ANNUAL HEALTH CHECK ACTION PLAN

NHS No:

LD Nurse: Tel: 01902 444447 444447572572

Name: Date: GP:

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| **Lifestyles** C:\Users\Alex\Downloads\Healthy-1.jpg C:\Users\Alex\Downloads\Beer.jpg C:\Users\Alex\Downloads\cigarettes_5.jpg | **Body Mass Index Weight Height** **kgs cms****Action:**  |
| **Blood Test and Immunisation** C:\Users\Alex\Downloads\MMR_Vaccine.jpg | **Blood Test: Yes No**xxxx**Flu Vaccine: Yes No****Blood test results:** |
| **Vision**C:\Users\Alex\Downloads\Optician_Eye_Test2.jpg | **Regular eye test: Yes No**x**Action:**  |
| **Hearing**http://www.stlaurences.ie/images/p064_1_00.png | **Ears examined: Yes No****Action:** |
| **Oral Health****http://static.thisisdentistry.co.uk/wp-content/uploads/2010/01/shutterstock_12364003-300x200.jpg** | **Regular dental check: Yes No****Action:**  |
| http://juaigou.com/wp-content/uploads/2013/05/upper-arm-blood-pressure-monitor.jpg**Circulation** http://www.healthhype.com/wp-content/uploads/Surface_anatomy_of_the_heart_location.png | **Blood Pressure Pulse** **Action:** |
| **Breathing****C:\Users\Alex\Downloads\Breathe_deep.jpg** | **Diagnosed respiratory condition****Action:** |
| **Digestion/Abdomen** **http://www.leventefe.com.au/wp-content/uploads/2012/06/Digestive-system_illustration.jpg** | **Abdominal Aortic Aneurysm screen (men 65 yrs and over)****Action:** |
| **Bowels & Bladder** C:\Users\Alex\Downloads\Toilet.jpg C:\Users\Alex\Downloads\Need-A-Wee.jpg | **Bowel Screening (60-69 yrs) Urinalysis** **Bowel Scope (55 yrs)** **Review of constipation/medication (if applicable)****Action:**  |
| **Mental Health/Behaviour****C:\Users\Alex\Downloads\Cry-2.jpg** C:\Users\Alex\Downloads\Happy (1).jpg | **Mental Health Diagnosis****Action:**  |
| **Neurology /Endocrine****Biomedical Illustration of the Human Brain in Frontal View Superimposed on a Female Head Giclee Print** http://faculty.ccp.edu/faculty/wberman/bio109/images/endocrine.bmp | **Diagnosed condition:****Action :** |
| **Mobility and Foot Health**http://dealmobility.co.uk/wp-content/uploads/2012/05/Mobility-Aids.jpg **http://us.cdn1.123rf.com/168nwm/dimedrol68/dimedrol681210/dimedrol68121000084/15951751-two-bare-human-feet-on-a-white-background.jpg** | **Postural Care Needs: Yes No****Chiropodist Yes No****Action:**   |
| **Skin, Hair and Nails**http://www.sheffield.ac.uk/polopoly_fs/1.202879!/image/Skinluna4lage.jpg | **Diagnosed Skin Condition:****Action:**  |
| **Men’s/Women’s Health**http://us.123rf.com/400wm/400/400/experimental/experimental1101/experimental110100072/8544557-t-shirt-design-templates-front--back-on-male-and-female-models.jpg http://us.123rf.com/400wm/400/400/experimental/experimental1101/experimental110100072/8544557-t-shirt-design-templates-front--back-on-male-and-female-models.jpg  | **Mammography (47-73 yrs) Cervical Screen (25-64 yrs)****Testicular Check Sexual health****Action:**  |
| **Medication**http://l.yimg.com/ea/img/-/120725/heart_medication_480_180v8c7-180v8cb.jpg | **Reviewed: Yes Not prescribed medication** **Changes made (consider STOMP):** |
| **Actions** |
| **1)****2)****3)****4)****5)** |