

NEWSLETTER NO. 3 – June 2018

Dear PRG Member

We are writing to ask your help with re-launching the delivery of NHS Health Checks to our patients.

You may be aware of this scheme which is available to patients aged 40 -74 who fulfil certain criteria.

Unfortunately, due to capacity issues, we had to suspend this service in the past however following the recruitment of a new nurse, Martine Grapes, in late 2017 we are pleased to be able to start reintroducing these checks.

Our nursing team have recently undertaken the appropriate training and we wondered if any of our PRG members would volunteer to participate in a practical training exercise to provide the nursing team with first-hand experience of providing the health checks before we start to open up the service to our eligible patients.

The aim of the NHS Health Check

The aim of the NHS Health Checks is to identify patients who may feel fine but may be at risk of developing heart disease, stroke, kidney disease, diabetes or dementia and to take positive action to help reduce these risks and to keep patients staying healthy for longer. This free check-up will enable patients to be better prepared for the future and to be able to take steps to maintain or to improve their health. It may be that under the usual criteria you might not be eligible for a free NHS Health Check; however, we hope that you would still feel able to help us relaunch this service for the benefit of the local community.

How you can help

We would like to arrange one or two dedicated Health Check sessions and offer appointment times to our PRG members. The process would involve you having a blood test one week prior to the appointment so that the results would be available when you attend for the health check. The check would be carried out by one of the nursing team, under the guidance of a specialist nurse trainer, with another member of the nursing team observing. The checks would normally take approximately 20 minutes but for this training session we would allocate a minimum of 30 minutes. You would be asked some simple questions about your family history and lifestyle and the nurse would take certain measurements such as your height, weight, blood pressure and cholesterol. During the check you will be provided with personalised advice on how to lower any potential health risks and maintain a healthy lifestyle.

We look forward to hearing from you

If you would be willing to help us with this training exercise and would be available to come into the surgery we would be very grateful if you could reply to this email and let us know. We will then contact you to make the appointments for the blood test and the health check.

Once again, thank you for your continued help and support for the surgery and if you would like any further information please do not hesitate to get in touch. My direct dial number is 01603 763756.

Kind regards

Tim Dennis
Practice Manager