

GADE SURGERY

GADE HOUSE
99b Uxbridge Road
Rickmansworth
Herts
WD3 7DJ
01923 775291

WITTON HOUSE
Berks Hill
Chorleywood
Herts
WD3 5LB
01923 283900

All correspondence to: Gade House

Dear Patient

From now on we will be calling our patients for their important **health checks** around the month of their birth as this has been shown to help people remember when their usual health check is due. Please therefore book in for your check as below, on receipt of this letter. This is **not** urgent.

COPD

Please contact the surgery to book a non-urgent 10 minute appointment with the nurse.

Before attending for your review we would ask that you consider the following 3 statements to grade your COPD:

1. Which of the grades below best describes your breathing?

Grade	Degree of breathlessness related to activities
1	Not troubled by breathlessness except on strenuous exercise
2	Short of breath when hurrying or walking up a slight hill
3	Walks slower than contemporaries on level ground because of breathlessness, or has to stop for breath when walking at own pace
4	Stops for breath after walking about 100 metres or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when dressing or undressing

2. Do you have standby steroids and/or antibiotics at home in case of a COPD attack? Yes/No
3. How many times have you used your standby steroids and/or antibiotics for a COPD attack in the past year?

Support to Stop Smoking

If you are a current smoker, we would like to offer you the opportunity to attend an appointment where you will receive support to help you quit. Please ask our Reception Team for further information.

Gade Partnership:

Dr A Slade, Dr M Jennings, Dr S Sudarshi, Dr S Thangarajah, Dr A Dewji

Dr K Gordon, Dr A Pabari

Practice Manager: Ms M Carr

Self-Management Plan

At the end of your review you will be given a copy of your COPD self-management plan. This will contain the details of everything that has been discussed during your review and will assist you in managing your COPD symptoms.

Do you often feel down or low?

Many patients find it difficult to deal with a chronic condition such as COPD. During the past month have you:

- Been bothered by feeling down, depressed or hopeless?
- Been bothered by having little interest or pleasure in doing things?

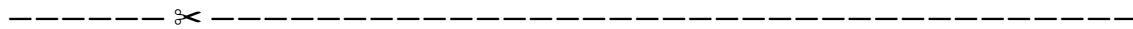
If you have answered yes to either of the above questions you may want to book an appointment with one of our GP's to discuss how you are feeling.

Had your Flu Vaccination for this season?

Did you know that you are entitled to a free Flu vaccination every year? The surgery is now taking bookings for this highly recommended vaccination, so please do not delay in making an appointment, if you haven't already.

If you have already booked or had your review, please ignore this letter

Print the below and return it to the surgery, if applicable



COPD Review Reply Slip

I do not wish to attend for a review so please remove me from any other recalls for this year.

Signed:.....MobileNumber.....Date:.....

PRINT FULL NAME

.....

DATE OF BIRTH

.....

ADDRESS

.....

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