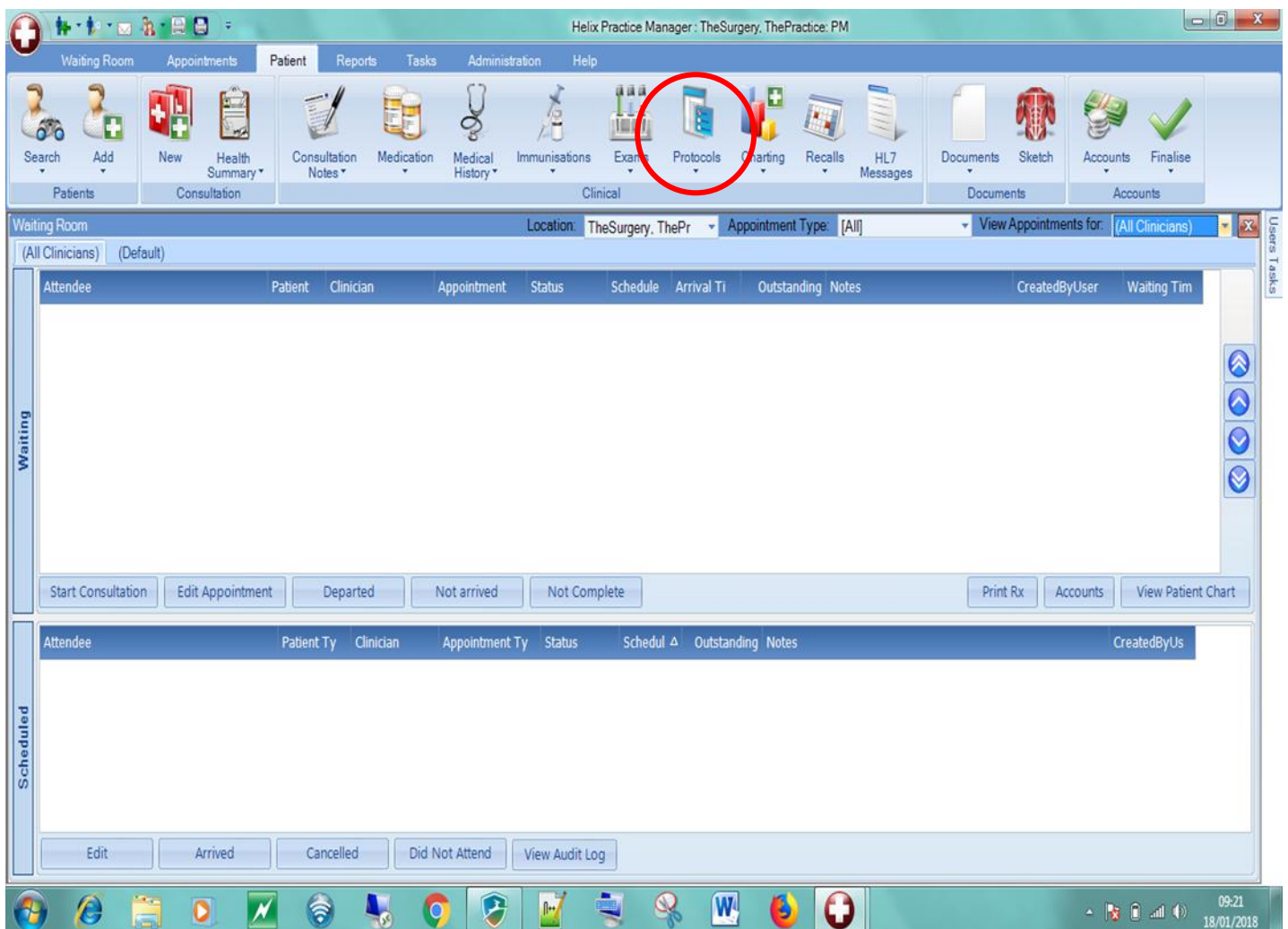


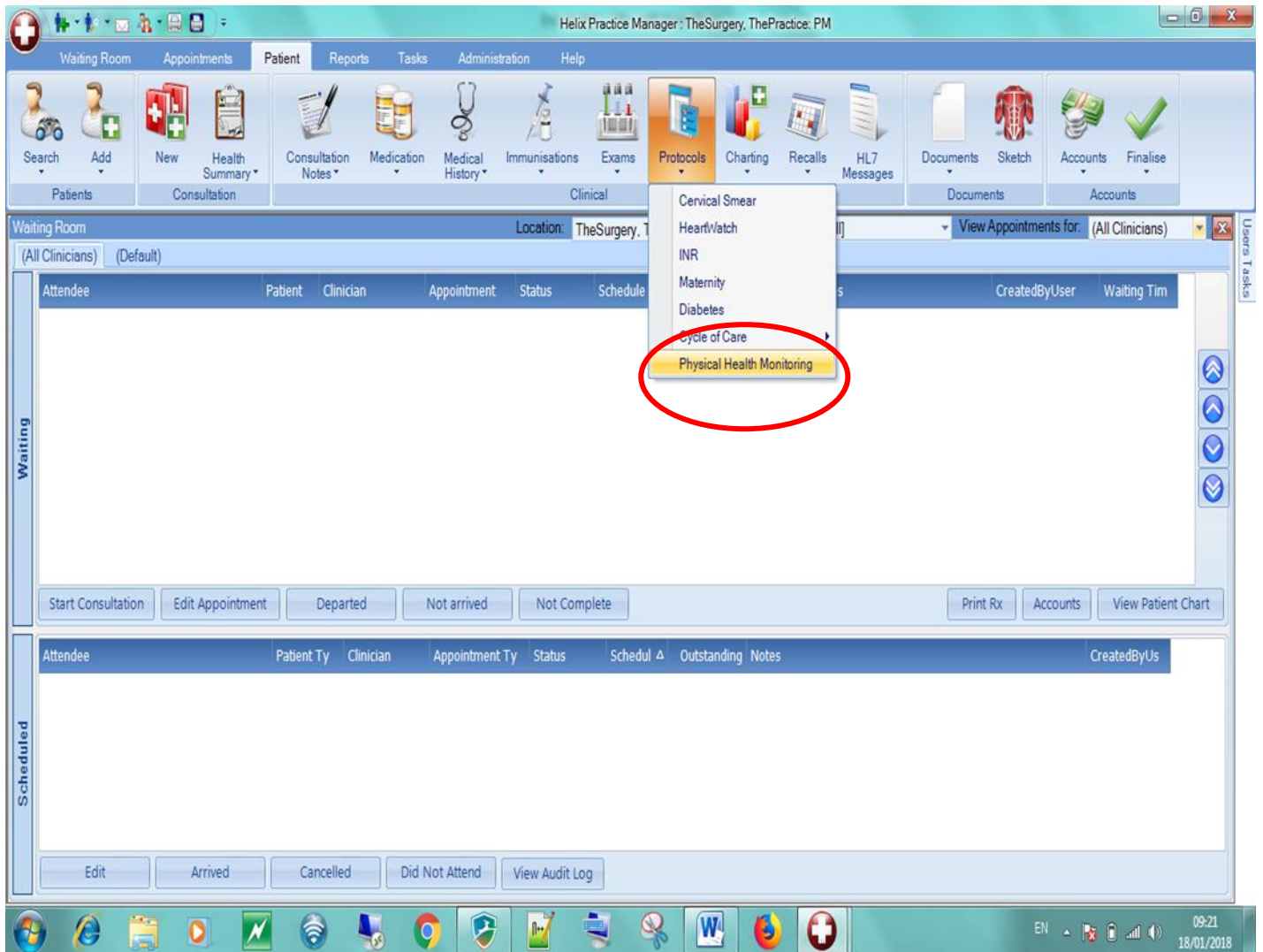


Location of the Physical Health Monitoring Tab

Socrates

The **'Physical Health Monitoring'** tab is located under the **'Protocols'** section





2. In the 'Tests' section, the following can be recorded:

- Smear test
- Mammogram
- Bowel cancer screening
- PSA
- INR
- HbA1c
- Random non-fasting Glucose
- ECG
- FEV1

Helix Practice Manager: TheSurgery, ThePractice: Ivana

Waiting Room Appointments Patient Reports Tasks Administration Help

Search Add New Health Summary Consultation Notes Medication Medical History Immunisations Exams Protocols Charting Recalls HL7 Messages Documents Sketch Accounts Finalise

