

# How to book

To book onto a group consultation, please call Reception at Leigh View Medical Practice and ask for a place.

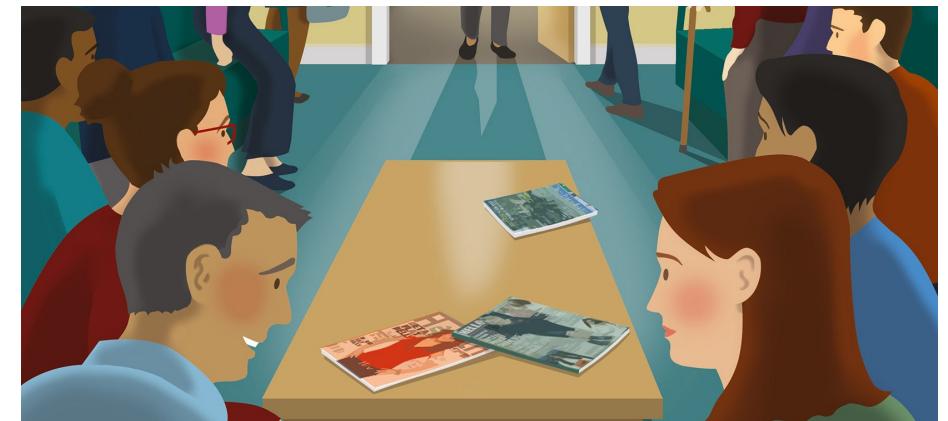
You are very welcome to bring a spouse, friend, relative or carer with you, if they would also find it useful to find out more.

If so, please book a place for both of you, so that numbers can be prepared for.

**LEIGH VIEW MEDICAL PRACTICE**

Tel: 0113 253 7628

Bradford Road  
Tingley, Wakefield  
West Yorkshire  
WF3 1RQ



An introduction to  
**Group Consultations**

at Leigh View Medical Practice

## Group: “At risk of” Diabetes

*Leaflet last updated Jan 2020*

# What is it?

Group consultations are medical consultations with a Nurse, but also provide the opportunity to meet other people with the same condition.

You can talk about treatment goals, share ideas, and solve problems with the Nurse.

You can put questions to a Nurse.

## How do they Work?

Up to 8-10 people with the same medical condition meet for 1 1/2 hours to review their latest results

The first half is an introduction to the group by a facilitator and a discussion to come up with the questions people want to ask the clinician

After a refreshment break the nurse is invited into the group and addresses each patient individually to review their results and any questions they might have. The conversation often opens up to the group as we problem solve and share solutions that have worked for others.

The facilitator supports individuals to come up with their own health goals.

## Why come to a Group Consultation?

- Led by you
- Unrushed time with the GP or nurse
- Meet other people locally with the same condition and support each other
- Learn from other people's experiences
- Time to problem-solve and delve deeper into latest research on diet and lifestyle



## At Risk of Diabetes Group

A group consultation for patients +/- their carers/relatives\*.

- For those newly at risk of developing Type-2 Diabetes.
- To support your health goals.
- Most useful following your health check bloods.

\*with permission of the patient.



## Does It Help?

These groups are being introduced all over the country and have received extremely good feedback.

Meeting other people locally in the same position or with the same condition can help support you and help you learn from other people's experiences.

A chance for unrushed time with your Nurse.

Discuss the latest research on diet and lifestyle.

## Is it Confidential?

All group members sign a confidentiality clause.

If you have a confidential issue that needs to be discussed we will arrange for you to have a private discussion with the clinician.

Group consultations have been running in the USA for 17 years with no confidentiality problems.

## Patient Feedback

There has been extremely good feedback from all group participants with practices that have introduced this so far.