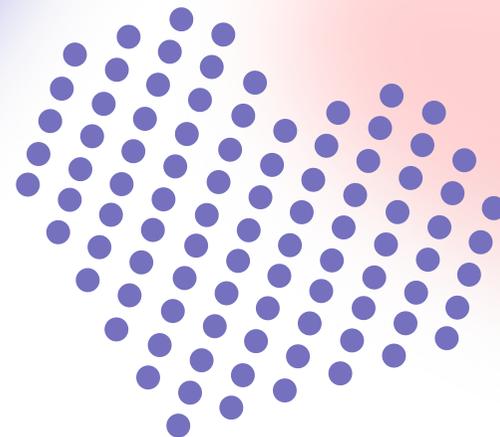


# CARDIAC PASSPORT

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A tool helps improve the communication between elderly patients and medical staff, through informing patients better and providing patients personalized plan making experience.

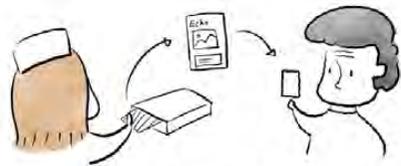


# Introduction

Hi friends,

This passport is a guidebook which will help you to better understand where you are in your medical process. It also give you some knowledge around cardiac health and help you communicate with medical staff. Through using this passport, you can:

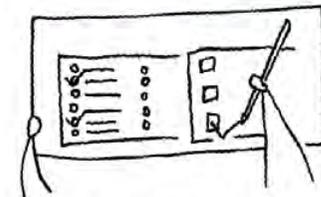
- record your information to help doctors understand you more
- paste stickers with examination and treatment introduction to help you understand the medical treatment process
- make personalized plan for your treatment and life with medical staff
- record your goal implementation conditions



**paste the stickers**



**Communicate with  
doctor**



**Make plans**

## *Fill in information*



Sarah gets the passport from the reception, and fills in the personal information under the guidance of the staff.

Date: 02/05/2020

# Basic information



Name: Jaffer Hussian

Age: 62

Lifestyle: drink regularly

## My cronic condition

diabetes

high blood pressure  not sure

none of them  other \_\_\_\_\_

## Do you have family disease history?

No  Yes  It's \_\_\_\_\_

## My mobility is

pretry well

need other's help

able to manage by myself

## I'm allergic to

aspirin  penicillin

ibuprofen  naproxen sodium

not sure  other \_\_\_\_\_

**Do you have cardiac arrest before?**

Yes  No

**Do you experience first-aid before?**

Yes  No

**Do you have surgery before?**

Yes  No

↓  
appendicitis

**Recent symptoms**

Racing heartbeat  Slow heartbeat

Chest pain or discomfort

Shortness of breath

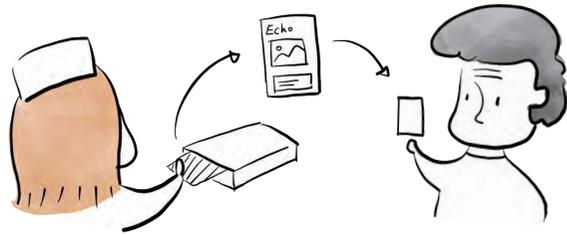
Lightheadedness  Dizziness

Fainting or near fainting

- 
- chest tightness (morning)
  - sweat, cough
  - shortness of breath



## *Be Informed Before the Test*



The nurse prints a sticker out which is corresponding to the test she is going to do and put it on her passport.



Sarah reads the information on the sticker while waiting for the test.

Introduce and record the test you will experience.

**Echocardiogram / Echo**

■ **WHAT is Echo test**  
This test uses sound waves to study the structure of your heart and how the heart and valves are working. A probe sends out and records these sound waves, producing a moving image of your heart on a computer. There are no significant risks involved in a standard transthoracic echocardiogram.

■ **WHY Echo test**  
To see if you have heart related disease or heart failure.

■ **HOW to test**      The test will take about 45 minutes.

1. Place gel on chest



2. Sends sound waves to heart



3. Sound waves bounce back



4. Visual of beating heart



Estimated waiting time: \_\_\_\_\_

■ **Results**

The size of the heart

Bigger     Smaller     Normal     Other

How well the heart muscle is contracting ?

Great     Normal     Not well     Other \_\_\_\_\_

How well the heart muscle is relaxing ?

Great     Normal     Not well     Other \_\_\_\_\_

Paste the stickers here

# Test

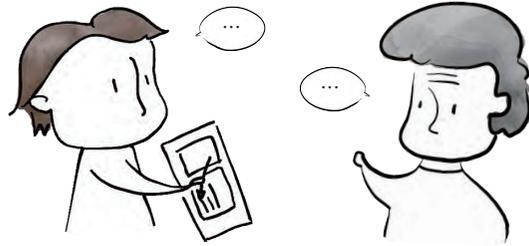
Date: / /

Introduce and record the test you will experience.

