



## Chronic Disease Management Network (cdmNet) Man's Guide

Chronic Disease Management Network cdmNet is a care coordination tool that is being used in TrueNTH Program. It enables the Care Team to access and contribute to your health record and care plan in a collaborative manner.

### Equipment and Set up

1. A computer (desktop,laptop,ipad etc)
2. Internet Connection

### Need more Help?

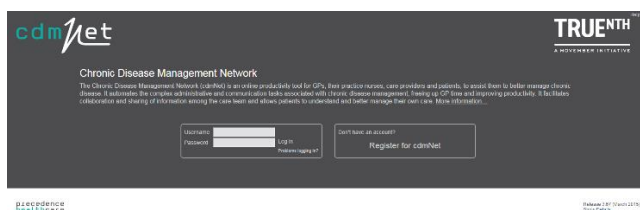
Email your questions or problems to:  
[support.au@truenth.org](mailto:support.au@truenth.org)

### Access cdmNet

cdmNet can be accessed via the TrueNTH navigation page <http://www.truenth.org.au/>

Click on the cdmNet tile. The cdmNet login screen will display.

Log in to the cdmNet with your username and password.



Note: the temporary password is only valid for seven days.


When you login into cdmNet for the first time you are presented with the terms and conditions of use.

Accept the Terms and condition of use.

### Bookmark cdmNet in Google Chrome

Click on the Star  icon in the address bar.

### Bookmark cdmNet in Internet Explorer

Click on the Favourites button  then click Add Favourites.

### Summary of Tabs in cdmNet

<b>Contacts</b>	View Health Insurance, Patient Nominated Contacts, Primary Care Provider, Care Team information
<b>Health Summary</b>	View The Patients Current and Past Medical History, Medications, Adverse Reactions when recorded in the GP Clinical desktop system.
<b>Measurements</b>	View and Add Measurements, Observations, Test Results, Lipids
<b>Planning</b>	Create, Update the Care Plan(Only displays after a Care Plan has been created)
<b>Care Team</b>	View and Add Care Teams who will contribute to the Care of the Participant.(Only displays after a Care Plan has been created)
<b>Documents</b>	View and upload Documents
<b>Assessments</b>	Create and upload tools/scales that identify the specific needs of a person
<b>Reports</b>	Access Reports
<b>Progress Notes</b>	View and Add Progress Notes
<b>Education</b>	Access Education links

### Review your Progress in the Care Plan

1. When you log into cdmNet the Care Plan will display. (1)

Care Plan Conditions: Prostate Cancer  
Created by Dr Adam Whiteley  
Valid from: 15-Dec-2014  
Next review: 16-Jun-2015

GPMP (721) — As approved on 15-Dec-2014

Contacts | Health Summary | Measurements | **Planning** | Care Team | Documents | Assessments | Reports | Progress Notes | Education

Show tasks assigned to: everyone

Main Objective

Goal	Task	Responsible	How Often	Last	Next	Comment
Achieve optimal health Target: Identified goals achieved	Determine main objective	Patient	Ongoing		Ongoing	
<b>General</b>						
Goal	Task	Responsible	How Often	Last	Next	Comment
Clear understanding of conditions Target: Patient has received education	Education and review	Dr A. Whiteley (GP)	Every year	15-Dec-2014	Not Due	
Clear understanding of treatment options Target: Patient understands the choices and consequences of treatment options	Use Decision Support aid	Patient	Every year		Due Dec 2014	
Minimise adverse effects of prostate cancer and its treatment Target: Patient has minimal adverse effects of prostate cancer or its treatment	Use Dizziness Thermometer	Patient	Every 3 months		Due Dec 2014	
	Complete Prostate Cancer Index (EPIC-CPI) form	Patient	Every 3 months		Due Dec 2014	
<b>Lifestyle</b>						
Goal	Task	Responsible	How Often	Last	Next	Comment
Maintain healthy diet Target: Patient maintaining healthy diet	Comprehensive education and review	Mr N. Thompson (Dietician)	Every 3 months		Due Dec 2014	
	Action to:	Patient	Ongoing		Ongoing	

2. Set the Filter titled "Select the tasks Assigned" to "You".(2)



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Contacts | Health Summary | Measurements | **Planning** | Care Team | Documents | Assessments | Reports | Progress Notes | Education

Show tasks assigned to you

**Main Objective**

Goal	Task	Responsible	How Often	Last	Next	Comment
Achieve optimal health	Determine main objective	Patient	Ongoing		Ongoing	
Target: Identified goals achieved						

