

Annual Reviews & Long Term Conditions Explained

Patients with long-term conditions will receive an invitation from the practice around their birthday month to book for an annual review.

How do we contact you – this will either be by text or email or telephone call, you can help the practice in downloading the NHS APP and the invitation will be on the NHS APP free of charge to the practice.

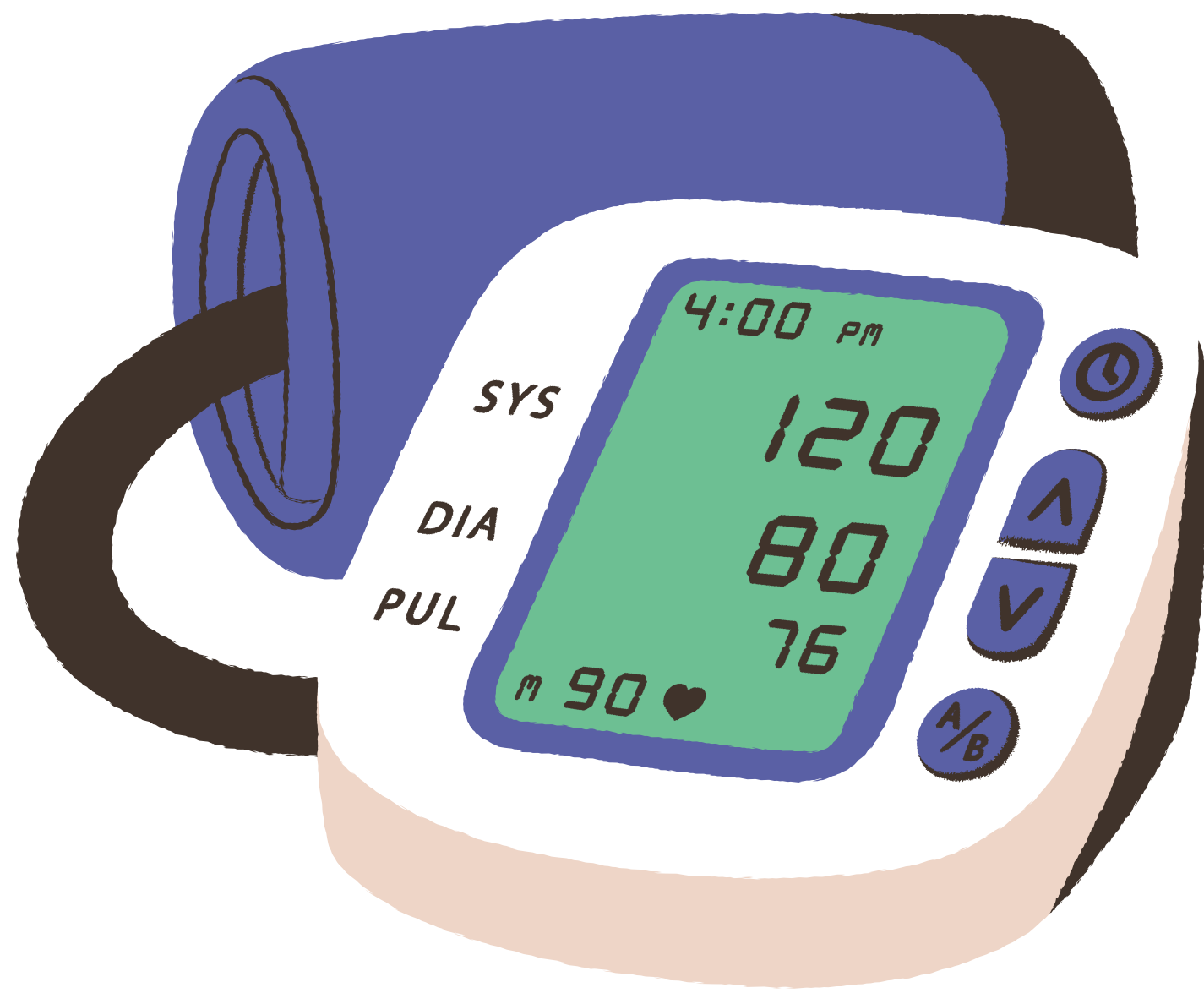
At this appointment multiple tests and checks will be carried out. For some patients all these checks are carried out in a single visit, while others may need two appointments. During the review, the health care assistant will check blood pressure, weight, perform blood tests, a foot check if required and take a urine sample if needed.

