

CHRONIC DISEASE REVIEWS DURING COVID 19

It is important that we continue to provide a level of service that is safe to both our patients and Practice staff as per government guidance. We will continue to monitor our services and update these as advised.

RESPIRATORY REVIEWS

Our Practice Nurse is contacting patients by telephone if a review is due and organising a telephone consultation or video consultation if required.

Asthma

Please have your Inhalers, peak flow meter (if you have one), aerochamber and self management plan to hand. Please find a self management plan [here](#). You may find the following website useful <https://www.asthma.org.uk/>

COPD

Please have your inhalers, aerochamber, self management plan, SATS probe or pulse oximeter (if you have one) to hand. Please find a self management plan [here](#). If you have the My COPD app, please use this or discuss this with the nurse during your review. More information is available here <https://www.nhs.uk/apps-library/mycopd/>

DIABETIC REVIEWS

If you attend the Practice for a diabetic review, the Practice Nurse will be contacting patients for their review. You will be offered either a telephone review or a video consultation. If you need to have bloods taken, you will be asked to attend the Practice for this.

At the review, if you have a BP monitor, please have your recent blood pressure readings to hand and also a recent weight. If you are asked to attend for blood tests, please bring an early morning urine sample too.

BLOOD PRESSURE REVIEWS We would encourage you to purchase a BP monitor (one that goes on your arm and not your wrist), to enable you to keep an eye on your blood pressure. How to use your blood pressure monitor is available [here](#). You can take your readings and add them to this [form](#) and post this to us so that the Nurses can review this and add to your record (we also have a letterbox just outside our front door – you can pop it in here too if you wish). Once this has been received, the Practice Nurse or GP will contact you to discuss the results, if necessary. British Heart Foundation is a useful website for information - <https://www.bhf.org.uk/>

If you have not had your blood pressure taken in Practice within the last year, we would encourage you to measure this at home and submit a reading as soon as possible so we can keep your record up to date.

All other reviews will be organised in due course but if you have any concerns about managing your health at this time, please make a telephone consultation with the practice nurse at your convenience.