 **Intervention Framework for persons on Antipsychotic Medications**

**Add your text here**

**Add your text here**

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**If I have Diabetes or CVD ask my GP to explain how I can manage my condition**

**Get assistance planning my diet and starting an exercise programme.**

**Ask my GP about metformin**

**You can limit your salt intake.**

**Your GP may start you on medications (antihypertensive)**

**You can consider smoking cessation and nicotine lozenges/patches**

**Referred to clinician for tests, diagnosis and treatment**

**You can eat healthy, exercise regularly and Use your medications as directed**

**My total cholesterol is greater than**

**6.0 mmol/l**

**My random blood sugar above**

**11.1 mmol/l**

**My BP is above**

**140/90**

**I have put on weight in the last 3 months**

**I have a poor diet / not physically active**

**I’m a smoker**

**Blood Lipids**

**Glucose (Blood Sugar) Regulation**

**Blood Pressure**

**Body Mass Index**

**(BMI) Weight**

**Lifestyle**

**Smoking**

**My goals**

**What can I do?**

**My problem areas**

**Looking at my:**

