

STT Example_MgHealthGuideline_Adult_SmartPhrase

SmartPhrase-SmartList

1. The SmartList

Name: .STTADMANAGEHLTHLIST

Configuration: Multi-select (allows the clinician to document multiple intervention points).

List Choices:

- **Preventative Measures:** Vaccines for flu, pneumonia, shingles, COVID, RSV.
- **Medication Adherence:** Take medications as instructed for optimal health.
- **Provider Communication:** Report health issues to care provider.
- **Monitoring:** Monitor blood pressure, breathing, and blood sugar.
- **Mental Health:** Talk to someone if feeling down or anxious.
- **Stress Management:** Identify stressors and find ways to unwind.
- **Sleep:** Aim for 8 hours of sleep.
- **Physical Activity:** Get moving for 30 minutes most days.
- **Oral Health:** Brush teeth twice a day; dentist visits 2 times a year.
- **Nutrition (Portions):** Try to eat medium-sized portions.
- **Nutrition (Variety):** Eat plenty of fruits, vegetables, grains, fish, beans, eggs, and nuts weekly.
- **Nutrition (Oils/Fats):** Use soft margarine instead of butter; cook with vegetable oil.
- **Nutrition (Reductions):** Eat fewer foods that are salty and sugary.

2. The SmartPhrase

Name: .STTADMANAGE

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

Template Text:

Intervention: stART the Talk™ Health Management Education (Adult)

Patient was provided with the "Managing Your Health" worksheet. Discussion focused on preventative measures and self-care, specifically: **{MANAGEMENT LIST:".STTADMANAGEHLTHLIST"}**.

Plan/Follow-up:

- Next Healthcare Provider Visit: **{DATE:12345}**
- Regular screenings to be scheduled: **{FREE TEXT}**
- Health services discussed (rehab, hearing, eye tests, etc.): **{FREE TEXT}**
- Additional health topics reviewed: **{FREE TEXT}**

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