



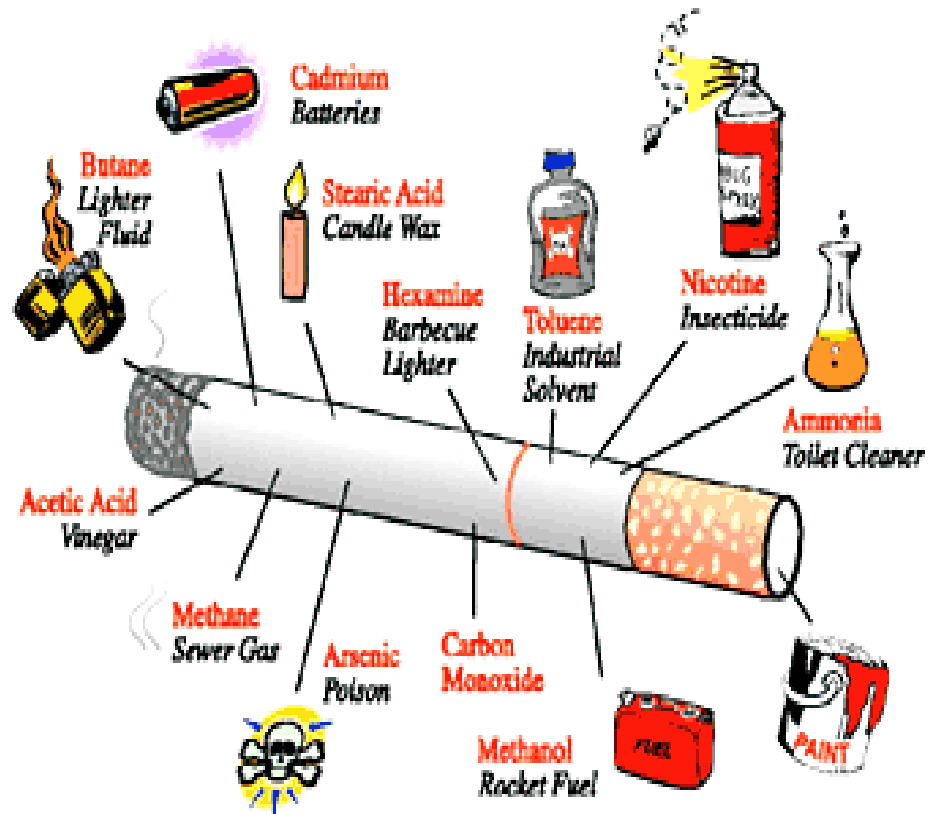
Its All About
A NURSE LED CLINIC
effectiveness
ON SURVEILLANCE
PATIENTS

NURSE ASSESSMENT & GUIDANCE

- Discuss about AAA
- Risk factors related to it
- History taking-Medical, Surgical, Social.
- Height, weight and Blood Pressure check
- Discuss with patient about:
 - (a) stop smoking
 - (b) Weight management with diet & exercises
 - (c) Refer the patient to GP for medications

HOW NURSE HELPS PATIENT IN QUIT SMOKING

- Discuss the harmful effect of smoking
- Brief discussion about the services available
- Refer the patient to stop smoking services
- Contacting patients around 12-14 weeks
- Review patient at one year

