

Notes:



**THE HEDON GROUP
PRACTICE**

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**A
BRIEF GUIDE
TO**

**LONG TERM
CONDITIONS
CLINIC**

*This leaflet has been produced
for the patients of the Hedon
Group Practice.*

Background

The number of patients having a long term condition (e.g. diabetes, high blood pressure, asthma) has gradually been increasing over recent years. Many of these patients also have more than one condition and so find themselves being asked to attend different clinics for review during the year. To ensure that we provide maximal care to all these patients and to save duplication of blood testing and review we are changing our system and plan to introduce a "Long Term Conditions Clinic". The conditions that will be included in this clinic are Diabetes, Hypertension, Stroke and TIA, Peripheral Arterial Disease, Ischaemic Heart Disease, Heart Failure, Asthma and COPD and Dementia. Any patient who has two or more of these conditions will be invited to the Long Term Conditions Clinic.

The Clinic

The plan is that patients will be seen once a year for a full "MOT". They will have a nurse appointment when all their long term conditions will be reviewed. Any relevant investigations, e.g. blood tests, spirometry etc., will be arranged 1 month prior to the appointment. All the results of investigations will be reviewed by a Pharmacist and a GP and so even though you will not see a GP in the clinic you can be reassured that your results have been assessed by a doctor before you come in to the clinic. All the nurses involved in the Long Term Conditions Clinic have received training to be able to deal with all the conditions that they see.

If you require any changes to your medication these will be arranged and the nurse will discuss these changes with you.

Patients who are well controlled will be seen once a year. Should there be any problems with your condition you will only be seen in the clinic once a year but a GP or nurse may arrange extra follow up appointments as necessary to ensure optimum control of your condition so care will not be disadvantaged by the change in our system.

As you can imagine there are a few thousand patients who have long term conditions and so the logistics of changing the set up of our clinics is somewhat of a challenge! You may well find that you are invited to attend at a time you were not expecting. Please bear with us as there will be some replication of clinics as we try to incorporate all your reviews into one appointment. If you think you are overdue your annual check and have not yet received an invitation please contact our Senior Receptionist.

As with any major organisational change there may be some teething problems and we ask you to be patient should this happen. We endeavour to make the changeover as smooth as possible.

Should you have any feedback or suggestions please feel free to direct these to Dr Rhodes who is the lead GP for the Long Term Conditions Clinic.

Useful Sources of Information

If you wish to learn more about your condition there are patient information leaflets available in the Surgery.

You can access information about most conditions from:

**NHS Choices (www.nhs.uk) or
Patient.co.uk (www.patient.co.uk)**

The following websites may be helpful:

British Heart Foundation
www.bhf.org.uk

Diabetes UK
www.diabetes.org.uk

British Lung Foundation
www.blf.org.uk

Asthma UK
www.asthma.org.uk

Stroke Association
www.stroke.org.uk