Levington, Marina (F) 40Y 1M 01/01/1978 (1, Milton) Family Private

Physical Health Monitoring

Baseline Tests Immunisations Physical Activity Advice Interventions

Tests

<input type="checkbox"/> Smear Test	
<input type="checkbox"/> Mammogram	
<input type="checkbox"/> Bowel Cancer Screening	
<input type="checkbox"/> PSA	<input type="text"/>
<input type="checkbox"/> INR	<input type="text"/>
HbA1c	<input type="text"/>
Random non-fasting Glucose	<input type="text"/>
ECG	<input type="text"/>
FEV1	<input type="text"/>

Clear Back Next Save

EN 14:24 26/02/2018

3. In the 'Immunisations' section, the following can be recorded:

- Flu Vaccine
- Pneumococcal vaccine
- Pertussis
- Childhood vaccination

Helix Practice Manager : TheSurgery, ThePractice: Ivana

Waiting Room Appointments Patient Reports Tasks Administration Help

Search Add New Health Summary Consultation Notes Medication Medical History Immunisations Exams Protocols Charting Recalls HL7 Messages Documents Sketch Accounts Finalise

Patients Consultation Clinical Documents Accounts

Levington, Marina (F) 40Y 1M 01/01/1978 (1, Milton) Family Private

Physical Health Monitoring

Baseline	Tests	Immunisations	Physical Activity	Advice	Interventions
		Flu Vaccine	Last Given	Unknown	
		Pneumococcal Vaccine	Last Given	Unknown	
		Pertussis	Last Given	Unknown	
		Childhood vaccination administered at this visit			

Clear Back Next Save

EN 14:26 26/02/2018

4. In the 'Physical Activity' section, the following can be recorded:

- Physical activity
- Alcohol and substance misuse

The screenshot displays the Helix Practice Manager software interface. The title bar reads "Helix Practice Manager : TheSurgery, ThePractice: Ivana". The main menu includes "Waiting Room", "Appointments", "Patient", "Reports", "Tasks", "Administration", and "Help". Below the menu is a toolbar with icons for "Search", "Add", "New", "Health Summary", "Consultation Notes", "Medication", "Medical History", "Immunisations", "Exams", "Protocols", "Charting", "Recalls", "HL7 Messages", "Documents", "Sketch", "Accounts", and "Finalise". The patient information bar shows "Levington, Marina (F) 40Y 1M 01/01/1978 (1, Millton)" and "Family Private". The "Physical Health Monitoring" section is active, with tabs for "Baseline", "Tests", "Immunisations", "Physical Activity", "Advice", and "Interventions". The "Physical Activity" tab is selected, showing two questions with dropdown menus: "In a typical week, how many days have you been physically active for >= 30 minutes?" and "If four days or less, in a typical week have you been PA for either 150 minutes moderate or 75 minutes vigorous activity?". Below these is the "Alcohol & Substances" section with five questions and dropdown menus: "Substance Misuse?", "How often do you have a drink containing Alcohol?", "How many drinks containing 10 grams of alcohol do you have on a typical day when drinking?", "How often do you have 6 or more drinks (10 grams each) on one occasion?", and "To assess Alcohol Risk to health (Tick risk based on Total Alcohol Score)". At the bottom of the form are "Clear", "Back", "Next", and "Save" buttons. The Windows taskbar at the bottom shows various icons and the system clock indicating 14:26 on 26/02/2018.

Helix Practice Manager : TheSurgery, ThePractice: Ivana

Waiting Room Appointments Patient Reports Tasks Administration Help

Search Add New Health Summary Consultation Notes Medication Medical History Immunisations Exams Protocols Charting Recalls HL7 Messages Documents Sketch Accounts Finalise

Patients Consultation Clinical Documents Accounts

Levington, Marina (F) 40Y 1M 01/01/1978 (1, Millton) Family Private

Physical Health Monitoring

Baseline Tests Immunisations Physical Activity Advice Interventions

Physical Activity

In a typical week, how many days have you been physically active for >= 30 minutes?

If four days or less, in a typical week have you been PA for either 150 minutes moderate or 75 minutes vigorous activity?

Alcohol & Substances

Substance Misuse?

How often do you have a drink containing Alcohol?

How many drinks containing 10 grams of alcohol do you have on a typical day when drinking?

How often do you have 6 or more drinks (10 grams each) on one occasion?

To assess Alcohol Risk to health (Tick risk based on Total Alcohol Score)

Clear Back Next Save

EN 14:26 26/02/2018

5. The 'Advice' section serves as a reminder of which action and which measures should be taken by GPs. When entered data suggests that a patient is at risk, an information message will appear, containing a reminder about the potential risk as well as a suggestion for undertaking the next steps based on appropriate guidance (e.g. NICE, WHO, ICGP).

