



## Location of the Physical Health Monitoring Tab

### Socrates

The 'Physical Health Monitoring' tab is located in the 'Care protocols' under the Consultation section

The screenshot displays the Socrates (24.7.0) software interface. The left sidebar contains a 'Consultation' section with a list of tabs: Consultation Details, Find Patient..., Patient Summary..., Begin Consultation, Edit Consultation, Finish Consultation, Open Consultation..., Notes, Immunisations, Prescriptions, Investigations, Care Protocols (highlighted with a red circle), Appointments, Waiting Room, Patient Maintenance, Consultation, Reports, Communication, and My Control Panel. The main window shows a patient record for 'pericin, ivana' (Isaksjlskjalsk 8, jxsajssajas aksjskAJK) with a date of birth of 05/05/1955 (62 yr 9 m), Female, and Temporary GMS(12345678). The POMR Category is set to [ALL]. The 'Physical Health Monitoring' tab is selected, showing a list of consultations with dates and HCP names. The right sidebar contains 'Baseline Details', 'Current Medications', 'Active Diagnosis', and 'Social & Past Medical History' sections. The bottom status bar shows the date 26/02/2018 and time 15:14.

Date	HCP	Type
26/02/2018 15:14	Amin Mousavi	Standard Consultation
31/01/2018 14:15	Amin Mousavi	Standard Consultation
30/01/2018 11:59	Amin Mousavi	Standard Consultation
24/01/2018 15:45	Amin Mousavi	Standard Consultation
23/01/2018 16:20	Amin Mousavi	Standard Consultation
17/01/2018 15:13	Amin Mousavi	Standard Consultation
17/01/2018 15:12	Amin Mousavi	Standard Consultation
17/01/2018 14:26	Amin Mousavi	Standard Consultation
08/11/2017 10:00	Amin Mousavi	Standard Consultation
23/10/2017 11:18	Amin Mousavi	Standard Consultation
15/10/2017 19:03	Amin Mousavi	Standard Consultation
15/10/2017 19:01	Amin Mousavi	Standard Consultation
11/10/2017 09:43	Amin Mousavi	Standard Consultation
08/06/2017 15:20	Amin Mousavi	Standard Consultation

Date	BP	Chol	Ht	Wt	BMI	Cig	Alc	Wst
31/01/2018			164.00	0.00	0.00	X (30)	Y (10)	
31/01/2018	190 / 120		164.00	0.00	0.00	X	Y (10)	
30/01/2018	190 / 100		164.00	0.00	0.00	X	Y (10)	
30/01/2018	190 / 100		164.00	0.00	0.00	X	Y (10)	

Socrates (2.4.7.0) - Amin Mousavi Logged On - Amin Mousavi

File Edit Accounts Consultation Custom Forms Window Help

Home 1 Notification

Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin

pericin, ivana  
Isaksjlskjalsk 8, jxsajssajas akjsjkAJK  
0000004  
05/05/1955 (62 yr 9 m) Female Temporary GMS(12345678) P:€0.00 F:€0.00

Editing: 26/02/2018 15:14 by Amin Mousavi

Consultation Details  
Notes  
Immunisations  
Prescriptions  
Investigations  
Documents  
Care Protocols

Cycle of Care  
Heart Watch  
Ante-Natal  
Baby Care  
Mini Mental State Exam  
Mirena Counselling  
Physical Health Monitoring

Appointments  
Waiting Room  
Patient Maintenance  
Consultation  
Reports  
Communication  
My Control Panel

Contracts  
My Tasks  
Allergies / Drug Allergies

Physical Health Monitoring

EN 15:14 26/02/2018

Here you will find information, including:

1. Baseline (vital signs)
2. Tests
3. Immunisations
4. Physical Activity (also contains substance misuse and the Audit C)
5. Advice (chronic disease risk factor guidelines)
6. Interventions (brief interventions and referrals)

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File Edit Accounts Window Help

Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin Physical Health Monitoring Protocol

Navigation

- Baseline
- Tests
- Immunisations
- Physical Activity / Alc
- Advice
- Intervention / Referrals

