



**MyGPMPtool**

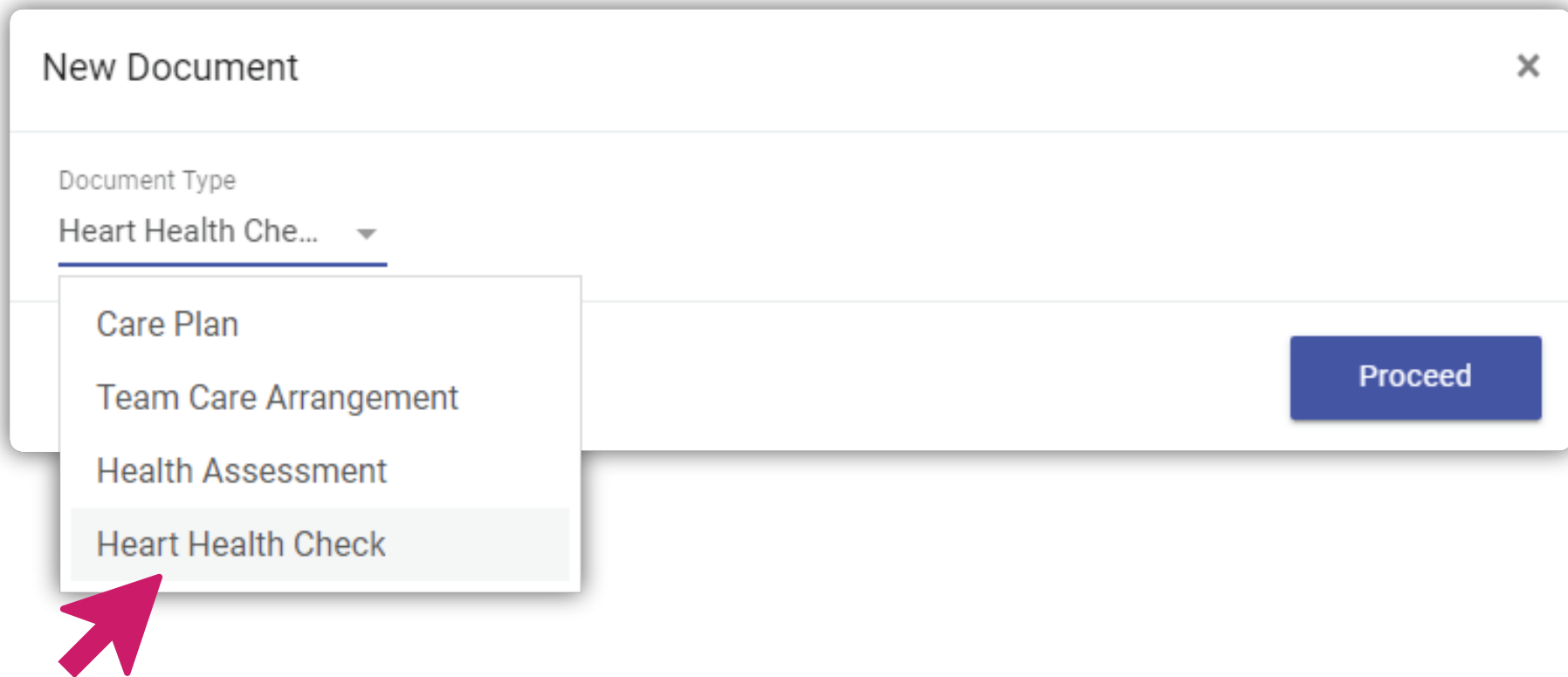
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# Heart Health Check (MGT-HHC)

*User Guide for GPs and Nurses*

Sign up your practice for  
FREE MGT account Through Topbar






## Select Heart Health Check to start

- ▶ Once you logged into MGT, click 'New'
- ▶ Then select 'Heart Health Check'

PATIENT HISTORY    LIFESTYLE    **PHYSICAL EXAMINATION**    INVESTIGATIONS    CVD RISK CALCULATION    SUMMARY

**Physical Examination** *(Consider pre-treatment results for patients already on blood pressure lowering medicines)*



<b>Blood pressure:</b>		
Systolic*	150	mmHg
Diastolic*	82	mmHg
Heart rate		bpm
Weight	92	kg
Height	172	cm
Waist circumference	105	cm
BMI	31.1	kg/m <sup>2</sup>
Notes		

