

BIRTHDAY MONTH REVIEWS

From 1 July 2026, we will be changing our annual review process for patients over 16 years of age to their birthday month. For patients on repeat medications who have some long-term medical conditions such as Diabetes and Chronic Kidney Disease this will mean coming to the surgery for a variety of review types during your birthday month.

The goal is to simplify the system, meaning that patients know when their review is due. The move will also allow us to move away from the reauthorisation process we had used prior to changing clinical systems in March 2026 for repeat medication reducing prescription processing delays.

The month before your birth month a member of our team will contact you to invite you to have your review. We will be trying to ensure that if a patient has multiple conditions, these will all be reviewed in the fewest number of appointments possible.

COMMON REVIEW TYPES:

Asthma

- Most people on asthma medication will be sent a questionnaire to complete via text. Following completion of this, patients will be asked to attend an appointment with a nurse or pharmacist annually. The appointment will involve discussion about inhaler technique, a peak flow test, how to manage your exacerbation's and your care plan.

COPD

- Most people on medication for COPD will be sent a questionnaire to complete via text. Following completion of this, you will be advised if any next steps are required. Those who cannot be contacted by text will receive a call from a member of our team.
- Where symptoms are not controlled a GP may request that you attend a 20-minute appointment with a nurse or pharmacist annually. The appointment will involve a questionnaire to help identify how often your COPD flares up and your level of breathlessness to help optimise your treatment.

Hypothyroidism

- Annual blood test for TSH levels.
- Any abnormal results will be followed up.

Hypertension/Coronary Heart Disease/ Peripheral Artery Disease/Heart Failure/Chronic Kidney Disease/ Stroke/ TIA

- Annual health check with a Health Care Assistant at the Practice. The appointment will cover a number of questions that relate to lifestyle, you will also have your blood pressure checked along with your weight and urine and blood tests carried out.
- Any abnormal results will be followed up by a GP.

Atrial Fibrillation/ DOAC

- Annual health check with a Health Care Assistant at the Practice. The appointment will cover a number of questions that relate to lifestyle, you will also have your blood pressure checked along with your weight and blood tests will be carried out.
- You will then be invited to a medication review with a GP or Pharmacist.

Diabetes

- Annual health check with a Health Care Assistant at the Practice. The appointment will cover a number of questions that relate to lifestyle, you will also have your blood pressure checked along with your weight and urine and blood tests carried out as well as your annual foot check.
- Annual diabetic review with a nurse or GP. This is usually a 20 minute appointment and will include a discussion of your test results and discussion of any adjustments that may need to be made to your medication.

Other conditions

- Please note this is not an exhaustive list and other reviews will be undertaken with patients in line with individual care plans.