

e-HANDI (Handbook of Non-Drug Interventions) Instructions for GPs:

e-HANDI and its non-drug intervention entries are readily available, but some functions require you to be registered and logged in. The program is currently in the testing beta phase. If you have any questions or issues along the way, please contact me.

Registration and Login: Before using the website, please register with a valid email address. Follow the prompts, including email verification. Once registered, you can log in. You'll see a profile icon at the top-right of the page, replacing the registration button. Click this icon to open your profile and enter your details. We require your first and last name and email address. You can add other information if you wish. Click "update" to save your details.

Navigation: On the left panel, you'll find buttons for "search," "browse," "your dashboard," and "profile." At the bottom, there's a "frequently asked questions" page. If you encounter any issues, please contact me.

Searching for Entries: You can search for interventions or conditions directly in the search bar. For example, type "hypertension" and press "enter" to see potential interventions. You can also use the "Advanced Search" feature to filter by condition, intervention type, and population. You can filter by interventions you've prescribed before or favorited. For example, if you have a patient with type 2 diabetes and want to discuss exercise, you can find relevant entries and click "Check Details" for more information.

Prescribing Interventions: To prescribe an intervention, you can provide information in three ways:

1. Via email
2. Via text message
3. Print the script

When selecting email or text message, those fields become required. Add the patient's name, date of birth, contact details, and start/re-evaluate date with their consent. The re-evaluate date allows you to set a follow-up reminder for the patient.

The "patient instructions" section lets you personalize the intervention. For example, discuss the type of exercise and frequency with a patient with T2DM. You can choose to save patient details to the address book if agreed upon.

Click "submit" to prescribe. Emails or texts will be sent to the entered address or number. If you select print, the prescription will download automatically. You can print it for the patient.

The e-HANDI script includes entered details and additional instructions, with a QR code linking to a consumer resource. You can add another prescription, favorite it, or copy a brief sentence to the patient's medical record. If the PDF doesn't download automatically, click "download prescription." GPs can also rate the prescription out of 5.

Browsing Entries: If you're unsure what to discuss with your patient, use the "browse" function. It defaults to listing by condition but can be switched to filter by intervention type. Click "Check details" to read the entry or "Prescribe."

Dashboard: The dashboard shows the frequency of prescriptions through e-HANDI, filterable by condition, intervention type, specific intervention, and timeframe. You can download and customize the chart. The dashboard tracks total prescriptions and those opened by patients, helping us determine e-HANDI's usage.

Further Information: For more about the HANDI and e-HANDI project, visit the "About Us" section. There's also a section for Frequently Asked Questions.