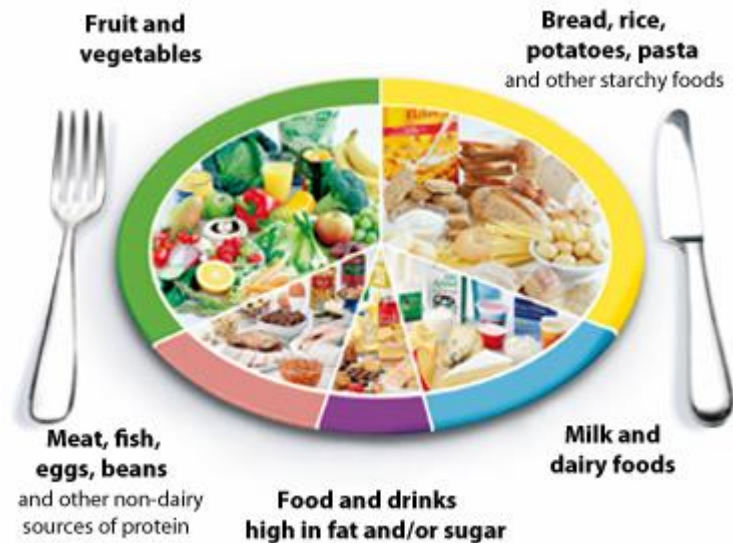


NURSE HELPS PATIENT IN WEIGHT MANAGEMENT

Exercises



Diet



LOCAL HEALTH AND WELL-BEING CENTRES

- HEALTHY EATING
- PHYSICAL ACTIVITIES
- WEIGHT LOSS
- MENTAL WELL-BEING
- STOP SMOKING GROUPS
- REFERRAL TO ADVICE SERVICES

PATIENT AND PUBLIC INVOLVEMENT GROUP (PPI)

- Patients share their views and ideas.
- Supporting network
- Learn about healthy life style by health professionals.
- (a) dietician
- (b) yoga trainer
- © vascular consultant
- (d)stop smoking services team
- (e) pharmacist
- (f) nurse specialist & AAA team members

REFERRING PATIENT TO GP

- Aspirin
- Statin
- Secondary prevention of their high blood pressure.
- Other health related problems picked incidentally during consultation phase.

SECOND PHASE

EVALUATING THE
IMPLEMENTATION
OUTCOMES

PATIENTS UNDER PILOT STUDY

Initial Assessment

Patients initially assessed by the nurse between 1/09/2013- 30/09/2014

No of patients were =88

Re-assessment at 1 year

Patients were re-assessed by Nurse between 01/09/2014- 30/09/2015

Re-assessed for Smoking=70

Re-assessed for BMI= 49

Re-assessed for medication=49

SMOKING

At initial Clinic

Ex-smoker	39
Never Smoke	03
Smokes 1-10cig/day	11
Smokes 11-20cig/day	13
Smokes >20 cig/day	4
Total	70

At surveillance clinic

Smoker	smokes	cut down	quit	% quit
Smokes 1-10cig/day (11)	0	2	9	81%
Smokes 11-20cig/day (13)	2	9	2	15.3%
Smokes >20cig/day (4)	2	2	0	0%
Total=28	4	13	11	39%

Weight Management

At initial Clinic

BMI	No of Pts	% of Pts
Under Weight (BMI <18)	0	0%
Normal Weight (BMI 18-25)	11	22.4%
Over Weight (BMI 26-30)	20	40.8%
Obese BMI (>30)	18	36.7%
Total	49	

At surveillance Clinic

BMI	No of Pts	% of Pts
Under Weight (BMI <18)	0	0%
Normal Weight (BMI 18-25)	14	28.5%
Over Weight (BMI 26-30)	25	51%
Obese BMI (>30)	10	20.4%
Total	49	

RECOMMENDED MEDICATIONS

At Initial Clinic

Aspirin	No of Pts	% of Pts
On a Aspirin	24	48.9%
Not on Aspirin	25	51%
Can't Take	0	0%
Total	49	

Statin	No of Pts	% of Pts
On statin	30	61%
Not on Statin	17	34.6%
Can't take	2	4%
Total	49	

At Surveillance Clinic

Aspirin	No of Pts	% of Pts
On a Aspirin	46	93.8%
Not on Aspirin	2	4%
Can't Take	1	2%
Total	49	

Statin	No of Pts	% of Pts
On statin	41	83.6%
Not on Statin	2	4%
Can't take	6	12%
Total	49	