The screenshot displays the Helix Practice Manager software interface. The title bar reads "Helix Practice Manager : TheSurgery, ThePractice: Ivana". The main menu includes "Waiting Room", "Appointments", "Patient", "Reports", "Tasks", "Administration", and "Help". Below the menu is a toolbar with icons for "Search", "Add", "New", "Health Summary", "Consultation Notes", "Medication", "Medical History", "Immunisations", "Exams", "Protocols", "Charting", "Recalls", "HL7 Messages", "Documents", "Sketch", "Accounts", and "Finalise". The patient information bar shows "Levington, Marina (F) 40Y 1M 01/01/1978 (1, Millon)" and "Family Private". The "Physical Health Monitoring" section is active, with tabs for "Baseline", "Tests", "Immunisations", "Physical Activity", "Advice (4)", and "Interventions". The "Advice / Recommendations" section contains the following text:

If the patient has had unplanned weight loss in the past 3-6 months or is unable to eat or drink, providing weight loss advice is not appropriate at this time.

BMI > 30+ HIGH RISK, refer to dietician.

<http://www.icgp.ie/go/library/catalogue/item/DF2B8347-BCBE-4C31-94546BC305B29780>

<http://health.gov.ie/blog/publications/your-guide-to-healthy-eating-using-the-food-pyramid/>

Physical activity may include: walking or cycling for recreation or to get to and from places; gardening; and exercise or sport which lasts for at least 10 minutes.

Recommended Physical Activity is at least 30 minutes of moderate intensity physical activity 5 days per week.

If physical activity is inadequate - that is, physically active less than 5 days per week, give brief advice/intervention on the benefits of being active and direct the patient to the national website:
<http://www.getirelandactive.ie>

Further information - <http://www.healthscotland.com/uploads/documents/20388-ScreeningTools.pdf>

If patient is smoker, you should deliver brief intervention advice, refer the patient to the HSE smoking cessation services or the QUIT service. You may also consider prescribing relevant medication.
Further Information - <http://www.hse.ie/eng/about/Who/TobaccoControl/intervention>

At the bottom of the advice section are buttons for "Clear", "Back", "Next", and "Save". The Windows taskbar at the bottom shows the time as 14:27 on 26/02/2018.

6. In the 'Intervention/Referrals' section, the following can be recorded:

- **Weight**
- **Smoking**
- **Alcohol**
- **Physical activity**
- **Diet**
- **Medication adherence**
- **Substance misuse**
- **Sexual health**
- **Depression/anxiety**
- **Other interventions**
- **Patient Declined**

As well as referrals including:

- **Community/voluntary programme**
- **Community service (e.g. PHN, dietitian, OT)**
- **Hospital/specialist service**
- **Other referral**
- **Patient declined**

The screenshot displays the Helix Practice Manager software interface. The top menu bar includes 'Waiting Room', 'Appointments', 'Patient', 'Reports', 'Tasks', 'Administration', and 'Help'. Below this is a toolbar with icons for 'Search', 'Add', 'New', 'Health Summary', 'Consultation Notes', 'Medication', 'Medical History', 'Immunisations', 'Exams', 'Protocols', 'Charting', 'Recalls', 'HL7 Messages', 'Documents', 'Sketch', 'Accounts', and 'Finalise'. The main window shows a patient record for 'Levington, Marina (F) 40Y 1M 01/01/1978 (1, Milton)' with tabs for 'Family' and 'Private'. The 'Physical Health Monitoring' section is active, with sub-tabs for 'Baseline', 'Tests', 'Immunisations', 'Physical Activity', 'Advice', and 'Interventions'. The 'Interventions' tab is selected, showing a list of checkboxes for recording interventions: Alcohol, Physical Activity, Diet, Patient Declined, Sexual Health, Depression / Anxiety, and Other Intervention. Below this is the 'Referrals' section with checkboxes for: Refer to Community / Voluntary Programme, Refer to Community Service (e.g. PHN Dietitian), Refer to Hospital / Specialist Service, Other Referral, and Patient Declined. At the bottom of the form are 'Clear', 'Back', 'Next', and 'Save' buttons. The Windows taskbar at the bottom shows the system clock as 14:26 on 26/02/2018.