

HOW TO USE THE HAPPY HEARTS TOOL

TO GET STARTED



visit: <http://tool.happy-hearts.co.uk>

Before you start:

Introduce the tool to the patient and ask for their name. Their first name is probably best, but a surname or nickname will work too.

Note that there's no 'back' button, so if a patient wants to change any of their answers you'll need to click on the Happy Hearts logo and start again.

The Happy Hearts tool aids health professionals like yourself by offering a 2-3 minute intervention that leads to a blood pressure check.

It has been carefully structured in a way that encourages patients to talk about themselves, their life and interests, before allowing you to illustrate how the health of their heart plays a crucial role in their life.

START

Read them the statement around **data usage and privacy**, and make it clear that the tool will be talking about blood pressure, so as not to mislead them.

STEP 2

Ask the patient for their **age, gender and postcode** (if necessary, remind them that we won't store information that could identify individuals, it's for tool personalisation and our evaluation only).

STEP 3

Ask them **what they like doing most** in their life. There are nine options – they only need to pick one.

STEP 4

Next, ask them to pick a **specific activity or pastime** by typing into the box and selecting an option from the dropdown list.

STEP 5

Then ask them to **select two other areas** that also interest them.

STEP 6

Reassure the patient that we need just a little information about their lifestyle to **help tailor the results**.

STEP 7

Proceed with the short quick-fire **questions about their lifestyle**. You don't need detail, just a general idea of their current choices around things such as food, drink, and smoking.

STEP 8

The tool then presents their responses back as a **personalised dashboard**. **Key interests and lifestyle choices are shown as icons next to their name**.

Below is a suite of tailored messages, facts and figures. Take some time to read through this content and ask them to consider the link between interests, lifestyle and heart health.

Ask if they would be happy to have their blood pressure taken. Click 'yes' or 'no' accordingly.

STEP 9

The final screen carries a message tailored to their response. Press the 'finish' button to reset data and return to the home screen ready for the next patient.

FINISH

That's it!

Record the data on PharmOutcomes and continue with your normal patient consultation pathway.

Happy Hearts