Current Issue is overload for GP practice.

What’s required is, come up with online system management. That will reduce the load for GPs.

The patient is the key to the system.

Best way to improve prescription is exercise.

3 months of exercise, repeat. To check how it affects the condition of the patient or not.

The most efficient way to help doctors examine patients is to get heart rate measurements, at rest and during exercise.

Looking at the curve and how it’s changing during exercise.

GPs shall compare the results using numbers and graphs.

The default duration of the exercise is 6 months long. Extending the period is optional.

P → GP

NICE tests (every 6 months) to compare if the result is worse or better.

Evaluate the condition of the disease.

Evaluate progression of the disease

P → GP → prescribe medication

* *Textarea Field + dates.* (Upload to To database).

P → GP → Rehabilitation Doctor (he/she does their baseline test before personalised d/ex)

* Personalised diet + exercise program.

**Treadmill Specifications from stakeholders:**

1. Web-based is the easiest. It also leads to motivate people to use the application (doctors and patients). In other words, the application shall be *Secure, Simple, and Efficient.*
2. Drs may add extra values to the system other than heart rates, etc.
3. Focus on Treadmill exercise - speed and slope of the treadmill
4. Attendance of patients is valuable. (Which allows monitoring of attending patients of the sessions (GYM) perform against absent/careless patients)
5. Patient Screening (health questionnaires - make sure the patient has minimum health to exercise)
   1. Gathering some measures about patients to evaluate their fitness for training
6. What’s the best program 4 you

**abs *(ml/kg/mm)*** - breath by breath analysis.

* 1. Measurements at rest
  2. Measurements at stress