

Dear Patient,



**LONG TERM CONDITIONS – MONTH OF BIRTH: MARCH – PATIENTS WITH (EITHER/OR) |  
CORONARY HEART DISEASE | STROKE | HEART FAILURE | RESPIRATORY CONDITION  
ANNUAL REVIEW**

**Please note that this is the only invitation for a Long Term Conditions review that you will receive for this year**

**About your Annual Check Up.** There have been some positive changes to how we are planning to help you manage your long-term condition(s). We call this Care and Support Planning and we want to help you be more involved in the decisions that affect you. You are invited to attend, for a review, in the month of your birth every year; and this is how things will work:

You are invited to call the practice in the preceding month of your birth, in order to arrange two 15 minute appointments in the month of your birth. Generally the first appointment will be with the Healthcare Assistant and the second will be with the Practice Nurse. The appointment will consist of:

- An Information Gathering appointment requiring:
  - Fasting Blood test – you must not have consumed any meat within 12 hours prior to the blood test. Fasting from 22:00 the previous evening. Taking blood can be made easier if you have a good drink of water about an hour before the test; and by keeping your hands warm.
  - Urine sample taken first thing in the morning of the blood test if you are a diabetic or CKD patient.
  - Please bring your inhalers to the appointment.

**Contact the practice after 11:00 in the preceding month of your birth** in order to make your appointment in the month of your birth. Tell the Clinical Administrator that you have been sent Letter **H7** – they have instructions for whom you are to see as well as the precise timings of your appointments.

### **The Information Gathering Appointment**

The Information Gathering appointment will be with the Healthcare Assistant, and may include blood pressure, weight, blood tests, and/or Health Questionnaires.

**Sharing information.** After your first appointment, and once all the results are available, they will be sent to you on request. It is important that you have the same information as the Practice Nurse or GP who sees you for any future appointment. You might like to talk about your results with a family member or close friend.

### **The second appointment**

You may be required to attend a Review Appointment is about Care and Support Planning, and this will be with the Practice Nurse or GP 2-3 weeks later. It is to discuss your results with you, and is also the opportunity for you to discuss any concerns that you may have. Our Clinical Administrators will have the specific requirements for your appointments and will advise you when you call. You'll be able to discuss your results, other things that are important to you and what you would like to do to manage your long-term condition over the coming year. Please have your results with you at the time of the consultation.

### **Additional information**

**Housebound patients.** Please let us know if you are currently housebound so that we can make alternative arrangements for your care and support planning. Our Clinical Administrators have been advised of those patients who may require a home visit.

**Contact details.** Please take the time to check that we have your up-to-date contact details; and let us know if anything has changed.

**Website.** Our Long Term Conditions information, is included on our website and if you have any concerns or questions regarding this please do not hesitate to contact us. We do look forward to seeing you soon, but please remember that it is important that you advise the practice if you are unable to attend any of your appointments; and please feel free to contact any of our Clinical Administrators if you have any further questions.

Building a picture of your health is really important for us to be able to help you manage your long term conditions, and the QR codes below provide information and forms on our website where you can provide us with information; and also some links to the NHS Inform site



Long Term Conditions Website



Medication Review



Home Blood Pressure



Subject Access Request  
For accessing results



NHS Inform



Coronary Heart Disease



Stroke



Heart Failure

Yours sincerely

Dr Howard Wright

Dr Marguerita Smith

Dr Daniela Margaritescu