Afterwards, when we have all your results back, we will contact you to schedule an appointment with the Clinician to review your results.



Diabetes

Monitoring diabetes is crucial because uncontrolled blood sugar levels can lead to serious, long-term health complications such as loss of limbs and blindness.



Hypertension



Monitoring hypertension is crucial because unmanaged high blood pressure can lead to serious health issues like heart attack, stroke, heart failure, and kidney disease, often without symptoms.

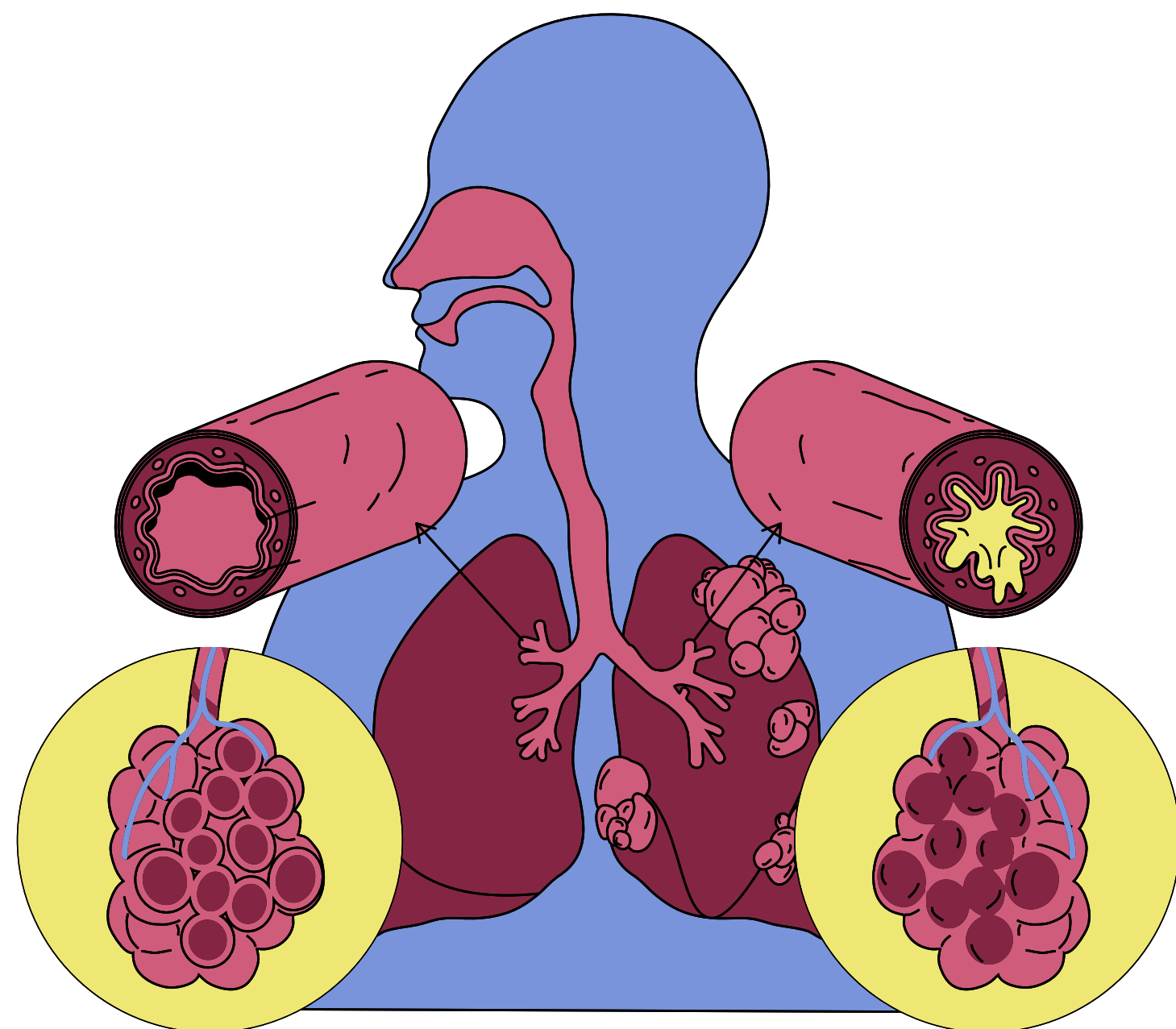


Asthma

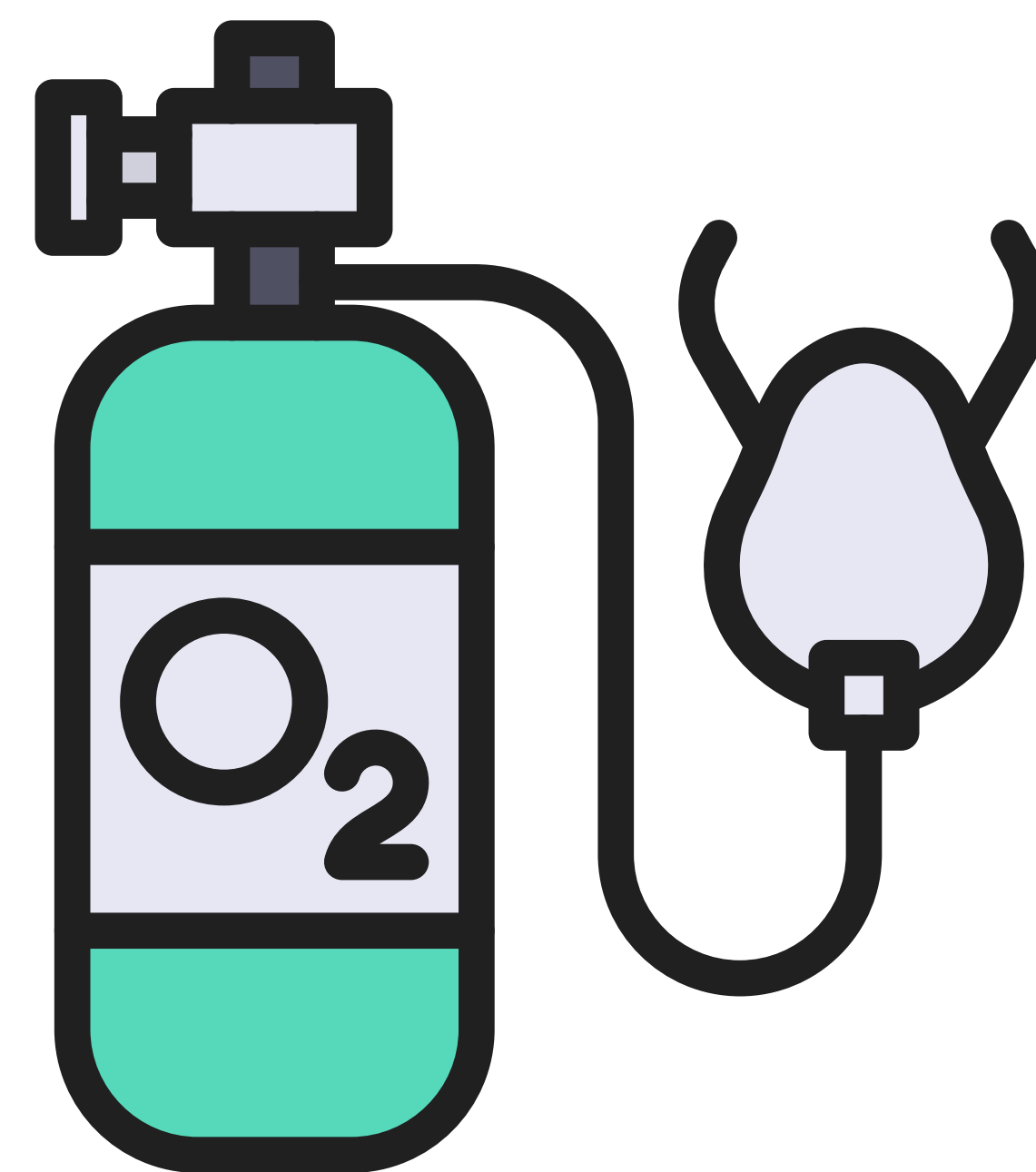


Asthma – A regular review is needed and prevents serious complications. By spotting signs early, and treating symptoms, we can prevent a hospital admission.





COPD



Monitoring COPD is important to manage symptoms, slow disease progression, and improve quality of life. It also helps detect and treat flare-ups early.



Pre-Diabetes



Non-Diabetic Hyperglycaemia (Pre-Diabetes) – having a yearly Blood test we can pick up prediabetes. With early action and lifestyle changes, it can often be reversed. Regular checks show how well changes like diet and exercise are working.



