

# UCLP-Primrose Patient Booklet



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# UCLP-Primrose

## What is UCLP-Primrose?

UCLP-Primrose is a new way of working that helps identify and treat physical health problems in people who live with severe mental illness.

## What's involved in UCLP-Primrose?

There are three appointments involved in UCLP-Primrose:



- Appointment 1: The Physical Health Check



- Appointment 2: The Clinical Review



- Appointment 3: Intensive Health Support

Depending on how your physical health is and your preferences, you may only need Appointment 1.

However, some people may need more support to improve their physical health and so will be invited for Appointments 1 and 2, or all three types of appointments.

## Appointment 1: The Physical Health Check

Some people have a particularly high risk of cardiovascular disease (heart attacks or strokes, for example) while others may be at lower risk. Even so, everyone can reduce their risk of cardiovascular disease.

The purpose of your health check is to look for ways to reduce your risk of heart attack or stroke, and to identify other areas where it may be possible to improve your health.

The Health Check involves measuring things like:

- Weight, height, and blood pressure
- Blood tests (for diabetes and cholesterol checks)
- Advice on where to get helpful information about conditions like high blood pressure and cholesterol
- Advice on how to check your own blood pressure
- Help with getting support with things like quitting smoking, eating more healthily and to exercising more

After your physical health check appointment, you may be offered a follow up appointment with a prescribing clinician to look at your results.



## Appointment 2: The Clinical Review

The Clinical Review is a chance for you to talk through the results of your **Physical Health Check** with a clinician. If any of your results could be improved, you and the clinician can discuss the options for how to do this.



You can discuss things like:

- Your medication (is there anything you are unhappy with? Is there anything you are worried about?)
- Any physical health worries you have
- What you would like to do to improve your health
- Any other concerns you have

Reducing your risk of heart attack or stroke, and improving health in general, frequently involves changing habits (like stopping smoking or losing weight). This is often difficult to do, so you may want some more support to make these changes. In this appointment you can decide with the clinician whether **Intensive Health Support** (see next page) would be helpful.

## Appointment 3: Intensive Health Support

The Intensive Health Support appointments are for people who would like more 1-1 support with their physical health. Not everyone will need this level of support, but if you feel it would be helpful for you then you will be offered 4 to 6 sessions with a UCLP-Primrose clinician in the GP practice.

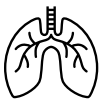
During these sessions you can:

- Discuss any health concerns you have
- Identify a physical health goal to work on
- Agree an action plan for your goal

The UCLP-Primrose clinician will support you to choose the best goal for your health, this may be something like:



- Lowering your blood pressure



- Reducing or stopping smoking



- Increasing the amount of physical activity you do

The UCLP-Primrose clinician will support you throughout, helping you to reach your physical health goal.

## Additional Support / Peer Support

You may also be offered **peer support**, which is help from someone who has experienced mental health challenges themselves. Many people have found peer support useful for sharing experience and having more time to talk. You can decide with the peer coach how to best use this time, but some suggestions are:



- Identifying a meaningful activity to work towards



- Education and training



- Any housing problems



- Overall wellbeing

It may be that there are important issues that are not directly related to your physical health (your finances or accommodation, for example) – you are welcome to discuss these with any of the clinicians you speak with over the course of your appointments. They will try to help you access the right support.

**Thank you**