



Sedbergh Medical Practice New Patient Health Check

It can take several weeks to obtain your medical records from your previous doctor. Therefore, you will be asked to complete a medical questionnaire and be offered a health screen examination with a Practice Nurse or Health Care Assistant.

Please make sure you attend the initial appointment. The aims of the health check are as follows:

- It will give the medical team here at Sedbergh some background information if you become ill.
- It gives us the opportunity to welcome you to our practice and introduce you to the services available.
- We can gain a baseline measurement of your present health status including:

Weight, height and BMI

Blood pressure

Urinalysis

Smoking habits

Alcohol consumption

Diet

Exercise levels

A blood test

- This helps us to identify those at greater risk of disease by ascertaining any family history of diabetes, heart disease, cancers etc. From some of the tests we can identify new problems you may not be aware of relating to diabetes and cholesterol.
- It helps us to identify any personal history of significant illness or health concerns and if necessary take appropriate action, for example people who need regular follow ups for diabetes, respiratory conditions such as asthma or other long term conditions.
- It helps us to identify what medications you are taking, as we may need to monitor this and organise your prescriptions.

- It gives us the opportunity to check your immunisation status or cervical smear status, and also if appropriate to offer health promotion advice on how you may be able to improve your health and well-being.
- It helps to identify allergies you may have.
- We also offer a sexual health screen. At this initial appointment it may only involve blood and urine tests, if however you or we identify other concerns this can be followed up with an examination by a GP.

For this appointment please bring your completed health questionnaire and a fresh urine sample (a pot can be obtained from reception).

You may decide that you do not want all of these tests. Please tick the boxes below to indicate which blood tests you would or would not want us to undertake:

	Yes	No
Blood count to test for anaemia	<input type="checkbox"/>	<input type="checkbox"/>
Cholesterol	<input type="checkbox"/>	<input type="checkbox"/>
Liver function test	<input type="checkbox"/>	<input type="checkbox"/>
Kidney function	<input type="checkbox"/>	<input type="checkbox"/>
HbA1C test for diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Sexual health screen for HIV and Syphilis	<input type="checkbox"/>	<input type="checkbox"/>

NB all these blood tests are usually taken from one venepuncture (needle)

Urine test (males) /Self taken swab (females) for gonorrhoea and chlamydia	<input type="checkbox"/>	<input type="checkbox"/>
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Name:

Date of Birth:

Signature:

Date: