**My Annual Review**

Dear Mr X

You are soon about to see a healthcare professional for your long-term conditions review appointment. In preparation for this please take the opportunity to have a think about what is important to you at this time and how you could be supported to live well.

These are the results from your recent blood tests along with some explanations. There are also some questions to help guide a discussion when you see us.

Please feel free to note down any thoughts and bring this paperwork to your appointment so we can create an action plan together.

**What matters most to me currently**

**Below are some examples of things people want to talk about. Please tick any that are important to you**

My current care Mobility Caring for family

Medications Pain Memory

My future health Smoking Loneliness

My weight Alcohol intake Mood/feeling low

My sight Housing Independence

My hearing Finances Relationship

 Employment

**My Health Summary Snapshot**

|  |  |
| --- | --- |
| **Measurement** | **Risk** |
| Blood Pressure | High Risk |
| Blood Sugar | Medium Risk |
| Cholesterol | High Risk |
| Kidney Function | High Risk |
| Weight | High Risk |
| Smoking | Low Risk |

**(Based on a pt with BP 161/90, HbA1c 56, cholesterol 5.2, GFR 45, BMI (Body Mass Index) 32, non-smoking status)**

**Understanding my results**

**Blood Pressure**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**  | **Latest**  | **Good Control**  | **Moderate Risk**  | **High Risk**  |
| **155/87** | **161/90** | <140/80 or 130/80 in kidney disease  | 140/80 - 160/90  | >160/90  |

**My target:**

Blood pressure is recorded with 2 numbers. The **systolic pressure (top number)** is the pressure when your heart beats and pushes blood around your body. The **diastolic pressure (lower number)** is the pressure when your heart is resting between beats.

If your blood pressure is too high, it puts extra strain on your blood vessels, heart, and other organs, such as the brain, kidneys and eyes which can increase your risk of serious conditions such as heart attacks and strokes.

**Blood Sugar (HbA1c)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**  | **Latest**  | **Good Control**  | **Moderate Risk**  | **High Risk**  |
| **52** | **56** | 48-55  | 56-69  | >70  |

**My target:**

A blood test called HbA1c can detect if you have diabetes. It measures how well your blood sugar is being controlled on average over the past 3 months.

A level above 42 would suggest you are at higher risk of developing diabetes in the future, and over 48 that you may have diabetes. Your individual HbA1c target would be discussed at your appointment.

**Cholesterol**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**   | **Latest**  | **Low Risk**  | **Moderate Risk**  | **High Risk**  |
|  **4.6 (total)** |  **5.2** | <4  | 4-5  | >5  |
|  **4.3** **(non-HDL)** |  **4.5** | <4 |   | >4 |

**My target:**

Cholesterol is a fatty substance found in the blood. A cholesterol test can measure:

* **Non-HDL (Non-High-Density Lipoprotein):** Often called "bad" cholesterol because high levels can lead to a buildup of cholesterol in your arteries, increasing the risk of heart disease.

**HDL (High-Density Lipoprotein):** Known as "good" cholesterol because it helps remove bad cholesterol from your arteries, protecting your heart.

Lowering cholesterol reduces your risk for heart attacks and strokes. Most patients with diabetes, kidney disease and heart conditions are recommended to be on medication to lower their cholesterol.

**Kidney Function**

**eGFR**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**  | **Latest**  | **Low Risk**  | **Moderate Risk**  | **High Risk**  |
| **50** | **45** | >60  | 45-60   | <45  |
|  |  |  |  |  |

**Urine ACR**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**  | **Latest**  | **Low Risk**  | **Moderate Risk**  | **High Risk**  |
| **5.5** | **6.0** | <3  | 3-30  | >30  |

The kidneys are responsible for filtering blood, removing waste, and controlling the body’s fluid balance. They can also be affected by conditions like diabetes and high blood pressure.

A blood test **eGFR** monitors how well your kidneys are working. Ideally this level should be above 60 and remain stable. Patients with low filtering levels may need to have their medications changed/stopped and need more frequent monitoring of their kidneys.

A urine test **Urine ACR** checks to see if your kidneys are leaking protein which is an early sign of kidney disease developing.

**Weight and BMI**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Previous weight**  | **Previous BMI**  | **Latest Weight**  | **Latest BMI**  | **Normal**  | **Overweight**  | **Obese**  |
| **95kg** | **30** | **98kg** | **32** | 19-24.9  | 25-29.9  | >30  |

Being overweight increases your risks of many health problems. Losing weight is the best way to improve diabetes and high blood pressure and is more effective than medication.

**Smoking**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Previous**  | **Latest**  | **Low Risk**  | **Moderate Risk**  | **High Risk**  |
|  Never | Never | Never smoked  | Ex-smoker  | Current smoker  |

Stopping or reducing smoking at any point is beneficial to your health in many ways. The following link provides information for stop smoking services near your home. Find stop smoking support services - NHS (www.nhs.uk). We can also help signpost you to your nearest service.

**Medications**

How do you feel about your current medications? Do you think they are working well for you?

Have you missed any doses and if so, why?

Have you experienced any unwanted side effects?

**My Summary Care Plan**

**My Goals**

**What I want to achieve** **How important this is to me on a**  **scale of 1-10 (1 – not at all, 10 –**  **most important)**

**My actions**

**What I plan to do** **How**  **confident I feel in being able to** **achieve this on a scale of 1-10 ((1 –**  **not at all, 10 – extremely)**

**What might be difficult and how to**  **overcome this:**

**Follow up date:**