

## Auchtermuchty Health Centre Newsletter – Spring 2018 Edition

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### **PATIENTS WITH LONG TERM CONDITIONS**

In April 2016 the Scottish Government made significant changes to the GP Contract.

Historically those Patients with a Long Term Condition may have received several letters of invitation each year, inviting them in for various different reviews and tests. We no longer send out recall letters.

In an effort to streamline the process for both Patients and Clinical Staff, and to ensure Patients are still reviewed annually, it has been agreed that if you are being treated for one of the conditions below you make an **ANNUAL REVIEW APPOINTMENT** with the **PRACTICE NURSE, LAURA FRASER (unless stated otherwise)**

We are suggesting to all Patients they book their review appointment **the month of their birthday** – this has proved to be an easy way of remembering when annual reviews are required.

If you require a blood test prior to the appointment or need to bring in a urine specimen details are listed below.

If you are unsure of anything relating to annual reviews for any Long Term Conditions – please feel free to speak to a member of reception staff.

### **LONG TERM CONDITION:**

#### **ASTHMA**

*An appointment with Nicola Anderson at her asthma clinic or completion of on line questionnaire required. \*Questionnaire can be found on Practice Website [www.auchtermuchtymedical.co.uk](http://www.auchtermuchtymedical.co.uk)*

*\*Please note, you may be required to attend clinic following assessment of online questionnaire*

#### **ATRIAL FIBRILLATION**

*10 minute review with Laura Fraser, Practice Nurse*

#### **CHRONIC HEART DISEASE**

*Fasting blood test with Phlebotomist followed by 10 minute appointment with Laura Fraser, Practice Nurse approximately 2 weeks later.*

## **CHRONIC KIDNEY DISEASE**

*20 minute appointment with Laura Fraser, Practice Nurse, bringing along **urine sample** (white top specimen bottle can be collected from Reception)*

## **COPD**

*A review appointment with Nicola Anderson at her asthma/COPD clinic*

## **DEPRESSION OR MENTAL HEALTH**

*20 minute fasting blood test with Laura Fraser, Practice Nurse followed by 20 minute appointment with Dr Collinson approximately 2 weeks later*

## **DIABETES**

*Fasting blood test with Phlebotomist followed by 20 minute annual diabetes review with Laura Fraser, Practice Nurse. Urine sample also required\**

*\*(white top specimen bottle can be collected from Reception-first urine of the day where possible)*

## **HEART DISEASE**

*20 minutes annual review with Laura Fraser, Practice Nurse*

## **HYPERTENSION**

*3 times blood pressure checks in Health Check Room (no appointment necessary)\**

*\*Please note that following assessment of results by a clinical member of the Practice Team, you may be required to book a follow up appointment*

## **HYPOTHYROID**

*Annual blood test with Phlebotomist*

## **STROKE**

*10 minute review with Laura Fraser, Practice Nurse*

## **DATES FOR YOUR DIARY**

### **HEALTH CENTRE CLOSURE DATES:**

**FRIDAY 30<sup>TH</sup> MARCH – GOOD FRIDAY**

**MONDAY 2<sup>ND</sup> APRIL – EASTER MONDAY**

**MONDAY 7<sup>TH</sup> MAY – MAY DAY BANK HOLIDAY**