

Dr A Saunders  
Dr R Ganesalingam  
Dr R Hambleton  
Dr R Foster  
Dr S Simkin

Dr P Wilcox  
Dr O Middleton  
Dr E MacDonald  
Dr E Mason



Dear ...

We would like to invite you in for your annual review. We appreciate with the past years events it may have been a while since your last annual review so we wanted to let you know how the new system worked.

We conduct annual reviews for conditions such as:

Peripheral arterial disease, Chronic Kidney Disease, Heart Failure, Rheumatoid arthritis, Chronic Heart Disease, Hypertension, Pre Diabetes, Diabetes and Stroke / TIA

Please call the surgery on 01403 782931 after 11am to book or decline your HCA annual review appointment. We will be going back to recalling patients around the month of their birth for a combined annual review of all your conditions.

### **At Your Appointment**

When calling up to book in you will be booked in for one of our HCA (Health Care Assistant) Annual Review appointments. At this appointment the HCA will do any tests and checks that may be needed for your review.

The HCA will then inform you of the next steps, by either booking you a follow up, or letting you know a timeframe to expect to hear back from us.

If you also suffer from Diabetes, Pre-Diabetes, Hypertension, Heart Disease, Atrial Fibrillation, High Cholesterol or Pre-Diabetes please make sure you bring a urine sample to your appointment.

The sample should be mid-stream from your first urination of the day for best results. Specimen bottles can be picked up from reception if needed.

### **Before Your Appointment**

If you have a Blood Pressure machine at home we would ask that you complete the home blood pressure monitoring form attached.

**Asthma/COPD:** If you also suffer with Asthma/COPD you will receive a separate invite to book in with one of our Asthma/COPD Nurses.

You are more than welcome to ask for your Asthma/COPD review when booking your HCA Annual Review. Please make sure you have completed either your **Asthma Control Test** or **COPD Assessment Test** and bring it with you to your appointment. Both these forms are available on our website on the Annual Reviews page, alternitiely you can wait for your invite to come through the post with the form attached.

It is important to attend your review appointment so we can ensure your condition is properly controlled and managed. If you have any regular medication this also allows us to check it is working as well as being safe for you to continue.

Many Thanks,  
Billingshurst Surgery

# Home blood pressure monitoring - Taking control of your blood pressure

Name: <PatientName>

Date of Birth: <Date of Birth>

Measuring your blood pressure at home can often give us a more reliable reading than when your GP checks it at the surgery. To do this, we ask for you to use your home blood pressure monitor:

PLEASE NOTE - BLOOD PRESSURE IS TO BE TAKEN AT LEAST 1 HOUR AFTER TAKING YOUR BLOOD PRESSURE MEDICATIONS

- Sit down for 5 minutes, check blood pressure (BP) & record in the table below.
- Remain seated, wait for 1 minute and repeat.
- Complete this morning and evening for 5 days.
- This will give you 20 readings.

**\*\*To help get more from the appointment with your GP or Nurse please average the results beforehand\*\***

To do this, discard the first 4 readings (all of those taken on day 1 – ask us to explain why) – leaving 16 readings (day 2 to day 5) and then average these.

Day	am BP 1	am BP 2	pm BP 1	pm BP 2
Day 1	/	/	/	/
Day 2	/	/	/	/
Day 3	/	/	/	/
Day 4	/	/	/	/
Day 5	/	/	/	/

Average = \_\_\_\_/\_\_\_\_

Nurse (initials): \_\_\_\_

To Scan: ☐