

Bristol NHS Health Check April 2015

- Pages <<
- Family History**
- Examination & Lifestyle Advice
- QRISK & Goals

Attendance

<input type="checkbox"/> Did not attend NHS Health Check	No previous entry
<input type="checkbox"/> Directed by a local champion to GP practice for a Health Check	No previous entry

Ethnicity

For full list of ethnic categories please use the READ code browser by clicking on the magnifying glass

Ethnic category - 2001 census 01-Aug-2006 **British or mix...**

Family History

FH: Diabetes mellitus	<input type="text"/>	No previous entry
FH: Ischaemic Heart Disease < 60	<input type="text"/>	No previous entry
FH: Ischaemic heart dis. >60	<input type="text"/>	No previous entry
FH: Hypertension	<input type="text"/>	No previous entry
FH: CVA/stroke	<input type="text"/>	No previous entry

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Pulse Rate

O/E - pulse rate	<input type="text"/>	beats/min	No previous entry
Pulse Rhythm	<input type="text"/>		No previous entry

If pulse rhythm irregular arrange ECG

Blood Pressure

Systolic blood pressure	<input type="text"/>	mmHg	01-Aug-2006	110 mmHg	>>
Diastolic blood pressure	<input type="text"/>	mmHg	01-Aug-2006	70 mmHg	>>

BMI

O/E - height	<input type="text"/>	cm	01-Aug-2006	158 cm	>>
O/E - weight	<input type="text"/>	kg	01-Aug-2006	72.5 kg	>>
Body Mass Index	<input type="text"/>	<input type="button" value="Calculate"/>	01-Aug-2006	29.04 kg/m2	>>

If BMI ≥25 provide advice and signposting

If

- BMI ≥30
- OR BMI ≥27.5 if Indian, Pakistani, Bangladeshi, Other Asian or Chinese
- OR BMI ≥28 with co-morbidities (COPD, mild to moderate depression)

provide advice, signposting **and** refer to weight management service
(use **Public Health Referral form for Weight Management service**)

<input type="checkbox"/> Advice given about weight management	No previous entry
<input type="checkbox"/> Weight management service opportunity signposted	No previous entry
<input type="checkbox"/> Refer to weight management service	No previous entry
<input type="checkbox"/> Referral to weight management service declined	No previous entry

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Cholesterol

Serum cholesterol	<input type="text"/>	mmol/L	No previous entry
Serum HDL cholesterol level	<input type="text"/>	mmol/L	No previous entry
Total cholesterol/HDL ratio	<input type="text"/>		No previous entry
<input type="checkbox"/> Patient advised re diet			No previous entry
<input type="checkbox"/> Diet leaflet given			No previous entry
Provide leaflet: 10 tips for a healthy weight - N120			
<input type="checkbox"/> Refer to dietician			No previous entry
<p>If the patient meets the criteria for a dietician referral please use the referral form from the link below</p> <p>Click here to open Referral webpage, select Weight Management and then Dietetic Service</p> <p>If total cholesterol ≥ 7.5 take bloods for lipid profile and book GP or PN appointment for follow up N.B. Lipid Profile does not need to be fasting</p>			

Further Bloods (if appropriate)

<p>If</p> <ul style="list-style-type: none"> • systolic blood pressure ≥ 140 • OR diastolic pressure ≥ 90 • OR if BMI ≥ 30 (or ≥ 27.5 if Indian, Pakistani, Bangladeshi, Other Asian or Chinese) <p>take bloods for U&E/creatinine. Also HbA1c or make an appointment for FBG</p>			
<input type="checkbox"/> Blood sample taken			No previous entry

GPPAQ - Physical Activity Questionnaire

Type and amount of physical activity involved in your work	<input type="text"/>		No previous entry
Time spent doing physical exercise etc in last week	<input type="text"/>		No previous entry
Time spent Cycling in last week	<input type="text"/>		No previous entry
Time spent doing Housework/Childcare in last week	<input type="text"/>		No previous entry
Time spent Gardening/DIY in last week	<input type="text"/>		No previous entry
Walking Pace	<input type="text"/>		No previous entry
Physical Activity Index	<input type="text"/>	<input type="button" value="Calculate"/>	No previous entry

