

Take Heart

Personal Management Plan

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Introduction

This is your personal health record to manage your Vascular Risk.

It is important to keep it safe and take it with you when you have an appointment with a healthcare professional.

Your Consultant or GP has diagnosed you have a problem with your memory. Physical problems that affect the heart, arteries or circulation of blood to the brain can cause problems with short term memory.

♥ About me



Name

NHS number

Date of birth

GP

Address

Consultant

Named nurse

Allergies

Telephone

Next of kin

♥ About my plan



Record all identified risks & how the risk will be managed

1

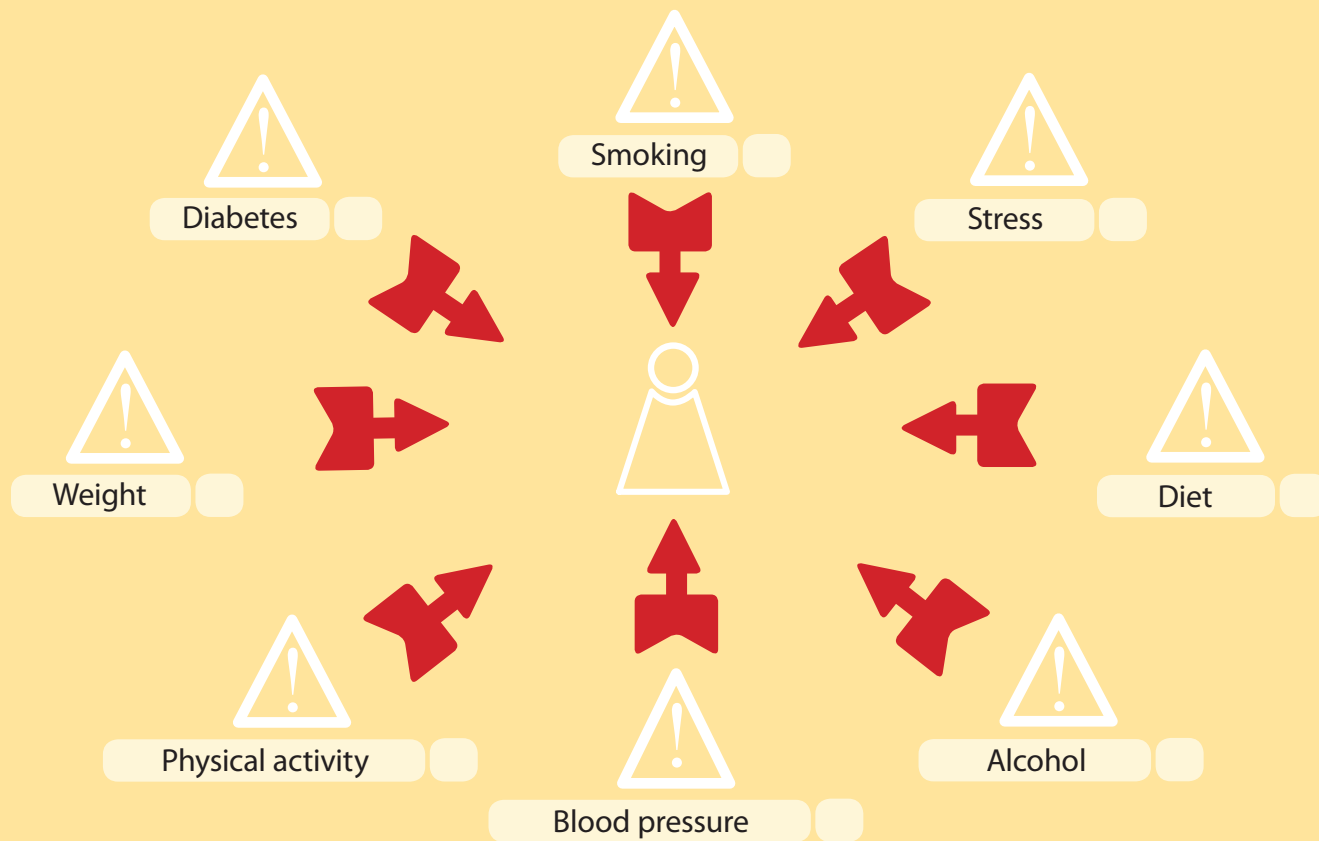
4

2

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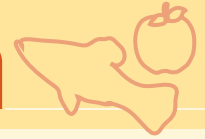
3


6



My lifestyle plan

My habits




	Target 	Results
Date		
Smoking		
Alcohol		
Oily Fish (weekly)		
Fruit/Veg (daily)		
Activity/Excercise (per week)		

My lifestyle plan

My measurements



	Now	Target 	Result
Date			
Blood Pressure			
Heart Rate			
Weight & BMI			
Waist (cm)			
Blood Glucose			
Total Cholesterol			
Triglyceride			
HDL Cholesterol			
LDL Cholesterol			



Looking after your mental health



Keeping active really helps your physical and mental health. There is no reason to give up physical activity as you get older, as long as it is suitable for your fitness level. To make sure you know what your fitness level is, always see your GP before starting a new exercise programme.

A good night's sleep – sleeping problems can increase with age. Lack of sleep over a long time can affect your mood, and can sometimes be linked to anxiety or depression. Your GP can help with this.

Tips for getting a good nights sleep –

- avoid drinking caffeine in the evenings
- go to bed and get up at the same time every day
- take regular exercise
- avoid taking naps during the day

Spirituality can help us make sense of our lives and the world around us. If you are a member of a faith community it can help to stay actively involved. If you are not a member of a community you may find it helpful to talk to a counsellor about your spiritual life.

Learning new skills can increase your confidence. It can also be pleasurable, lead to making new friends and help fill your day with useful activity

Keeping in touch with friends and family – you don't have to be strong and struggle on alone. Friends and family are important, especially in difficult times. Keep in touch.



Looking after your mental health



Doing something creative – all kinds of creative things can help if you are anxious or low. They can also increase your confidence. Music, writing, painting, drawing, poetry, cooking, gardening – experiment to find something you enjoy.

Accepting who you are – Our beliefs, background, culture, religion, sexuality and experiences make us who we are. Everyone is entitled to respect, including you. We all have something to offer.

Talking about it – most people feel isolated and overwhelmed by their problems sometimes – it can help to share your feelings with someone you trust. If you feel there is no one to talk to you could call a helpline.

Relaxing – try and make time for yourself. Fit things into your day that help you unwind – reading, music, prayer or meditation, whatever you enjoy.

Asking for help – Everyone needs help from time to time. It's OK to ask for help, even if it feels difficult – whether it's from friends and family, or from your local doctor, practice nurse, support group, faith community or helpline.

Surviving – When times are difficult it is sometimes all we can do to survive. Take one day at a time and don't be too hard on yourself. Take time out if you need it.



My behaviour

Starting to change



List the benefits & disadvantages of lifestyle changes

Benefits of changing

--

Benefits of staying the same

--

Disadvantages of changing

--

Disadvantages of staying the same

--

👉 About my plan

Changing



List below things which help and things that don't help

Things that help me

Things that don't help me



About my medication



Your doctor is also helping you to look after yourself by prescribing medication.







So it is important that you take any medication your doctor has prescribed.

Keeping your medication up to date will help you feel physically and mentally well.

If you have any side-effects or concerns – or feel your medication is not working as it should – discuss it with your doctor.



My appointments

Date	Time	With whom	Where	Comment
				
				
				
				
				
				



My useful contacts

Name

Telephone

Name

Telephone





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