

Are you having an annual review with your GP or nurse?

This booklet provides information to help you get the most out of your review and guidance on what you can do to stay well.







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What is a 'long-term conditions annual review'?

Long-term conditions are physical and mental health conditions that need ongoing management through treatments and other support.

They can affect all parts of your life such as your family relationships, ability to work and finances.

It's important to monitor your health and wellbeing so you can keep yourself healthy and well. Your annual review offers you the chance to have a regular discussion about this at your local surgery and create a care plan tailored to support you to better manage your condition.

At your annual review, your health professional will work with you to make sure that the things that are important to you are considered and that you can make the right decisions for you. This may be your doctor, nurse or other colleague with the necessary training.

This booklet has the information you need to help you prepare for your review and information on the support available in Leeds.

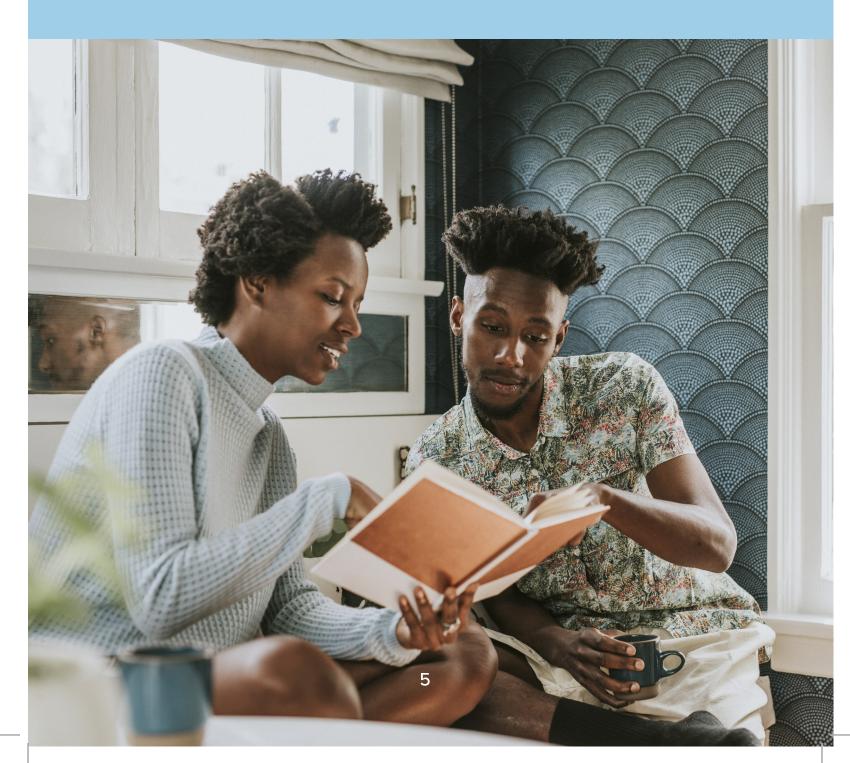
What do my test results mean?

The table below shows some of the tests you may have had and gives an indication of reasonable targets for most people. Individual targets will vary from person to person depending on many factors which your health care professionals will take into account.

Blood Pressure (mmHg)	140/90 or less	High blood pressure increases your risk of serious problems such as heart attacks, heart failure and strokes. The higher your blood pressure, the greater the strain on your body.
Blood Glucose HbA1c (mmol/ mol)	42-48 mmol/mol	The HbA1c test is used to assess average blood glucose levels. This shows how well someone controls their blood glucose level. A high HbA1C means that you have too much sugar in your blood. This means you are more likely to develop serious problems with your kidneys, eyes and feet. Individual HbA1c targets vary significantly, speak to your healthcare team about an appropriate target for you.
Total cholesterol (mmol/l)	Less than 5.0	A raised cholesterol level increases risk of heart attacks and strokes. People at higher risk may need levels much lower than 5.

Kidney Function Urine albumin creatine ratio (ACR)	Less than 3.0	This helps identify kidney disease that can occur as a complication of diabetes. A low ACR value indicates your kidneys are
		working normally in most
		people.