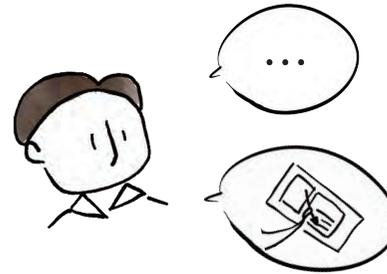
Paste the stickers here

Paste the stickers here

## *Get Clear Feedback After the test*



After the test, Sarah goes back to the doctor. The doctor explains the results by filling the feedback part on the sticker.



The doctor gives Sarah a comprehensive diagnose and writes it on the passport, and he also explains the state of illness through some drawings.

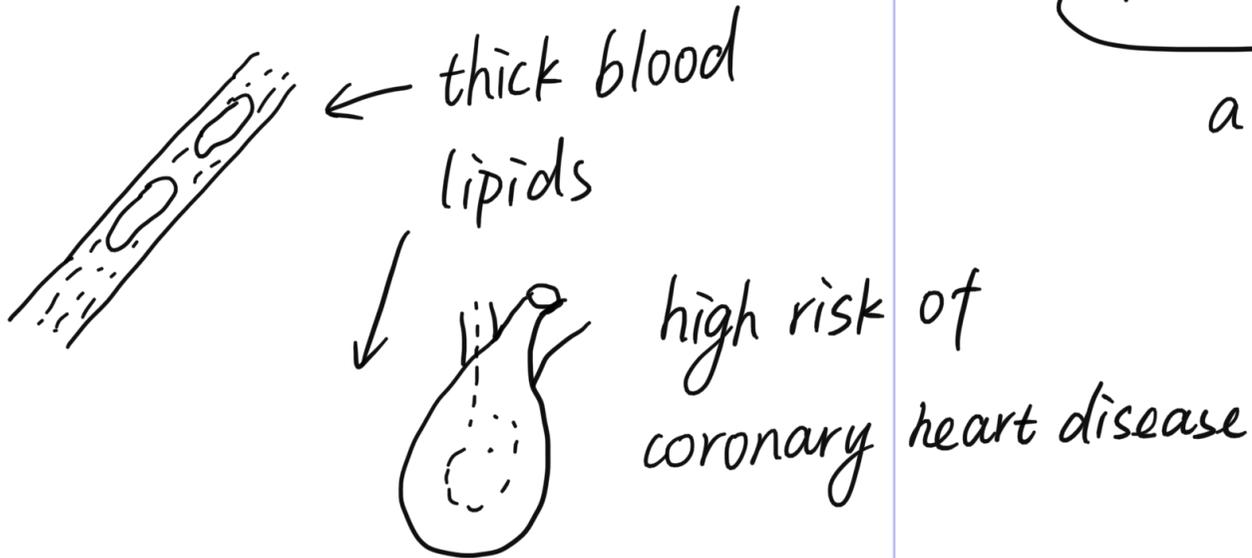
# Comprehensive diagnose

Detailed conversation about your current situation and give diagnosis

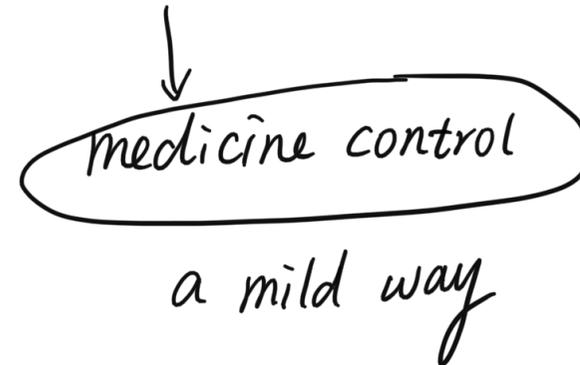
## Diagnosis

The questions you may want to ask:

- what causes my symptoms?
- what treatment option do I have?
- what risks do I have?



recommend



## Medicine prescription

The questions you may want to ask:

- why do we choose these medicines?
- what effect and side-effect do they have?

- Medicine name

*prazosin*

Frequency:

*twice per day*

Taking time:

*after meal*

- Medicine name

Frequency:

Taking time:

- Medicine name

Frequency:

Taking time:

# Treatment

Date: 02/05/2020

If you want to get more detailed information, find the material on [NHS digital website](#).

Paste the stickers here

Paste the stickers here

# Treatment

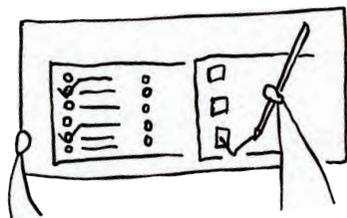
Date: / /

If you want to get more detailed information, find the material on **NHS digital website**.

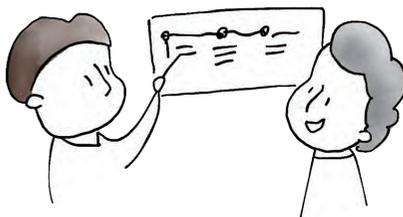
Paste the stickers here

Paste the stickers here

## Co-planning with the Doctor



Sarah fills in the life condition information at the beginning of the planing part, like her hobbies, habits and supporting relationships.



The doctor gives instructions and advice based on Sarah's personal situation. They make plans and set up goals together on the passport.



Sarah goes back home and easily record her life on the agenda, which is helpful for her to progress and adjust treatment plan with the doctor.

# My life

Date: / /

Help you find out what you can do to strengthen your body as well as mental health at home

## Habits

smoking

drinking

staying up late

irregular eating

eat much sugar, cheese,  
butter everyday

eat vegetables

walking (the dog)

