

THE HEART MANUAL

Resources



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The resources on these pages are freely available to use and edit as your area sees fit. These templates may help where no paperwork currently exists and can be added to and edited as you wish.

Agenda Setting Chart



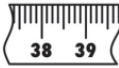








Goal Setting Chart
 Weekly Record Sheet Week No _____

Too Easy	Fairly Easy	Just Right	Fairly Hard	Too Hard
1	2	3	4	5

Goal	Target	Time of day	M	T	W	T	F	S	S
Example: Practice relaxation twice a day	Once a day for 20 minutes	10am	4	4	3	3	3	3	2

Lifestyle Factors Chart

Factor	Now	Ideal	Target	Section in Heart Manual
Alcohol e.g. for male 	30 units	<14	14 units	Food/Alcohol Week 3 page 78
Weight (kg) 				
Waist (cm) 				
Cholesterol 				
Smoking 				
Alcohol 				
Health Eating 				
Physical Activity 				
Relaxation 				

Heart Manual Record



Name:	Address:
CHI/DoB:	Assessment date:
Assessor:	Visit no:
	Designation:

Issues Discussed	Assessment & Intervention
Medical <ul style="list-style-type: none"> • GP review • Symptoms • Wound care • Pain • Chest Pain Management 	
Perceived cause of condition <ul style="list-style-type: none"> • Good understanding • Misconceptions identified 	
Perceived risk factors <ul style="list-style-type: none"> • Gender • Family History • Diabetes • Hypertension • Diet/Alcohol • Weight • Smoking • Exercise • Other 	
Compliance & understanding of Medication <ul style="list-style-type: none"> • Long-term nature of medications • Use of GTN • BP/Pulse • Review of Bloods 	

Issues Discussed	Assessment & Intervention
Psychological Response <ul style="list-style-type: none"> • Concentration/Memory • Confidence • Mood changes • Relaxation • Anxiety • Depression • Sleep 	
Social <ul style="list-style-type: none"> • Social interaction/avoidance • Work/Finance • Hobbies • Physical activity 	
Partner/Family <ul style="list-style-type: none"> • Coping strategies • Overprotection • Return to routine 	

Lifestyle Goal	Importance 1-10	Confidence 1-10	Readiness - Not ready - Thinking - Ready	SMART Target (Specific, Measurable, Achievable, Realistic, Timely)

Comments:

Follow-up/Referral