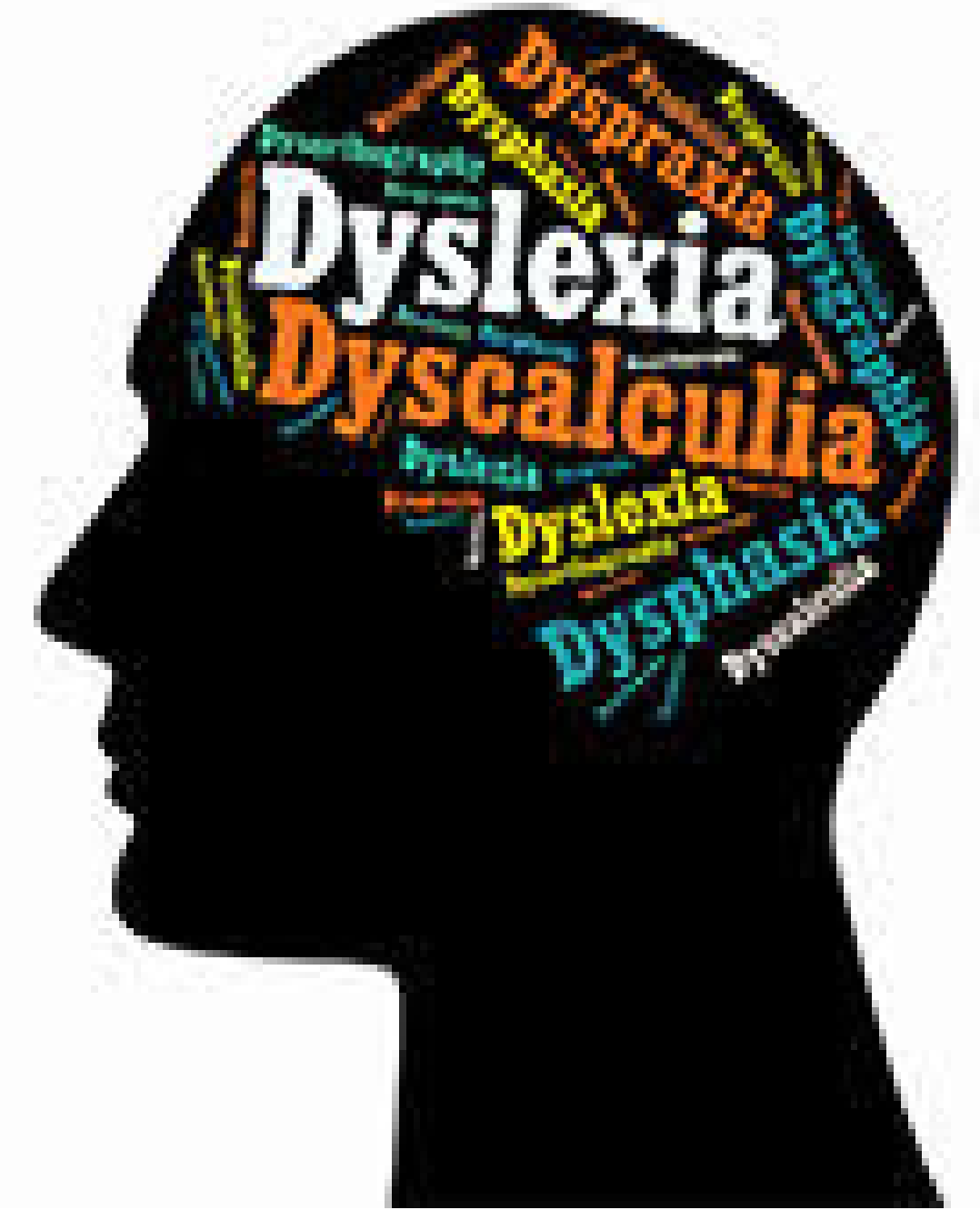
Mental Health



Monitoring mental health helps detect early signs of issues, manage symptoms, and prevent serious problems. Early identification allows for timely treatment, maintains emotional balance, reduces stress, and prevents conditions like depression, anxiety, or burnout from escalating.



Learning Disability



Monitoring learning disabilities ensures timely support, improving academic performance and well-being. Early identification allows for targeted help, preventing frustration and low self-esteem, while adjusting teaching strategies to meet individual needs

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