**General**

Goal	Task	Responsible	How Often	Last	Next	Comment
Clear understanding of treatment options	Use Decision Support aid	Patient	Every year		Due Dec 2014	
Target: Patient understands the choices and consequences of treatment options						
Minimise adverse effects of prostate cancer and its treatments	Use Distress Thermometer	Patient	Every 3 months		Due Dec 2014	
Target: Patient has minimal adverse effects of prostate cancer or its treatment	Complete Prostate Cancer Index (EPIC-CP) form	Patient	Every 3 months		Due Dec 2014	

**Lifestyle**

Goal	Task	Responsible	How Often	Last	Next	Comment
Maintain healthy diet	Action to achieve target	Patient	Ongoing		Ongoing	
Target: Patient maintaining healthy diet						
Maintain physical activity	Follow exercise plan	Patient	Ongoing		Ongoing	
Target: 30 minutes per day of selected exercise 5 days per week, within patient limitations	Monitor activities	Patient	Ongoing		Ongoing	

**Create Assessment**

The following assessments are available to create:

Expanded Prostate Cancer Index Composite for Clinical Practice (EPIC-CP)

Prostate Cancer Distress Screen

Cancel Create Assessment

- Select the Assessment and click on the Create Assessment.
- The Assessment will display.
- Complete the Assessment and click on Save Assessment button.
- The Assessment will display in the In Progress section of the Assessments screen.

### Add a Progress Note

- Click on the Progress notes tab in the Navigation menu to access the Progress Notes.(3)

Contacts | Health Summary | Measurements | Planning | Care Team | Documents | Assessments | Reports | **Progress Notes** | Education

Click here to enter note

Add Note

16 December 2014: Dr Adam Whiteley approved the GPMP

Show Detailed Timeline

- Enter the note and click on the “Add Note” button.
- The Progress Note shall be stamped with date/time and user who created the note.

### Add Assessment

- Click on the Assessments tab in the Navigation menu to access the Assessments Screen. (4)

Care Plan Conditions: Prostate Cancer Created by Dr Adam Whiteley Valid from 16-Dec-2014 Next review 16-Jun-2015

GPMP (721) — As approved on 16-Dec-2014

Contacts | Health Summary | Measurements | Planning | Care Team | Documents | **Assessments** | Reports | Progress Notes | Education

**In Progress Assessments**

Assessment	Created By	Date Created
There are no assessments in progress.		

**Completed Assessments**

Assessment	Approved By	Date Approved	MBS Item	Actions
Malnutrition Screening Tool (MST)	Dr Adam Whiteley	16-Dec-2014 10:34 AM		View Download
Prostate Cancer Distress Screen	Dr Adam Whiteley	16-Dec-2014 10:35 AM		View Download

**Uploaded Assessments**

File	Description	Uploaded By	Date Uploaded	Upload Assessment
There are no uploaded assessments.				

- Click on the Create Assessment option.
- A list of Assessments will display. (5)

### Add Measurements

- Click on the Measurements Tab in the Navigation menu to access the Measurements screen. The last five measurements shall display.(6)

Care Plan Conditions: Prostate Cancer Created by Dr Adam Whiteley Valid from 16-Dec-2014 Next review 16-Jun-2015

GPMP (721) — As approved on 16-Dec-2014

Contacts | Health Summary | **Measurements** | Planning | Care Team | Documents | Assessments | Reports | Progress Notes | Education

**Self Monitoring**

(These measurements are not monitored by the care team.)

Measurement	Latest	Target	Recent Measurements	Actions
Blood Pressure (mmHg)	-	< 130/80	-	History
Hip Circumference (cm)	-	-	-	History
Waist Circumference (cm)	-	-	-	History
Weight (kg)	-	± 5% of current	-	History
Blood Glucose Level (mmol/L)	-	< 7	-	History
Steps Per Day (steps)	-	-	-	History
Oxygen Saturation SpO <sub>2</sub> (%)	-	-	-	History
Lung Function FEV <sub>1</sub> (L)	-	-	-	History
BMI (kg/m <sup>2</sup> )	-	-	-	History

**Observations**

Measurement	Latest	Target	Recent Measurements	Actions
Blood Pressure (mmHg)	-	< 130/80	-	History
Hip Circumference (cm)	-	-	-	History
Waist Circumference (cm)	-	-	-	History

- Click on the “Add Measurement” Button above the relevant section in the Measurement section.
- The Add Assessment form will display. (7)

**Add Measurements**

**Self Monitoring**

Use same date for all entries: 19/12/2014 (e.g. 20/8/1983)