Appropriate target ranges vary. Your health professional will work with you to decide what range or targets are best for you.



Is my weight healthy for me?

A healthier weight can be a protective factor for many health conditions.

Many factors can influence this, some of which may need support or looking into.

- A Body Mass Index (BMI) that is under or over the recommended range for your height could be something helpful to discuss, particularly if it has changed a lot recently. A BMI of 18.5 to 24.9 is considered a healthy weight.
- Waist circumference is another measure to monitor risk of health problems. A low-risk, healthy waist circumference is below 94cm (37 inches) for men, and below 80cm (31.7cm) for women.

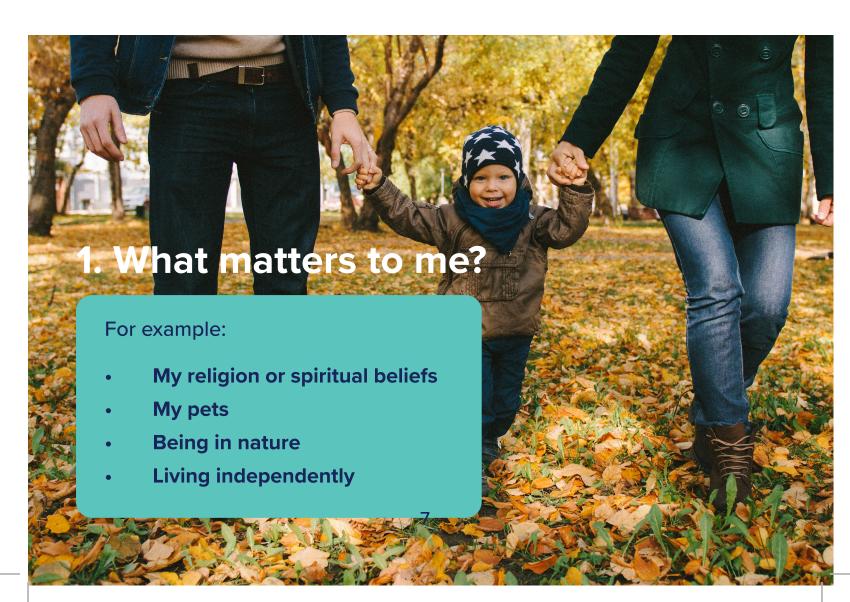
Use this information as a starting point for further discussion about your weight and general health with your health professional.

How can I prepare for my annual review?

During your annual review, your health professional will work with you to identify what you want to achieve in terms of your health and wellbeing.

To prepare for this, it's often good to make a list of what you want to talk about – this could be things that are important to you.

To help you prepare, you may want to think about:



2. Who are the most important people in my life?

For example:

- My family and friends
- My career
- My community and faith group

3. What things do I do to keep well?

For example:

- Physical activity
- Taking medication
- Eating well

4. Key things to think about for my future

For example:

- My goals and hopes
- My motivation
- My community and faith group
- My wishes for the future



It's important that the information you are given about your health and wellbeing makes sense to you.
This will help you get better and stay well.

It's ok to ask:

- 1 What is my main issue?
- 2 What are my choices?
- 3 What are the benefits and possible risks of each option?
- 4 What happens next?

It's ok to...

- Ask again if you don't understand something. Don't feel rushed or embarrassed.
- Make a list of things you want to talk about. This could be things that are important to you.
- Ask if you can bring a friend or someone from your family to help you.
- Make a list of the medicines you are taking and take it with you. It's easy to forget their names.
- Ask the pharmacist. They are there to help you.

Asking questions can help you to:

- Take care of yourself
- Prepare for tests
- Take your medicines in the right way



Look out for the 'It's Ok to Ask' postcards where you can write things down to help you remember for later.



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Use this space to write things down, keep notes and reminders for the next time you speak to someone about your health and wellbeing.







Let staff know what matters to you – big or small.

It's important to be prepared to talk about what is important to you when you speak to someone about your health and wellbeing.

This helps them to support you better. Remember, you are the expert of your own health and experiences.

