

Goodman's Field Medical Practice

Patient Engagement Event- Tuesday 14th February 2023

Looking after our communities' healthy hearts

To mark healthy heart's month, staff at Goodmans Fields Medical Practice held an event with the support of our PCN to encourage patients to get their blood pressure checked.

Clinical staff spoke to over 40 patients on the day, who carried out blood pressure checks and also advised patients on the best way to look after their hearts, sugar levels and keeping generally healthy and well.

The event took place on Tuesday 14 February to coincide with Valentines' Day.

Afroza Akthar, Practice Manager said: "This event was a great opportunity for patients to drop in and have their blood pressure checked. They were also able to have discussions with our Nurses and Health Care Assistants around diabetes, healthy eating and also advised on how to keep a healthy heart generally.

"Out of the 40 patients that were seen on the day, five were booked in for further consultations with the GPs for more detailed investigation. We advise all our patients and the wider community to get their blood pressure checked on a regular basis. It's one of the most effective ways keep an eye on their general health and we can advise them on what they need to do and refer them to the GP should anything need investigating further."

These events not only provide a good opportunity for patients to get the necessary health checks but it also encourages good patient engagement between the Practice and patients.

We were happy to see so many people attend the event and look forward to our opening our doors to the local community at our next event.

