

# MY CLINIC WALKS - PATIENT IDENTIFICATION

## POLAR Walkthrough

### Step 1

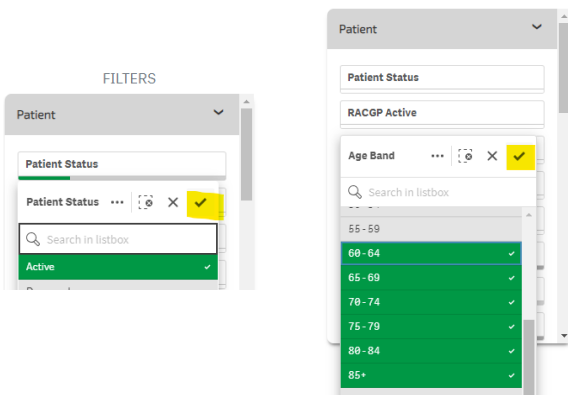
Access POLAR explorer - <https://polarexplorer.org.au>

Log in with your POLAR credentials, which is provided to you via the welcome email.

### Step 2

In the left drop-down menu select *"patient status"* and then *"active"*.

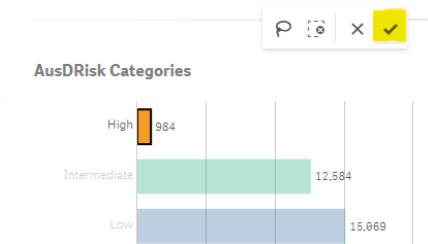
In the same menu, under *"Age Band"* select all options for patients 60+.



### Step 3

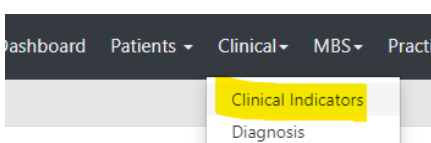
*(Optional)*

In the *"AusDRisk Categories"* graph, select *"High"*.



### Step 4

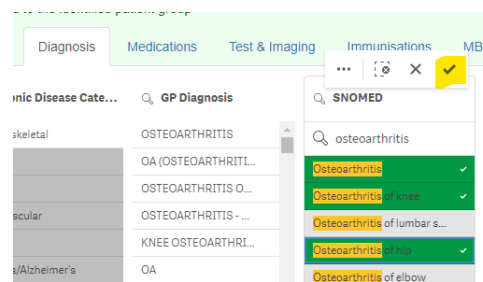
Go to *"clinical"* and then select *"clinical indicators"*.



### Step 5 - Inclusion Filters

In the *"Diagnosis"* tab under the *"SNOMED"* drop-down in the clinical indicators table, search and select for one or more of the below listed diagnosis and select as required.

- Diabetes
- Stable ischaemic heart disease
- Anxiety or depression
- COPD
- Chronic pain
- Osteoarthritis

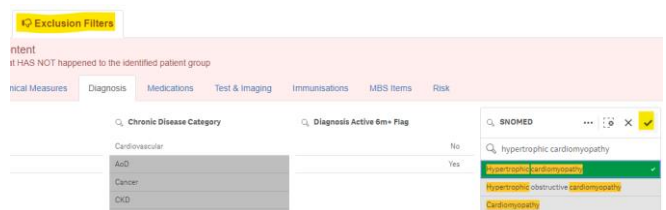


### Step 6 - Exclusion Filters

To choose exclusion filters select the *"Exclusion Filters"* tab.

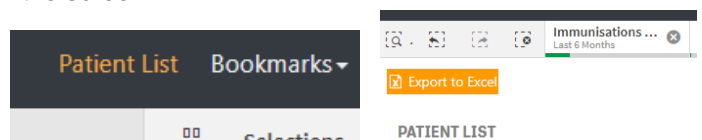
Select the *"Diagnosis"* tab and under *"SNOMED"* drop-down, search and select for one or more of the below listed diagnosis.

- Unstable Angina
- Severe Aortic Stenosis
- Uncontrolled Arrhythmia
- Acute Infections
- Chest pain
- Palpitations
- Dizziness
- Dyspnea



### Step 7 - Download patient list

To export your patient list to excel with contact information, select *"patient list"* in top-right of the screen. Then select *"export to excel"* on the top-right of the screen.



### Support

Please reach out to [digitalhealth@westvicphn.com.au](mailto:digitalhealth@westvicphn.com.au) for further support.