Your Long-Term Condition Review

Working together to help you stay well

Support
Monitor
Prevent
Stay well

What is a long-term condition review?

We offer regular reviews for patients living with one or more long-term health conditions.

These reviews help us monitor your health, identify any changes early, ensure recommended monitoring is completed and support you to stay as well as possible.

Conditions may include:

- High blood pressure (Hypertension)
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Chronic Kidney Disease (CKD)
- Heart failure (HF)
- Coronary heart disease
- Atrial fibrillation (AF)
- Previous stroke or transient ischaemic attack (TIA)
- Rheumatoid arthritis (RA)
- Other long-term cardiovascular and respiratory conditions

How to prepare for your appointment

- Have any requested blood tests and drink plenty of water.
- Wear clothing that allows easy access to your upper arm.
- Bring a list of your medications.
- Make a note of any symptoms, concerns or questions you would like to discuss.

Your review journey

From appointment to ongoing care

1 Attend your appointment

You will usually receive an invitation from the practice.

2 Tests and checks

Your appointment may include questionnaires, observations, blood tests, breathing tests (where appropriate) and a discussion about your health and wellbeing.

3 Results reviewed

Your results and information are reviewed by the practice team.

4 Clinical review

Where appropriate, your care is reviewed by a clinician or multidisciplinary team to ensure your care remains safe and effective.

5 Medication reauthorisation

Where suitable, your medications may be reauthorised as part of the review process.

6 Further contact if needed

If any concerns are identified, or further discussion is required, a member of the practice team will contact you.

Why are regular reviews important?

- Monitor your long-term condition(s)
- Identify any changes in your health early
- Ensure recommended monitoring is completed
- Reduce the risk of health complications
- Provide support and self-management advice
- Ensure your current treatment remains appropriate

Please note:

- Reviews are tailored to your individual condition(s) and circumstances.
- Not every patient will require a follow-up appointment.
- If something requires more urgent attention, you will be contacted sooner.
- If your review does not identify any concerns, you may not need further appointments until your next routine review.
- If you have concerns about your health whilst waiting for your review outcome, please contact the practice.

Key information

- Reviews may take place over several weeks from your appointment to final clinical review.
- Results can often be viewed in the NHS App before you hear from the practice.
- If everything is satisfactory, you may not need any further contact until your next review.

Contact the practice if:

- Your symptoms worsen
- You develop new symptoms
- You have concerns about your health
- Your contact details change

Healthier today
Brighter tomorrow