UCLP-Primrose

**Patient Booklet**

**Thank you**

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Open book outline* Education and training

House outline* Any housing problems

Head with gears outline* Overall wellbeing

It may be that there are important issues that are not directly related to your physical health (your finances or accommodation, for example) – you are very welcome to discuss these with any of the clinicians you speak with over the course of your appointments. They will try to help you access the right support. 5 |

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| **Appointment 3: Intensive Health Support**The Intensive Health Support appointments are for people who would like more 1-1 support with their physical health. Not everyone will need this level of support, but if you feel it would be helpful for you then you will be offered 4 to 6 sessions with a UCLP-Primrose clinician in the GP practice. During these sessions you can: * Discuss any health concerns you have
* Identify a physical health goal to work on
* Agree an action plan for your goal

The UCLP-Primrose clinician will support you to choose the best goal for your health, this may be something like: Heart with pulse outline* Lowering your blood pressure

Lungs outline* Reducing or stopping smoking

Run outline* Increasing the amount you exercise

The UCLP-Primrose clinician will support you throughout, helping you to reach your physical health goal. 4 |   | **UCLP-Primrose****What is UCLP-Primrose?**UCLP-Primrose is a new way of working that helps GP practices identify and treat physical health problems in people who live with mental illness.**What’s involved in UCLP-Primrose?** There are three different appointments involved in UCLP-Primrose: * Weight Loss outlineAppointment 1: The Physical Health Check

 Doctor female outline* Appointment 2: The Clinical Review

Yoga outline* Appointment 3: Intensive Health Support

Depending on how your physical health is and your preferences, you may only need Appointment 1. However, some people will need more support to improve their physical health and so will be invited for all three appointments. 1 |

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| **Appointment 1: The Physical Heath Check**Doctor checking blood pressure of patientSome people have a particularly high risk of cardiovascular disease (heart attacks or strokes, for example) while others may be at lower risk. Even so, everyone can reduce their risk of cardiovascular disease.The purpose of your health check is to look for ways to reduce your risk of heart attack or stroke, and to identify other areas where it may be possible to improve your health. The Health Check involves measuring things like:* Weight, height, and blood pressure
* Blood tests (for diabetes and cholesterol checks)
* Advice on where to get helpful information about conditions like high blood pressure and cholesterol
* Advice on how to check your own blood pressure
* Help with getting support to quit smoking, to eat more healthily and to exercise more

After your physical health check appointment, you will be offered a follow up appointment with a prescribing clinician to look at your results. 2 |  | **Appointment 2: The Clinical Review**The Clinical Review is a chance for you to talk through the results of your Physical Health Check with a clinician. **Doctor and patient**If any of your results could be improved, you and the clinician can discuss the options for how to do this.You can discuss things like: * Your medication (is there anything you are unhappy with? Is there anything you are worried about?)
* Any physical health worries you have
* What you would like to do to improve your health
* Any other concerns you have

Reducing your risk of heart attack or stroke, and improving health in general, frequently involves changing habits (like stopping smoking, losing weight, or taking regular medication). This is often difficult to do and you may want some more support to make these changes. You can ask for this during the appointment, and decide with the clinician whether Intensive Health Support (see next page) would be beneficial. 3 |