

What Happens Once you've Registered and Assessed for Risks of CVD

You will then be a client for as long as your risks are controlled. It is not advisable to opt out of this program. Don't wait for a heart attack or stroke to happen. Act Now and Prevent it from happening.



WE ARE HERE:



Waitemata DHB supports this program by funding PIHC to deliver through your GP & Outreach Nursing Clinics.

Visit our website for more information

www.pihc.co.nz



Cardiovascular Disease Program
Risk Assessment

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Pasifika Integrated Health Care Ltd

Cardiovascular Disease Program
Risk Assessment
2008



Quality Integrated Health Care for all
"The Pacific Way"

Tel: 09 410 0251

Introduction

Welcome to our Risk Assessment Program. It is important for you to read this information and help us help you look after your heart.



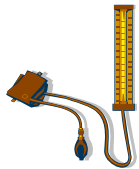
What is Cardio Vascular Disease Program

This program is setup by the health professional to look after any diseases that affect your Heart and your Blood Circulation.



What is Risk Assessment

Risk Assessment is the term used to describe what the nurses do for you, if/when you have 2 or 3 heart related problems (i.e.) High Blood Pressure, Diabetes and Obesity.



Why Assess for Risk

The reason why we assess for risks is because once your heart is damaged by conditions such as high blood pressure, diabetes, obesity, high cholesterol . It cannot be repaired and blood vessels will also be affected. Therefore we need to stop the damage from starting or getting worse.

What Happened if I don't get assessed

It's only a matter of time before you will get either a heart attack or stroke which is a life-threatening situation. It is best to know your health and the condition of your heart. Assessing it, is a LIFE SAVING TOOL..

Where do I go if something is wrong?

If you feel that something is wrong. It is best to visit your doctor or one of our outreach clinics. Have a check of B/P, weight and Cholesterol done, at least monthly. Also if any tightness of the chest and shortness of breath. Contact III for assistance before anything happens.

What Kind of Support do I get?

You will get support such as home visit to monitor your blood pressure, put a health plan in place to ensure condition stays stable, and improves. Also to act on any health issues that might affect your heart.

Your Doctor's Role

The Doctors role is very important. He is the vital person making sure your heart is healthy. By keeping an eye on your blood conditions, your diet, activities and health checks.



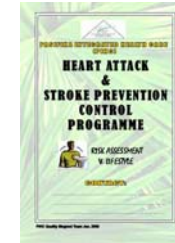
Follow Up & Home Visits

If you cannot come to the outreach clinic in time as planned. Then the service is brought to your doorstep. However, these visits are very important It helps to remind you of making sure you are in control of your own health.

Cardio Vascular Disease Information Booklet

This booklet is given to you once you register with the program. You are encouraged to carry it with you at all times. Make sure your nurse explains to you, your recordings and test results and what they mean.

CVD Booklet:



Your Records

The organization has a strict policy on how your information is recorded and stored. You can have access to them on request. But appreciate a time frame in advance prior to the information being released to you.

