

Comprehensive Care Plan

Patient Information

Name: John Doe

Date of Birth: 01/01/1980

Address: 123 Main St, City, State, ZIP

Phone Number: (123) 456-7890

Condition Overview

Primary Conditions: Hypertension, Type 2 Diabetes

Date of Initial Diagnosis: 06/15/2018

Goals of Care

- Maintain blood pressure within target range (e.g.,
- Achieve and maintain blood glucose levels (HbA1c < 7%).
- Educate patient on lifestyle modifications (diet, exercise).

Interventions

1. Medication management:
 - Antihypertensive: Lisinopril 10 mg daily
 - Antidiabetic: Metformin 500 mg twice daily
2. Routine monitoring of blood pressure and blood glucose levels.
3. Referral to a dietitian for personalized meal planning.
4. Schedule bi-monthly follow-up appointments.

Patient Education

Provide education on:

- Understanding hypertension and diabetes.
- Importance of medication adherence.
- Recognizing symptoms of hypo- and hyperglycemia.
- Healthy lifestyle habits, including exercise and nutrition.

Follow-Up

Next appointment scheduled for: 12/01/2023

Provider Information

Provider Name: Dr. Jane Smith

Practice Name: Health Care Associates

Contact Information: (123) 456-7890