\* fields are mandatory

Cancel    Previous    Save    Save And Exit    Proceed

## Auto-population of information

- ▶ Make sure you have recorded BP, Weight, Height, Waist circumference in the patient's clinical file (MD/BP) before you start your HHC
- ▶ Most of the relevant clinical information can be pre-populated (for Topbar users)

PATIENT HISTORY      LIFESTYLE      PHYSICAL EXAMINATION      **INVESTIGATIONS**      CVD RISK CALCULATION      HEALTHY HEART PLAN      SUMMARY

**Lipids** *(Consider pre-treatment results for patients already on cholesterol lowering medicines)*

Date of investigation \_\_\_\_\_

Total cholesterol\*      7      mmol/L

LDL cholesterol      \_\_\_\_\_      mmol/L

HDL cholesterol\*      1      mmol/L

Non-HDL cholesterol      \_\_\_\_\_      mmol/L

Triglycerides      \_\_\_\_\_      mmol/L

Blood glucose      \_\_\_\_\_      mmol/L      Date of most recent investigation      \_\_\_\_\_

HbA1c      \_\_\_\_\_      mmol/mol or %      Date of most recent investigation      \_\_\_\_\_

Notes      \_\_\_\_\_

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**ECG** *(if applicable)*

Most recent ECG date      \_\_\_\_\_

Details      \_\_\_\_\_

*\* fields are mandatory*

Cancel      Previous      Save      Save And Exit      Proceed

## MGT-HHC is designed to extract relevant lab results

- ▶ Ensure you have recent investigations results in the patient's file as the software will extract only the latest test results.
- ▶ You can still edit the content

PATIENT HISTORY      LIFESTYLE      PHYSICAL EXAMINATION      INVESTIGATIONS      **CVD RISK CALCULATION**      SUMMARY

**Absolute CVD risk calculation** ⓘ

Risk score: 31 %

Risk of CVD event within the next 5 years

Low (<10%)  
 Moderate (10-15%)  
 High (>15%) (Includes clinically determined high risk) ⓘ

**Management and follow-up**

Does the patient require a Healthy Heart Plan?\*  Yes  No

Date of next consultation: \_\_\_\_\_

Recall added into clinical software:

Notes: \_\_\_\_\_

*\* fields are mandatory*

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## Automatic CVD risk calculation

- ▶ As you enter the details in the fields, the CVD risk score will be calculated automatically.
- ▶ MGT-HHC is designed to capture clinically determined CVD high risks based on the information extracted and entered.

### Heart Health Check Risk Assessment

Practice name: Training Organisation  
Practice address: 1480, Collins Street  
State: VIC Postcode: 3000 Phone: 0397886801  
GP name: Test Doctor 1  
GP prescriber No: r3245324 GP provider No: 12345678A  
Assessment date: 24 - 5 - 2021

#### 1. Patient details

Name: Oak Test DOB: 24 - 5 - 1955  
Gender:  M  F  Other Age: 66  
Ethnicity/cultural identity:  
Verbal consent?  Yes  No

#### 2. Patient history

##### Medical history

Diabetes:  Type 1  Type 2  Gestational  
Hypertension:  During pregnancy  
Familial hypercholesterolaemia:   
Moderate or severe chronic kidney disease:   
Albuminuria: mcg/min  
Urine protein: g/24hrs  
UACR: mg/mmol  
eGFR: mL/min/1.73m<sup>2</sup>  
Atrial fibrillation:   
Left ventricular hypertrophy (LVH):

## Upload, download or Print

- ▶ You can upload the completed HHC, and My Healthy Heart Plan to the patients file through Topbar
- ▶ You can also print/ download the documents

Moderate (10–15%)  
 High (>15%) (Includes clinically determined high risk)

#### 8. Management and follow-up

Does the patient require a Healthy Heart Plan?  Yes  No  
Date of next consultation:  
Recall added into clinical software:   
Notes:

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