

## STT Example\_CareofHeart\_Guideline\_Adult\_SmartPhrase

### SmartPhrase-SmartList

#### 1. The SmartList

**Name:** .STTADHEARTLIST **Configuration:** Multi-select (allows the clinician to check all key areas of heart health discussed).

**List Choices:**

- **Primary Care:** Annual visits for regular check-ups, assessments, and individualized care.
- **Preventative Measures:** Vaccines for Flu, pneumonia, shingles, COVID-19, Tdap, and Td.
- **Screenings:** Regular screenings for Colon, Breast, and Cervical health.
- **Medication Adherence:** Taking medications as prescribed to improve health outcomes.
- **Weight Management:** Maintain a healthy weight through regular exercise.
- **Tobacco Cessation:** No smoking.
- **Alcohol Moderation:** Limited alcohol intake.
- **Heart Healthy Diet:** Low salt diet.
- **Monitoring (BP):** Regular blood pressure monitoring.
- **Monitoring (Glucose):** For Diabetic patients, regular blood sugar monitoring.
- **Hygiene & Prevention:** Brush after meals, floss daily, and regular checkups.

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#### 2. The SmartPhrase

**Name:** .STTADHEART

*(Following the convention: .STT [Tracking] + AD [Adult] + HEART [Topic])*

**Template Text:**

**Intervention:** stART the Talk™ Heart Health Education (Adult)

Patient was provided with the "Taking Care of Your Heart" infographic. Discussion focused on individualized heart health maintenance and preventative care, specifically: **{HEART LIST:".STTADHEARTLIST"}**.

**Plan/Follow-up:**

- Next Primary Care Visit: **{DATE:12345}**
- Regular screenings to be scheduled (Colon/Breast/Cervical): **{FREE TEXT}**
- Information provided for prevention and health maintenance: **{FREE TEXT}**
- Additional heart health topics discussed: **{FREE TEXT}**

Educational materials were provided in **{STT LANGUAGE: "English", "Spanish", "French", "Chinese"}**.