1. What matters to me?

For example:

My religion / spiritual beliefs

My pets

Being in nature

3. What things do I do to keep well?

For example:

Exercising



Taking medication



Eating well

2. Who are the most important people in my life?

For example:



My family and friends



My carer



My community and faith group

4. Key things to think about for my future

For example:



My goals and hopes



My motivation



Wha	at ma	atters
	to	me
		<u> </u>

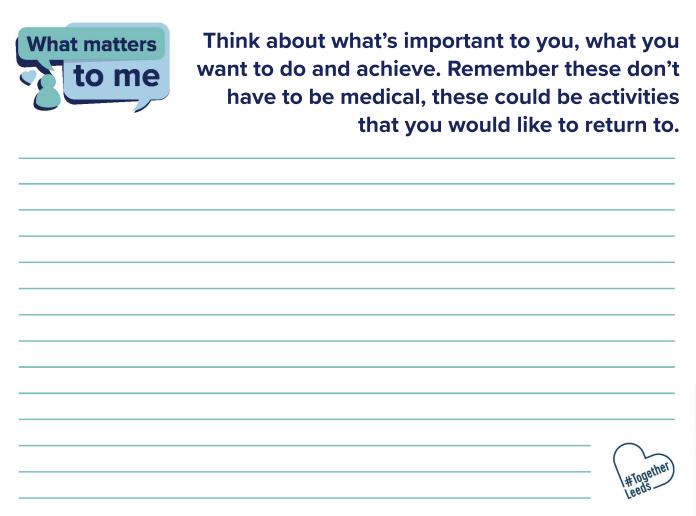
to me	Use this space to write what matters to you.



Your goals

Use this space to write things down that you want to share with your health professional – this will help them to support you better.

Remember, you are the expert of your own health and experiences.

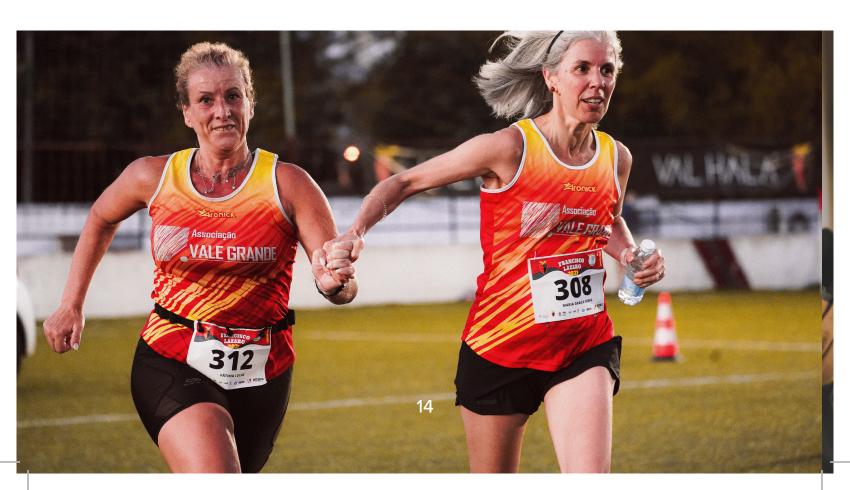




What matters to me	Are there any test results that concern you?
What matters to me	What can I do to meet my goals?
	#Toggether)

What matters to me	What support do I need to meet my goals?
	/#Together

Discuss these with your healthcare professional. They can support you to achieve your goals.



The following pages include information on what you can do to manage your condition and information on where you can access support to help you achieve your goals.

You can visit the below websites by internet search or scan the QR code to be taken to the site directly.

If you need help accessing the links, Leeds Libraries #Digital121 service supports residents to improve their digital skills.

Contact the team on 0113 378 5005 or libraryenquiries@leeds.gov.uk



Type 2 diabetes

Diabetes is a long-term condition that causes a person's blood sugar level to become too high.

More information on Type 2 diabetes can be found on the NHS website: www.nhs.uk/conditions/diabetes/



Developing Type 2 diabetes is largely preventable through lifestyle changes.

