic

### **Medication Adherence Enablers**

Inpatient conversations with digital human and human team members  
Discharge process  
Advice on the importance of dedications  
Advice on effective lower cost medication alternatives such as generics  
Advice on financial support for medications  
Advice on medication management including reminders  
Digital applications for medication management including reminders  
Physical packaging and pharmacy services for medication management  
Advice on medication side-effects  
Advice on medication interactions  
Advice on travelling with medications - domestic and overseas  
Advice on the initial an ongoing process for obtaining medications  
Advice on pathology tests for medications  
Advice on home measurements for medications  
Ready access to diagnosis and treatment for side effects  
Communicate a clear requirement to consult a physician before reducing, stopping or changing medications  
Digital tools for accurately identifying medications and the packaging  
Trust in prescribed medications and processes to overcome family, peer and media pressure