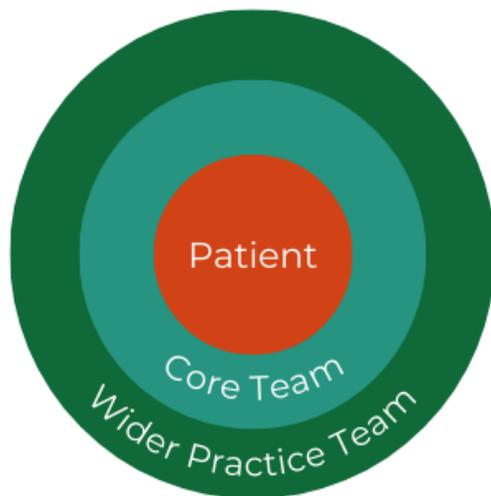


Who is your Patient Health Team?

Your Patient Health Team is made up of a small group of GPs and Physicians Associates who have overall responsibility for coordinating your care.

When making a routine appointment, please book with a member of your team. This may mean that you have to wait longer but it will improve continuity.



What is Continuity of Care?

Continuity of care describes the continuing working relationship between a patient and their core healthcare team. This means that you do not have to repeat your story to different healthcare professionals as well as having a team that you know and trust.

Research shows that with good continuity of care patients are:

More satisfied

Less likely to have to go to A&E or be admitted to hospital

More likely to agree with the advice given

More likely to take positive steps to look after their own health

More likely to receive good quality of care

More likely to live longer

Our wider practice team

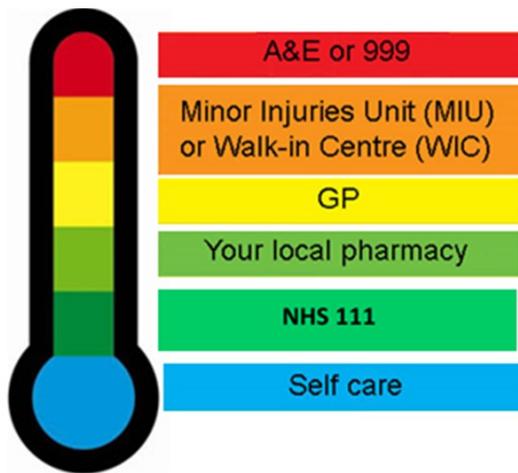
For some aspects of your care, it is more appropriate to see another healthcare professional who has additional expertise in a particular area.

Examples of this include:

- Urgent care for “Urgent” or “On the day” appointments
- Practice nursing team and Paramedics for Long term conditions such as Diabetes and Asthma
- MSK (Musculoskeletal) practitioner for back, joint and muscle problems
- Dermatology team and contraception such as COILS and implants

You're part of your team too!

Please work with us by choosing the correct service for help and advice when you need it. Some minor conditions can be managed at home without seeing a Health Care professional.



4 Best things to do for your health:

- Sleep well
- Eat a balanced diet
- Make time for exercise
- Stay connected with other people

Keep a well-stocked medical cabinet for any minor illness. This could include:

- Pain killers
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedies
- Cold and flu remedies
- First aid kit with bandages
- Plasters
- Antiseptic wipes and cream
- Eyewash
- Medical tape
- Sterile dressing
- Thermometer.

You can find information on a number of medical conditions from:

- <https://www.nhs.uk/conditions/>
- Community pharmacists
- NHS 111 service

Your Health, Your Team



As a Practice Team, we are committed to providing the best service that we can. In order to do this, we are introducing a new way of working with our patients, called “Patient Health Team”, with the aim of enabling:

- Continuity of care for routine appointments
- Use of the various skills of our diverse healthcare team
- The best use of limited NHS resources