

CARDIOVASCULAR RISK ASSESSMENT SHEET

Patient Name: JOVEDate: 2021-11-19

Age: 21Sex: babaeHeight:

177.00Weight: 66.0Waist:

35.0

Cardiovascular Risk Factors

Diabetes No ✓ Yes

Woman Only

Pregnant ☐ Yes ☒ No: Planning Pregnancy ☐ Yes ☒ No: G 0 P 0 Postmenopause ☐ Yes ☒ No

| PAST MEDICAL / SURGICAL HISTORY | | |
|---------------------------------|----------|-----------------|
| Hospitalization or Surgery | | Medical History |
| Reason | Date | |
| Na slide ko dati | Last feb | BP Medication |

| Family HX | Name | Alive | Hypertension | CAD | Stroke | PVD | Diabetic | Age | Cause of Death |
|-----------|---------|-------|--------------|-----|--------|-----|----------|-----|----------------|
| Mother | Jocelyn | no | no | no | no | no | no | 76 | Sakit sa lawas |
| Father | Joseph | yes | no | no | no | no | no | 56 | - |

PRIMARY PREVENTION ASSESSMENT TOOL

1. Smoking status not smoking: Yes
smoking: no amount: 0
2. Diet No
3. Alcohol intake Amount/frequency: 5
4. Physical activity no
5. Blood pressure 90.0

| | | |
|----|---------------------|------|
| 6. | Waist circumference | 35.0 |
|----|---------------------|------|

| | | | |
|----|-------------|-------|------------|
| 7. | Cholesterol | 195.0 | goal(<200) |
|----|-------------|-------|------------|

| | | |
|-----|------|--|
| HDL | 60.0 | goal (men ≥ 40) (women ≥ 50) |
|-----|------|--|

| | | |
|-----------|------|--|
| Diastolic | 30.0 | goal (men ≥ 40) (women ≥ 50) |
|-----------|------|--|

| | |
|-------|------|
| HBA1C | None |
|-------|------|

8. Risk Risk: 0.4069568722399608 Diagnosis: Base sa among sintomas na imong gihatag, wala kay sintomas nga nagaingon nga naa kay sakit sa Kasingkasing.

9. Comment