

HEALTH ASSESSMENT

Full Name:	Christine Test	Test Date:	05 May 2017
Healthcare Number :		Assessor:	Dr S Jones
Gender:	Female	Height:	177 cms
Age:	59 yrs	Weight:	77 kg

LIFESTYLE REVIEW

Basic Data

Weight: Metric: **77.00kg** - Imperial: (**12st 1lbs**)
Height: Metric: **177.00 cm** - Imperial: (**5 ft 10 ins**)
BMI: 24.58

Drinking

Alcohol Units: **3 / Week, Above Recommended Weekly Limits**
Binge Drinker

Perceived Stress

Perceived Stress: **Moderately Stressed**
Perceived Eating Habits: **Moderately Concerned**

Smoking

Smoking: **Smoker**
Number Per Day: **5**
Start Date: **01/01/1990**

Activity

Activity Occupation: **2 (Out of 5)**
Activity Leisure: **1 (Out of 5)**

FITNESS HEALTH RESULTS

Body Mass Index

Body Mass Index, 24.58, Normal

Grip Strength

Grip Strength, **66.00 kg, Excellent**

Leg And Back Strength

Leg and Back Strength, **45.00 Kgs (20.45lbs), Poor**

CUSTOM TEST RESULTS

JOINT BRITISH SOCIETIES CARDIOVASCULAR RISK ASSESSMENT

Current Risk

Current Ten Year Risk, %, Most Risk
Systolic Blood Pressure, 0 mm Hg
Diastolic Blood Pressure, 0 mm Hg
Total Cholesterol, 9 mmol / l
HDL, mmol/l
HDL, mmol / l
Smoking Habits, Cigarette Smoker

CONSULTANT NOTES

27 November 2019

Witten By: SAM Carter

Example of a consultation note. You can put any text here, including hyperlinks. There is no limit to the number of notes you can add to a specific assessment.