Physical Health Monitoring

Patient pericin, ivana DOB 05/05/1955 GMS #

31/01/2018 Date Recorded : 26/02/2018 15:15 Entered By Amin Mousavi

31/01/2018

23/10/2017

15/10/2017

**Physical Measurements**

Weight (kg) 0.00 0 stone

Height (cm) 164.00 5f 4"

BMI 0.00

Blood Group B Positive

Abdominal Circumference (cm)

Head Circumference (cm)

**Social History**

Smoker Status Ex Smoker

Smoke per day 30

Ex-Smoker (Years)

Smoking Start Date

Drinker Status Yes

Weekly Alcohol 10

Alcohol Start Date 19/06/2010

Family CVD History ☐ LVH ☐

**BP, Pulse and Other**

Systolic

Diastolic

Cholesterol

LDL

HDL

Pulse

Pulse Rhythm

Temp (celsius) Of

Peak Flow

Respiratory Rate

Ejection Fraction

Physical Exercise less than 2.5 - 5 hrs of moder

Current Occupation

Substance Misuse

Clear Back Next Save

15:15 26/02/2018

## 1. In the 'Baseline' (vital signs) section, the following can be recoded:

- Systolic and diastolic blood pressure
- Height, weight and BMI
- Drinking status
- Smoking status, etc.

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File Edit Accounts Window Help Home 1 Notification

Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin Physical Health Monitoring Protocol

### Physical Health Monitoring

Patient pericin, ivana DOB 05/05/1955 GMS #

31/01/2018 Date Recorded : 26/02/2018 15:15 Entered By Amin Mousavi

31/01/2018

23/10/2017

15/10/2017

#### Physical Measurements

Weight (kg) 0.00 0 stone

Height (cm) 164.00 5ft 4

BMI 0.00

Blood Group B Positive

Abdominal Circumference (cm)

Head Circumference (cm)

#### Social History

Smoker Status Ex Smoker

Smoke per day 30

Ex-Smoker (Years)

Smoking Start Date

Drinker Status Yes

Weekly Alcohol 10

Alcohol Start Date 19/06/2010

Family CVD History ☐ LVH ☐

#### BP, Pulse and Other

Systolic

Diastolic

Cholesterol

LDL

HDL

Pulse

Pulse Rhythm

Temp (celsius) 0f

Peak Flow

Respiratory Rate

Ejection Fraction

Physical Exercise less than 2.5 - 5 hrs of moder

Current Occupation

Substance Misuse

Clear Back Next Save

EN 15:15 26/02/2018

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

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

Socrates (2.4.7.0) - Amin Mousavi Logged On - Amin Mousavi

File Edit Accounts Window Help Home 1 Notification

Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin Physical Health Monitoring Protocol

**Consultation**

Navigation

- Baseline
- Tests**
- Immunisations
- Physical Activity / Alc
- Advice
- Intervention / Referrals
- Close

Appointments

Waiting Room

Patient Maintenance

**Consultation**

Reports

Communication

My Control Panel

**Physical Health Monitoring**

Patient pericin, ivana DOB 05/05/1955 GMS #

31/01/2018

31/01/2018

23/10/2017

15/10/2017

**Tests**

- ☐ Smear Test
- ☐ Mammogram
- ☐ Bowel Cancer Screening
- ☐ PSA
- ☐ INR
- HbA1c
- Random non-fasting Glucose
- FEV1
- ECG

Clear Back Next Save

EN 15:15 26/02/2018

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

- Flu Vaccine
- Pneumococcal vaccine
- Pertussis
- Childhood vaccination

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File Edit Accounts Window Help Home 1 Notification

Consultation Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin Physical Health Monitoring Protocol

### Physical Health Monitoring

Patient	pericin, ivana	DOB	05/05/1955	GMS #
31/01/2018	Flu Vaccine		Last Given	
31/01/2018	Pneumococcal Vaccine		Last Given	Unknown
23/10/2017	Pertussis		Last Given	Unknown
15/10/2017	Childhood Vaccination administered at this visit			

Navigation

- Baseline
- Tests
- Immunisations
- Physical Activity / Alc
- Advice
- Intervention / Referrals
- Close