other go to pub

## Hobbies

drawing

singing

gardening

housekeeping

taking exercise

instrument

shopping

going to supermarket

other walk the dog

## Technology

smartphone

social media  radio

community activity

newspaper

Television

computer

other \_\_\_\_\_

# Related organizations recommended

Provide some activities which you can take part in to restore your health

**Age UK**

All kinds of activities

**Caremark**

**Young at heart day club**

Baking, flower arranging, arts,crafts,gardening

**Royal voluntary service**

Dancing,exercise, traveling,handcrafts

**Livewell**

lunch club,coffee

**Eldercare**

Emergency services

**Caremark**

Social activities

**British heart foundation**

hiking activity, biking

**Mylife**

golf,exercise

**YMCA Club**

functional movement classes

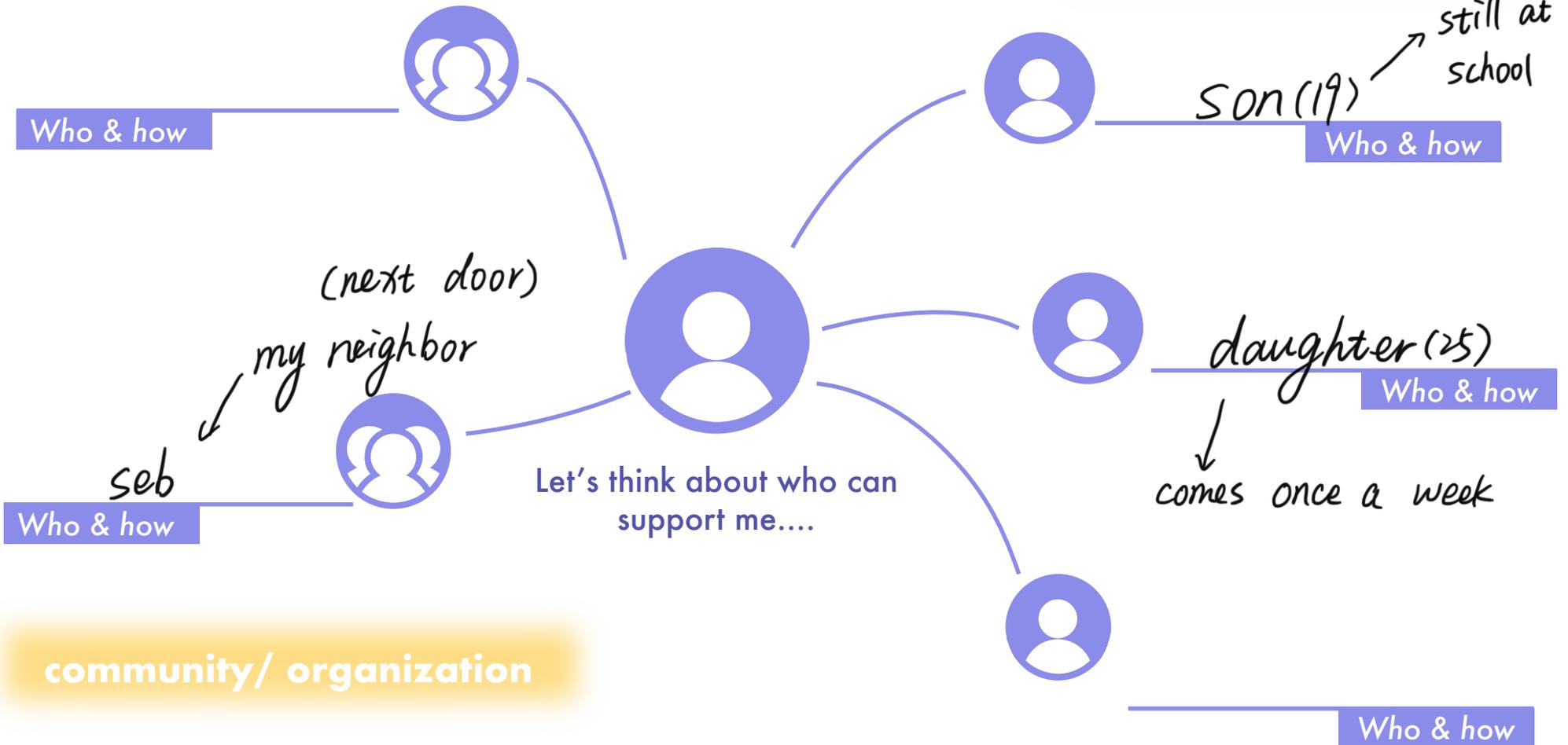
**local community centre**

# My connections

Find out the people who can help you during the treatment

Date: / /

## Close relationship



community/ organization

# My future plan

Help you to make plan from different categories

## Food



fast food

→ once a week



cheese / sugar

→ 3 times / week

## lifestyle



twice / week

## Exercise



gardening  
(every morning)



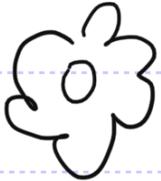
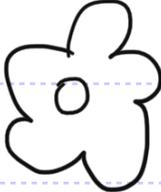
walk the  
dog / day

(at least 1 mile)

# Agenda

Plan: Gardening Date: 07/05/2020

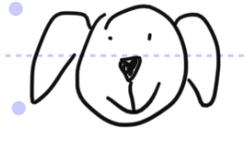
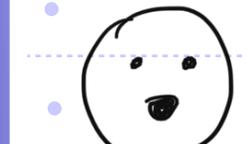
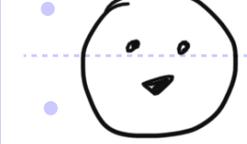
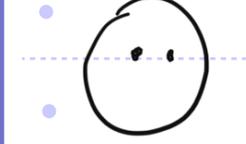
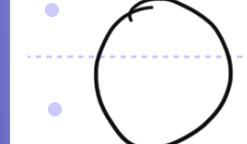
Record your process of rehabilitation at home

<p>Monday</p> 	<p>Tuesday</p> 	<p>Wednesday</p> 	<p>Thursday</p> 	<p>Friday</p> 	<p>Saturday</p> 
<p>Sunday</p>	<p>Monday</p> 	<p>Tuesday</p>	<p>Wednesday</p> 	<p>Thursday</p> 	<p>Friday</p> 
<p>Saturday</p>	<p>Sunday</p>	<p>Finish your plan today? Don't forget to draw something to record....</p> 			

# Agenda

Plan: Walk the dog Date: 07/05/2020

Record your process of rehabilitation at home

<p>Monday</p> 	<p>Tuesday</p> 	<p>Wednesday</p> 	<p>Thursday</p> 	<p>Friday</p>	<p>Saturday</p> 
<p>Sunday</p>	<p>Monday</p>	<p>Tuesday</p> 	<p>Wednesday</p> 	<p>Thursday</p> 	<p>Friday</p>
<p>Saturday</p>	<p>Sunday</p>	<p>Finish your plan today? Don't forget to draw something to record....</p> 			

# Agenda

Plan: Drink Date: 07/05/2020

Record your process of rehabilitation at home

<p>Monday</p> <p>•</p> <p>•</p>	<p>Tuesday</p> <p>•</p> <p>✓</p> <p>•</p>	<p>Wednesday</p> <p>•</p> <p>✓</p> <p>•</p>	<p>Thursday</p> <p>•</p> <p>•</p>	<p>Friday</p> <p>•</p> <p>✓</p> <p>•</p>	<p>Saturday</p> <p>•</p> <p>□</p> <p>•</p>
<p>Sunday</p> <p>•</p> <p>•</p>	<p>Monday</p> <p>•</p> <p>☺</p> <p>•</p>	<p>Tuesday</p> <p>•</p> <p>•</p>	<p>Wednesday</p> <p>•</p> <p>□</p> <p>•</p>	<p>Thursday</p> <p>•</p> <p>•</p>	<p>Friday</p> <p>•</p> <p>✓</p> <p>•</p>
<p>Saturday</p> <p>•</p> <p>•</p>	<p>Sunday</p> <p>•</p> <p>•</p>	<p>Finish your plan today? Don't forget to draw something to record....</p> 			