

Dear Patient,

## LONG TERM CONDITIONS INVITATION TO PATIENTS | HYPOTHYROIDISM – MONTH OF BIRTH INVITATION

### 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 arrange an initial Information Gathering appointment in the month of your birth, this will consist of a 20 minute appointment requiring:

- **Blood test.** You must not have consumed any food within 12 hours prior to the blood test. 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.

Contact the practice after 11:00 in the preceding month of your birth in order to make your appointments. Tell the Clinical Administrator that you have been sent invitation (SMS, eMail, Letter) **H10** – they have instructions for whom you are to see as well as the precise timings of your appointments.

**The first appointment.** The Information Gathering appointment will be with the Healthcare Assistant, and may include blood pressure, weight, blood tests, foot checks (Diabetes) and/or Health Questionnaires. During this appointment we will ask you to consent to having your results either: posted to you, e-mailed to you, or by notification for you to collect it from the Practice. You can withdraw consent or change your mind about how the information gets to you at any time – just keep us informed about how you'd like us to communicate with you.

**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 have a Review Appointment; and this could be by telephone or video consultation. It 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



Hypothyroidism

Yours sincerely

Dr Howard Wright

Dr Marguerita Smith

Dr Daniela Margaritescu