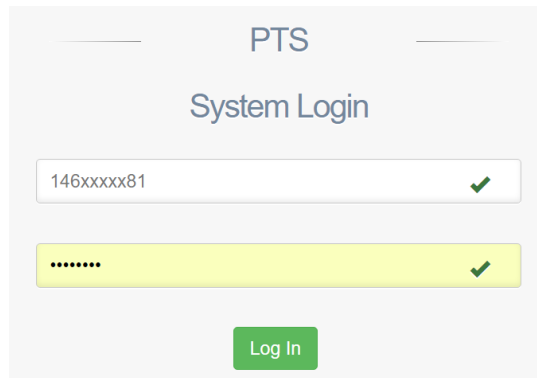


**Quick start guide for using PROMS** (free for first month, a nominal charge of £5.00 per month will apply subsequently)

**Step 1:**

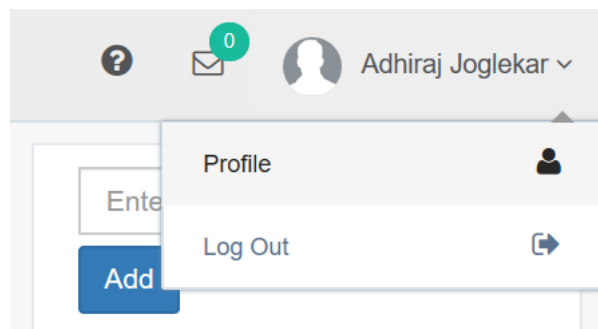
Sign in to the account by visiting <https://patient-tracker.co.uk/outcomesnew/admin/login>

Log via the user ID provided and your secure password as below



**Step 2: If you wish to change your password at any time, follow the steps below.**

In the top right-hand corner, click on your name and click profile.



Go to the bottom of the page and insert your new password and hit update. Passwords must be as specified and should not start with a symbol i.e. Pass@26word or 26Pass@word will be fine but **not** @Pass26word

Password at least 8 characters, At least one uppercase letter, At least one lowercase letter and At least one special characters

**Password**

Change password

**Confirm Password**

Confirm password

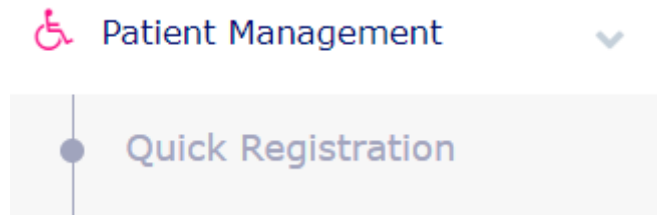
**Profile Picture :**

Upload a file

Update

**YOU ARE NOW SET TO USE THE GROWTH CHARTS IN YOUR PRACTICE USING THE FOLLOWING STEPS.**

**Step 1: Register a patient**



Clicking home → dashboard takes you to clinician dashboard

Then Click Patient Management → Register Patient

**Step 2: Patient Registration form**

Patient Details :

First Name

Last Name

Gender

Male:  Female :  Intermediate :

**Note:** choosing intermediate will render calculation on percentiles useless as the reference datasets is based on gender and age of the child.

Once a patient is registered, you will see a list of patients on the clinician dashboard, if there is a growing list, there is a search tool available

Patient Listing

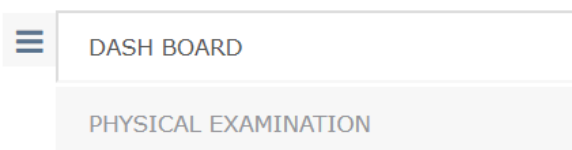
Copy CSV Excel PDF Print Search all columns:

**Getting to outcome measures:**

Patient Listing

User Name	Discharge	Email Address	Reg. Date	Care Record	Edit
C F	NO		02-13-2017 04:17 PM	<a href="#">Care Record</a>	<a href="#">Edit</a>

**Click care record** to reach a given patient's record/file, this will take you to that patient's dashboard as seen below.



**You will now reach the Physical Examination Page where you can add and save the parameters**

Vitals

(Note: BP Percentile calculations apply to age 4 years to 24 years, see help guide for copyright information)

[New](#) [Edit](#) [Delete](#)

Date	Pulse/minute	Pulse(C)	SystolicPressure	Systolic(C)	DiastolicPressure	Diastolic(C)
No data available in table						

Weight & Height - Children and Adolescents

(Note: Percentile calculations apply to age 3 months to 20 years, see help guide for copyright information)

[New](#) [Edit](#) [Delete](#) [Graph](#)

Date	W(KG)	H(M)	BMI	W(c)	H(c)	BMI(c)	W4H	100%	85%	95%
No data available in table										

Head Circumferene

(Note: Percentile calculations apply to age 3 months to 5 years, see help guide for copyright information)

[New](#) [Edit](#) [Delete](#)

Select	Date	Head Circumferene	Head (C)
No data available in table			

Many thanks, please email with feedback or questions if need be.

**BW**

Adhiraj Joglekar, MBBS, MRCPsych UK

Consultant Child & Adolescent Psychiatrist (NHS and Independent Sector)

Founder, Patient Tracker App

[contact@patient-tracker.co.uk](mailto:contact@patient-tracker.co.uk)