

BIRTHDAY CLINICS



Nunwell Surgery has a very well established Birthday Clinic process. This is how we look after patients with long term medical conditions such as asthma, COPD, diabetes, high blood pressure, heart disease, kidney disease, etc. Patients attend for an initial appointment for an annual review, in the month of their birthday with a health care assistant, for a blood test, blood pressure check, etc. This is usually followed up by a second appointment with a practice nurse to go through the results of these tests and give advice, this may be by telephone or face to face. Sometimes a further appointment may be needed with a GP. All your medication will be reviewed as part of this service.

Birthday clinics are a critical part of reviewing patient with long term conditions to reduce the risk of long term complications and ensure medications are prescribed safely. This service was run differently during COVID-19 but has now been reinstated with a few changes.

We please ask that you promptly book your birthday clinic appointment around your Birthday—we will send a reminder if you forget! The investigations carried out during your birthday clinic help inform our clinicians as to whether any alterations

are required to your current medication or whether they are happy that it is safe for you to continue. **Unfortunately if you do not book your birthday clinic appointment this may result in a reduction in the quantity of your medication issued** or we may need to insist that you collect your prescription from the surgery until you have booked your appointment.



Patients with the following conditions are included in our Birthday Clinic process:

- Asthma
- Atrial Fibrillation (AF)
- Coronary Heart Disease (CHD)
- Chronic Kidney Disease (CKD)
- Chronic Obstruction Pulmonary Disease (COPD)
- Diabetes
- Heart Failure (HF)
- Hypertension
- Hypothyroidism
- Non-Diabetic Hyperglycaemia (ie Prediabetes)
- Peripheral Arterial Disease (PAD)
- Rheumatoid Arthritis (RA)
- Stroke/Transient Ischaemic Attack (TIA)
- Mental Health
- Learning Disabilities



At your appointment with our Healthcare Assistant they will carry out some investigations for your annual review including blood tests, record alcohol consumption, smoking status, measure your blood pressure and weight (diabetic patients will also have a foot check).

Patients with Asthma or COPD will be sent either a text or a letter asking them to fill in a questionnaire about their condition. The results of these questionnaires will help the nurse decide if she or a doctor needs to speak with you either by telephone or to come in for an appointment or if it is safe to approve your medication until your next Birthday, so please return these questionnaires as soon as possible.

Your clinician may want to see you and is so we will ask you to make an appointment. Once all investigations and surveys have been completed your annual review will be complete and your medication reauthorised.

Thank you for helping us to make sure we keep all our patients safe