Use same time for all entries: (Australia/Velbourne)

Measurement	Date	Time	Value	Note
Blood Pressure (mmHg)	(e.g. 20/8/1983)	(Australia/Velbourne)	mmHg	
Hip Circumference (cm)	(e.g. 20/8/1983)	(Australia/Velbourne)	cm	
Waist Circumference (cm)	(e.g. 20/8/1983)	(Australia/Velbourne)	cm	
Weight (kg)	(e.g. 20/8/1983)	(Australia/Velbourne)	kg	
Blood Glucose Level (mmol/L)	(e.g. 20/8/1983)	(Australia/Velbourne)	mmol/L	
Steps Per Day (steps)	(e.g. 20/8/1983)	(Australia/Velbourne)	steps	
Oxygen Saturation SpO <sub>2</sub> (%)	(e.g. 20/8/1983)	(Australia/Velbourne)	%	
Lung Function FEV <sub>1</sub> (L)	(e.g. 20/8/1983)	(Australia/Velbourne)	L	

Cancel Add Measurements



4. Enter the Measurement.
5. Click on Add Measurement Button at the bottom of the measurement dialogue box.

## Upload a Document

1. Click on the Document Tab in the Navigation menu to access Documents. (8)

Care Plan Conditions: Prostate Cancer Created by Dr Adam Whitehaw Next review 16-Jun-2015  
Valid from 16-Dec-2014

GP/HP (721) — As approved on 16-Dec-2014

Contacts | Health Summary | Measurements | Planning | Care Team | **Documents** | Assessments | Reports | Progress Notes | Education

Show: Current and Uploaded Documents Only

File	Description	Uploaded By	Upload Date	Actions
There are no uploaded documents.				

Current Care Plan

Document	Actions
Care Plan	View Download
Patient Summary	View Download

Approved Care Plans

Document	Approval/Agreement Date	Actions
GP Management Plan (721)	16-Dec-2014	View Download

2. The Upload Document form will display. (9)

**Upload Document**

Precedence Health Care provides this document upload service for sharing of important information among the care team and with the patient. It is not intended to be a substitute for storage of documents and Precedence Health Care does not guarantee that any uploaded documents will be permanently retained.

● indicates a required field

● File to upload:  No file chosen

Description:

3. Click on the Choose File button.
4. Click on the Browse button to find the document you wish to upload.
5. Click on Open button.
6. Enter a description for the document.
7. Click on the Upload button.

## Access Education Material

1. Click on the Education Tab in the Navigation menu to access the Education Material. (10)

Contacts | Health Summary | Measurements | Planning | Care Team | Documents | Assessments | Reports | Progress Notes | **Education**

### Advanced Prostate Cancer

Resource	Description
Andrology Australia – Therapy	Androgen deprivation therapy factsheet
Prostate Cancer Foundation of Australia – Advanced Diagnosis	Diagnosing advanced prostate cancer
Prostate Cancer Foundation of Australia – Advanced Side Effects	Managing treatment side effects of advanced prostate cancer
Prostate Cancer Foundation of Australia – Advanced Treatment	Treating advanced prostate cancer
Prostate Cancer Foundation of Australia – Advanced Wellbeing	Maintaining wellbeing with advanced prostate cancer

### Continence

Resource	Description
Australian Continence Exchange – Live Better	Live Better with Urinary Incontinence
Continence Foundation of Australia – Bladder and Bowel Control	A Guide to better bladder and bowel control
Continence Foundation of Australia – Cancer Surgery	Continence and prostate: A guide for men undergoing prostate cancer surgery
Continence Foundation of Australia – Exercises	Pelvic floor exercises for men

### Localised Prostate Cancer

Resource	Description
Prostate Cancer Foundation of Australia – Localised Diagnosis	Diagnosing localised prostate cancer
Prostate Cancer Foundation of Australia – Localised Prostate Cancer	Localised prostate cancer pack
Prostate Cancer Foundation of Australia – Localised Side Effects	Managing treatment side effects of localised prostate cancer
Prostate Cancer Foundation of Australia – Localised Treatment	Treating localised prostate cancer
Prostate Cancer Foundation of Australia – Localised Wellbeing	Maintaining wellbeing with localised prostate cancer

2. Click on the Document title.
3. A pop up window shall display with the Document selected.
4. To close the document window and return to cdmNet click on the cross in the top right hand corner of the window.

## Logout of cdmNet

1. Click on the Logout option on the menu at the top right hand-side of the screen.

Patients | Reports | Surveys | Resources | Preferences | Help | **Log Out**