

A new way of improving care

As a practice we always strive to provide the best possible care we can to our patients.

Traditionally patients have had a 10-minute appointment with their GP and an annual review of their long term condition, for example Diabetes, High Blood Pressure or Respiratory Disease, which may last for 20 minutes with a Practice Nurse. The patient and the Nurse or Doctor may feel that a bit more time was needed with the facility to support the patient more and provide a greater range of information.

One way of trying to address this is to offer group consultations. This new way of providing a service has been shown to be popular with patients and the Nurses and Doctors. Essentially patients are invited to a session as a group of about 10 and this will last for about 60 – 90 minutes. The session will be run by the Practice and involve Practice Staff, Nurses and GPs.

The session aims to help people understand their condition better, which will mean they are better able to care for themselves and keep well. There is the opportunity to ask questions and share experiences with other patients who have the same condition.

This will also provide the opportunity to undertake any measurements that are required and produce a management plan for each patient with appropriate confidentiality.

This approach is new for us but has been tried and tested in other areas and countries and has been proven to be efficient and effective and popular with patients.

As a practice we are testing this approach with our patients and have started to develop a service for patients with Chronic Obstructive Airways Disease (COPD) and if successful will spread to other conditions.

We understand that this approach might not immediately appeal to everyone and we would of course respect your views. The evidence from our early contact with patients who have gone through one of these group sessions has been very positive.

Our aim is to help you to help yourself to remain well.