

Information about making annual Long Term Conditions review appointments

If you have received a text message from us asking you to arrange some appointments for your annual Long Term conditions review then, according to our records, it will be coming up to 12 months since you had your last review and we would like you to please contact the surgery on 01274 425600 to make 2 appointments according to the information below:

Appointment 1 – This will be a **FACE TO FACE** appointment with the HCA (Healthcare Assistant) for routine blood tests, heart rate, weight, height, smoking and alcohol information to be collected. If your long term condition is related to either diabetes or hypertension, please bring a urine sample with you to this appointment, the first urine of the day is best please.

Just over a week before Appointment 1 we ask you to start taking your BP readings with your own machine if you have one (we recommend all patients with long term conditions to purchase one small self-use BP machine per household as they are reasonably easy and inexpensive to buy from your local chemist or online store nowadays). For 8 days, before you come in to see us, please take **two** consecutive readings in the **morning** and **two** consecutive readings in the **evening**. Please write down the date, time and the numbers of each two blood pressure readings. Once all 8 days have been completed, you can submit the second readings only directly to your records via our new e-consult link: <https://bit.ly/2yFTA4q>

Appointment 2 – This appointment will be a **TELEPHONE** consultation, it will be arranged to happen around two weeks after Appointment 1, in either the morning or the afternoon of the date that's convenient for you. That means you **DO NOT NEED TO ATTEND** the surgery this time as the clinician will ring you to discuss the results that they will have received from your first appointment a couple of weeks earlier. Please ensure that we have the most up to date telephone number for you so the clinician can easily reach you.

Further information about health advice and management can be found here or ask your clinician for my help and advice when you speak to them directly:

Do you smoke? If so and would like help with stopping, Please contact the Bradford District Stop Smoking Service on 01274 437700 or Email stopsmokingservice@bradford.gov.uk

IF YOU HAVE DIABETES

DID YOU KNOW? The Diabetes.org.uk website on <https://www.diabetes.org.uk/> has a wealth of knowledge to assist you in managing your diabetes.

DID YOU KNOW? You are eligible to attend the education programme offered in Bradford called DICE (Diabetes in Control Every day). This programme provides practical education on managing diabetes.

If you wish to attend the programme please contact them directly on 01274 323729.