

# Health Plans

*(aka Health Maintenance Plans or HMPs)*

## What are they?

A Health Maintenance Plan (HMP) is a feature of our Electronic Medical Record (EMR) system, which lets us schedule reminders. These reminders generally repeat with a pre-determined frequency based on published standards. For example, we may create a HMP for “Blood Pressure Reading” for patients who require regular monitoring (based on their risk factor profile). This allows for trends to be observed and corrective action to be taken, if necessary.

## What do I do?

Any time you visit the clinic, our staff will be prompted if you have a HMP that is coming-up or past-due. When you login to the Health Portal, you can see the same HMP tasks. In some cases you can take the appropriate action yourself by either completing the task at home (e.g. take a home blood pressure reading or completing the FOBT) or schedule an appointment with one of our staff.

You are an important part of your health care team. We encourage all of our patients to monitor the Patient Health Portal to play an active role by keeping up to date with their Health Maintenance Plans.

## What actions do I take?

The following describes some of the possible Health Maintenance Plan tasks and what action needs to be taken by the patient.

<b>HMP Task Name</b>	<b>Action Required</b>
Blood Pressure Reading	Take home BP Readings, enter data in Health Portal (Health Results).
BMD	Send a portal message to your physician or nurse practitioner requesting a Bone Mineral Density test.
CHF Review + 10 min	Call us for an appointment. Note: CHF review may be added to an upcoming appointment.
Colonoscopy	Send us a portal message requesting a referral.
Diabetic Management Assessment	Book your appointment online in the Health Portal.
FIT Recall	Send us a portal message requesting a FIT kit. The test will be mailed directly to you. Complete at home and return to a participating lab.
Mammography	Call us to request a requisition for a Mammogram.



## Family Health Team

OBSP	Contact the <b>Ontario Breast Screening Program</b> for an appointment: 613-728-0777
PAP Smear	Call us for a PAP appointment.
Pneumovax	Call us for an appointment. See "Immunizations" below
Smoking Status Missing	Update your smoking status on the Portal Main page. E.g. SMOKER, NONSMOKER or EXSMOKER
Tetanus Booster	Call us for an appointment. See "Immunizations" below

### **What do the terms mean?**

In the HMP task list above, medical short forms have been used to conserve space. The text has been expanded below. For more information, use the Health Portal *Message* feature to ask any additional questions you may have.

### ***Blood Pressure Reading***

Readings of your blood pressure are taken frequently over your lifetime and stored as part of your medical record. Significant changes in the blood pressure may indicate a medical condition that should be investigated. It is better to have more readings than too few. Readings should be done when you are relaxed, sitting up straight in a chair with your feet flat on the floor (not crossed). Your forearm should be supported and the middle of the cuff should be at heart level. Rest for 5 minutes then take 2 readings, 1-2 minutes apart. For more information, see "Home Blood Pressure Monitoring" under Health Resources.

Some patients will purchase a blood pressure machine to take readings from home, more easily and frequently. There are also blood pressure machines at pharmacies or you could drop into our clinic to have our nurse check your blood pressure. To view a list of recommended devices: <https://hypertension.ca/hypertension-and-you/managing-hypertension/measuring-blood-pressure/devices/>

### ***BMD***

A Bone Mineral Density (BMD) test measures the density of your bones and can help identify if you have osteoporosis or are likely to develop it in the future.

### ***CHF Review***

CHF is a short form for Congestive Heart Failure. Patients diagnosed with CHF will be monitored by our clinical team on a regular basis. The clinician will review a number of tests and observations to complete this task. It usually adds 10 minutes to the appointment time.

### ***Diabetic Management Assessment***

A patient with Diabetes needs to be assessed in the office at least 3 times per year. This is part of the disease management protocol. The clinician will perform and record a number of tests.

### ***FIT Recall***

The fecal immunochemical test (FIT) is a screening test for colorectal cancer. The test detects blood in your stool (poop) which can be a sign of pre-cancer. FIT is safe to use and can be done in your own home by following the instructions provided with your kit.

If you are between the ages of 50-74, it is recommended that you complete a FIT every 1-2 years. Some patients are excluded if they have had other tests performed (such as a colonoscopy) or have been treated for cancer. If eligible, your doctor will order the kit for you. It will be mailed directly to you at the mailing address we have on file within about 10 days.

For more information, visit Cancer Care Ontario's website:

<https://www.cancercareontario.ca/en/types-of-cancer/colorectal/screening>

### ***Mammography or OBSP***

Mammography is the process of using low-energy X-rays to examine the human breast and is used as a diagnostic and screening tool. The goal of mammography is to screen for breast cancers when they are small and are less likely to have spread (metastasized) and more likely to be successfully treated. The Ontario Breast Screening Program (OBSP) screens women ages 30-69 who are identified as being at high risk of breast cancer.

For more information, visit Cancer Care Ontario's website:

<https://www.cancercareontario.ca/en/cancer-care-ontario/programs/screening-programs/ontario-breast-obsp?redirect=true>

### ***PAP Smear***

The **Pap Smear** (also called **Pap test**, **cervical smear**, or **smear test**) is a screening test used to detect abnormal cells in the cervix that could lead to cervical cancer later in life. For women ages 21-69 who have ever been sexually active, it is recommended that they have regular Pap tests every 3 years.

For more information, visit Cancer Care Ontario's website:

<https://www.cancercareontario.ca/en/types-of-cancer/cervical/screening?redirect=true>

### ***Immunizations***

A number of immunizations may be listed such as Tetanus or Pneumovax. Some require booster shots at regular intervals. Others may be shown in the HMP list but not described in this document.

To learn more about immunization, visit: <https://immunize.ca/learn-about-immunization>