The Healthier You: NHS Diabetes Prevention Programme (NDPP) can help people at high risk of developing diabetes to take control and prevent the disease from developing:

www.healthieryou.reedwellbeing.com/





Moving more

The NHS recommends adults be physically active for at least **150** minutes per week, reduce time spent sitting down and build strength and balance on at least two days per week.

We understand that this can seem unrealistic and how you feel may change from day to day. The truth is you can start small, take your time and find out what works for you and then build from there.

Tips for moving more

It's never too late to start being more physically active. Remember every minute counts, some is good, more is better.

There are many things you could do to be more active:

- Find what works for you housework, gardening, walking, home exercises, outdoor activities.
 - Sit less, move more, even if it's making a cup of tea.
- Make the most of your good days.



- Use common things in your everyday environment to get active use your chair, use your stairs, use your outdoor space, use your
 shopping trip.
- Be social, get your family and friends involved.
 Start slowly and build up It all counts!

If I think I may need to think about losing weight, this is a good place to start:

Download the Active Leeds app or view the range of activities on their website, visit: www.active.leeds.gov.uk



If I want to start doing more physical activity, I can contact:

If you would like support to get physically active or are just unsure where to start, then help from friendly and experienced professionals is available.

Visit Healthy living leeds.gov.uk for more information

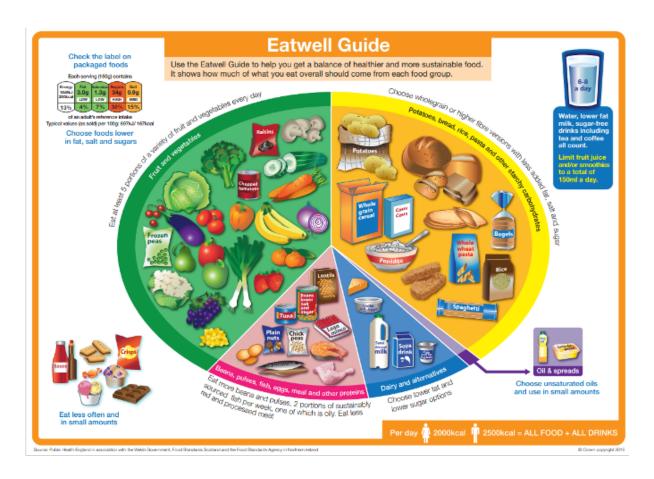


Eating Well

Eating a healthy, balanced diet is an important part of maintaining good health and wellbeing. Eating well means having a variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Maintaining a healthy pattern of eating is important for health and wellbeing and helps to lower the risk of heart disease, stroke, diabetes, high blood pressure and many different cancers.

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:



Tips for eating healthier

Making small changes to what we eat and drink and how active we are can make a difference.