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Exercise

<p>If moderately inactive or moderately active or inactive provide advice, leaflets, signposting and brief intervention</p> <p>If inactive with co-morbidities (COPD, mild to moderate depression, BMI ≥ 30) provide advice, leaflets, signposting, brief intervention and referral to physical activity programme</p>			
<input type="checkbox"/> Exercise advice and leaflet given			No previous entry
<p>Provide leaflets:</p> <ul style="list-style-type: none"> • Get active stay active - PA9 • Be active for life - PA48 • 10 tips for a healthy weight - N120 			
<input type="checkbox"/> Brief intervention for physical activity completed			No previous entry
<input type="checkbox"/> Physical activity opportunity signposted			No previous entry
<input type="checkbox"/> Referral to local community based activity eg. walking group			No previous entry
<input type="checkbox"/> Declined referral to local community based activity			No previous entry

Smoking

Smoking Status	<input type="text"/>	17-Feb-2004	20 /day	<input type="button" value="»"/>
<input type="checkbox"/> Smoking cessation advice and leaflet given		01-Aug-2006		<input type="button" value="»"/>
Provide leaflet: We can help you quit - SM86				
<input type="checkbox"/> Referral to smoking cessation advisor in house				No previous entry
<input type="checkbox"/> Referral to NHS stop smoking service				No previous entry
<input type="checkbox"/> Referral to smoking cessation service declined				No previous entry
<input type="checkbox"/> Stop smoking service opportunity signposted				No previous entry

Alcohol

<p>To calculate AUDIT score:</p> <ul style="list-style-type: none"> • Click on the hyperlink below to open webpage • Complete first 3 questions • If score < 5 enter score into box below • If score is ≥ 5 complete further 7 questions on webpage and type the total score into the box below <p>Click here to open AUDIT webpage</p>			
Enter Score Here	<input type="text"/>	/40	No previous entry
<p>If AUDIT score 8-19 provide brief intervention including advice and leaflet If AUDIT score ≥ 20 as above plus refer to ROADS alcohol treatment service and book appointment with GP</p>			
<input type="checkbox"/> Brief intervention for excessive alcohol consump ⁿ completed			No previous entry
<input type="checkbox"/> Alcohol leaflet given			No previous entry
<p>Alcohol Leaflet- Sub7 or Your Drinking and You Sub17 Drink wheel (Sub3)</p>			
<input type="checkbox"/> Patient advised about alcohol			No previous entry
<input type="checkbox"/> Referral to ROADS alcohol treatment service			No previous entry
<input type="checkbox"/> Declined referral to specialist alcohol treatment service			No previous entry

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Raising Awareness about Dementia (65-74yr olds)

- Raising awareness about dementia No previous entry
- Dementia leaflet given No previous entry

Provide leaflet: Dementia leaflet - HHS33

QRISK2

QRISK 10 y CVD Risk % over 10 years [View](#) No previous entry

- Where QRISK2 score \geq 10%, with no modifiable risk factors (e.g. age/ family history), refer to GP or PN and arrange for lipid testing prior to appointment
- If QRISK score \geq 10%, with modifiable risks identified (e.g. BMI, smoking etc), provide lifestyle advice around reducing risks and invite patient for review within 2 months
- Where QRISK2 score $>$ 20 refer straight to GP or PN

Communication of CVD risk over next 10y No previous entry

Further referrals

- Referral to health trainer No previous entry
- Referral to GP as a result of a health check No previous entry
- Referral to practice nurse as a result of a health check No previous entry
- Referral to community based activity No previous entry

[For Well Aware Website Click Here](#)

Provide patient with Well Aware website address www.wellaware.org.uk or phone number 0808 808 5252

NHS Health Check Completed

Goal identification No previous entry

Any goals set No previous entry

Goal Identification Notes

Lifestyle advice given No previous entry

Your Results leaflet given No previous entry

Leaflets - Health check results - HHS28
Easy read results leaflet - LD9

NHS Health Check completed No previous entry

Was the health check completed by Inner City Outreach? No previous entry

NHS Health Check completed by another GP Practice No previous entry

NHS Health check completed by pharmacist No previous entry

NHS Health check completed by Healthy Living Centre No previous entry