Appointments

Waiting Room

Patient Maintenance

Consultation

Reports

Communication

My Control Panel

Clear Back Next Save

EN 15:15 26/02/2018

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

- Physical activity
- Alcohol and substance misuse

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File Edit Accounts Window Help Home 1 Notification

Accounts Appointments Diary Waiting Room Area Consultation - ivana pericin Physical Health Monitoring Protocol

### Physical Health Monitoring

Patient pericin, ivana DOB 05/05/1955 GMS #

Date	Activity
31/01/2018	
31/01/2018	
23/10/2017	
15/10/2017	

#### 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 15:16 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).

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File Edit Accounts Window Help Home 1 Notification

**Consultation**

Navigation

- Baseline
- Tests
- Immunisations
- Physical Activity / Alc
- Advice
- Intervention / Referrals
- Close

**Physical Health Monitoring**

Patient pericin, ivana DOB 05/05/1955 GMS #

31/01/2018  
31/01/2018  
23/10/2017  
15/10/2017

**Advice / Recommendations**

A standard drink contains 10g of pure alcohol, equivalent to:  
half pint lager or a pub measure spirit or small glass wine.

**Recommended Max Standard drinks per week is**  
**11 for Women**  
**17 for Men**

At a minimum if the patient scores 5-7, you should give brief intervention and undertake a full Alcohol AUDIT assessment or CAGE questionnaire.

If the patient scores >7, you should give brief intervention, undertake a full Alcohol AUDIT assessment or CAGE questionnaire, refer to a community programme/support group and refer to a specialist  
[http://www.icgp.ie/qo/library/icgp\\_publications/quick\\_reference\\_guides/E5D28DFB-CA92-E2CC-1E8765B43417FB73.html](http://www.icgp.ie/qo/library/icgp_publications/quick_reference_guides/E5D28DFB-CA92-E2CC-1E8765B43417FB73.html)

The ICGP guide contains the AUDIT and CAGE tools.

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>

Blood pressure is  $\geq 140/90$ , give patient brief intervention on diet-specifically the benefits of salt, alcohol reduction, weight reduction and increased physical activity.

Offer ABPM (or HBPM if relevant) and consider relevant follow-up such as appropriate cardiovascular assessment, anti-hypertensive drug treatment, referral to specialist as indicated in care guidelines for each group.

<https://www.nice.org.uk/guidance/Cg127>  
<http://www.icgp.ie/qo/library/catalogue/item/7B0741B2-9398-FD2B-B3C50302620ED43B>

Clear Back Next Save

15:18  
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 Socrates (2.4.7.0) software interface. The main window is titled 'Physical Health Monitoring' and shows a form for patient 'pericin, ivana' with DOB '05/05/1955' and GMS #. The form is divided into two main sections: 'Intervention' and 'Referrals'. The 'Intervention' section includes checkboxes for Weight, Smoking, Alcohol, Physical Activity, Diet, Patient Declined, Medication Adherence, Substance Misuse, Sexual Health, Depression / Anxiety, and Other Intervention. The 'Referrals' section includes 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. The left sidebar contains a 'Navigation' menu with options: Baseline, Tests, Immunisations, Physical Activity / Alc, Advice, Intervention / Referrals (selected), and Close. Below the navigation menu are buttons for Appointments, Waiting Room, Patient Maintenance, Consultation (highlighted), Reports, Communication, and My Control Panel. The bottom of the window shows a Windows taskbar with various icons and a system clock indicating 15:16 on 26/02/2018.

Patient	pericin, ivana	DOB	05/05/1955	GMS #
31/01/2018				
31/01/2018				
23/10/2017				
15/10/2017				

**Intervention**

- ☐ Weight
- ☐ Smoking
- ☐ Alcohol
- ☐ Physical Activity
- ☐ Diet
- ☐ Patient Declined
- ☐ Medication Adherence
- ☐ Substance Misuse
- ☐ Sexual Health
- ☐ Depression / Anxiety
- ☐ Other Intervention

**Referrals**

- ☐ Refer to Community/Voluntary Programme
- ☐ Refer to Community Service (e.g. PHN, Dietitian)
- ☐ Refer to Hospital/Specialist Service
- ☐ Other Referral
- ☐ Patient Declined