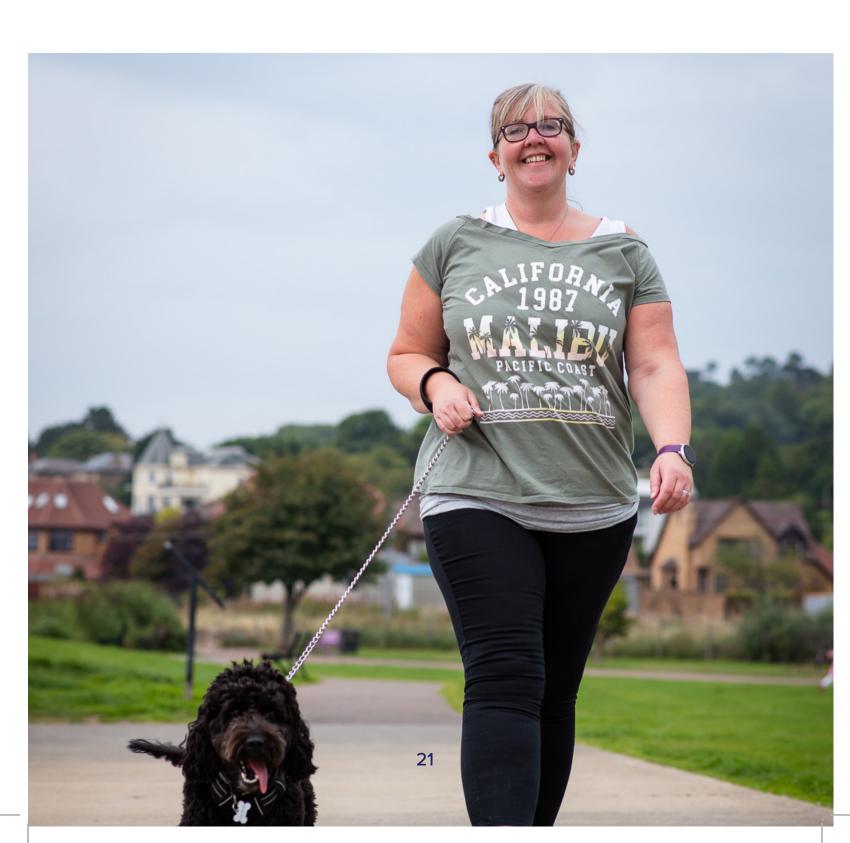
- Monitor: Use a food, drink, activity and mood diary to consider where changes can be made.
- Regular meals: Establishing a regular meal pattern helps to cut down on unnecessary snacking.
- Snack swap: Try making small snack swaps. Many common snacks, such as sweets, chocolate, biscuits and crisps are high in fat and sugar. Check the nutrition label when choosing and go for the lower calorie option.





What can I do if I want to be a healthier weight?

If you would like support for a healthier weight or are unsure on where to start, help is available. Visit Healthy living **leeds.gov.uk** for more information.



Smoking

If you smoke, stopping is the single most helpful thing you can do to improve your health and the health of the people around you.

Stopping smoking can help you reduce your risk of developing cancer, respiratory illnesses and heart disease, help you breathe more easily and give you more energy.

Tips to quit smoking

- People that use a stop smoking service are 4 times more likely to quit for good compared to people that go it alone which is the least effective method.
- Use a stop smoking medication like nicotine patches which can double the chances of stopping smoking for good.
- Make a list of why it is important for you to quit and use it to remind yourself each day.
- Talk to family, friends and your stop smoking advisor for support.
- Think about how much money you will save.
- E-cigarettes are the most popular quit smoking aid and significantly better for your health than smoking. They are not completely risk free but are at least 95% less harmful compared to cigarettes, so if you can't quit, switch.

If I decide to stop smoking these services will help me:



For free expert advice and support on quitting smoking in Leeds call One You Leeds on **0800 169 4219** or visit:

www.oneyouleeds.co.uk



For more information on stopping smoking, visit the NHS Smokefree website:

www.nhs.uk/smokefree

or download the NHS Smokefree app.

ONE YOU LEEDS

Alcohol

Alcohol has been linked to more than 200 medical conditions, including seven types of cancer. The UK Chief Medical Officer recommends adults do not regularly drink more than 14 units per week (the equivalent of e.g. 6 glasses of wine).

Tips on cutting down

If you regularly drink more than 14 units of alcohol per week, there are many things you can try to cut down, including:

- Having at least 2 alcohol free days per week.
- Going for smaller sizes bottled beer instead of pints or a small glass of wine instead of a large one.
- Switching to lower or non-alcoholic drinks.



If I want help reducing my alcohol intake:



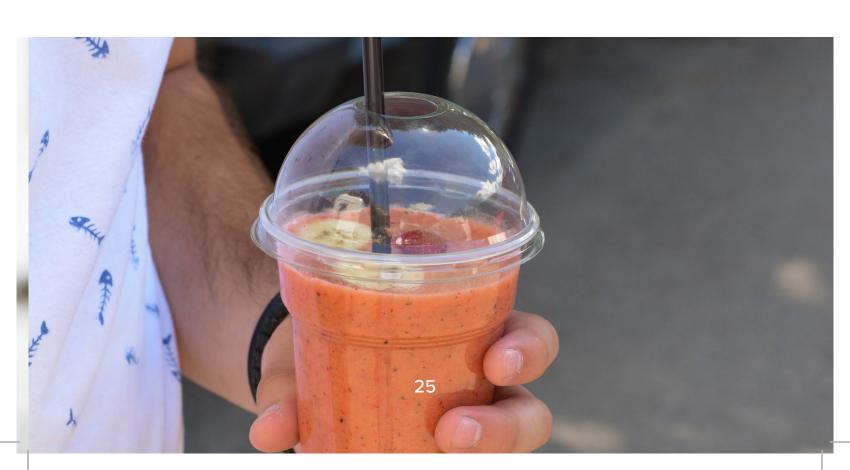
Download the 'Drink Free Days' App and access more information on the Better Health Drink Less page:

www.nhs.uk/better-health/drink-less/



For more information on alcohol harm, visit the Alcohol Change UK website:

www.alcoholchange.org.uk



To download the Drink Free Days app, visit: www.nhs.uk/oneyou/apps/#days-off



If I want help reducing my alcohol intake and would like to seek professional help, contact:

Forward Leeds on 0113 887 2477 or www.info@forwardleeds.co.uk



Drugs

Drug use has been linked to a wide range of physical and mental health conditions. If you use drugs (that aren't prescribed by your health care team),

- Don't be afraid to seek help and be honest about what you take.
- Don't mix drugs with other drugs (including alcohol or prescription medication).
- Be aware that some prescription medication can cause dependency.
 Speak to your GP or pharmacist if you have any concerns.

If I want help reducing my drug usage:

If I want help reducing my drug usage and would like to seek professional help, contact Forward Leeds on:

0113 887 2477 or

www.info@forwardleeds.co.uk



For more information on drug harms, visit the FRANK website:

www.talktofrank.com



Mental Health & Wellbeing

There are times when we all feel down or stressed. Usually these feelings

pass, but sometimes they can continue and start to affect day-to-day life.

This could happen to anyone, at any time in their life. The challenges we

face can have a big impact on our mental wellbeing. If you need to find

information or help for yourself, or someone you're worried about, it can

be difficult to know where to turn.

If I am worried about my mental health, I can contact:

Live Well Leeds is a community-based mental health support service for

people in Leeds aged 18 and over who have mild to moderate mental

health support needs.

The service covers the whole of Leeds and offers a range of services that

include one to-one support, group support, befriending, volunteering, so-

cial groups and wellbeing activities.

If you're registered with a Leeds GP, you can self-refer to the service at

www.livewellleeds.org.uk

Tel: 0113 219 272

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The Leeds Mental Wellbeing Service is open and accepting self and health professional referrals.

Visit their website at leedscommunityhealthcare.nhs.uk for more information to support your

mental wellbeing.



The service also provides wellbeing courses for people living with diabetes, cardiac or respiratory health conditions. Visit their website for more information and to book a place on the course:

www.leedscommunityhealthcare.nhs.uk/our-servies-a-z/leeds-mental-well-being-service/online-group-classes

How are you feeling?

For more mental health information for people in Leeds, visit:

www.leedsth.nhs.uk/assets/ff6ab9d52 9/How-Are-You-Feeling-booklet-v2.pdf



Mindwell is the mental health website for people in Leeds. They can help you find information about support in the city and different ways to take

care of your mental wellbeing: mindwell-leeds.org.uk



Social Prescribing

If practical or emotional problems are affecting your health and wellbeing, social prescribing is a way of linking you with the support you need.

Visit Linking Leeds social prescribing service for help and support : www.linkingleeds.com



I am a carer

Are you helping a friend or family member due to their illness, disability, mental health issue or a substance misuse problem?

Visit Carers Leeds for advice and support:

www.carersleeds.org.uk or call 0113 380 4300



Your Carers Toolkit whether you're finding yourself in a caring role for the first time, or you're looking for some additional information or advice, the West Yorkshire and Harrogate Health and Care Partnership are working hard to ensure you feel supported.

www.wypartnership.co.uk/our-priorities/unpaid-carers/carers-and-covid-19/your-discharge-toolkit



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