

Why come to a Group Consultation?

Led by you

Unrushed time with the GP or nurse

Meet other people locally with the same condition and support each other

Learn from other people's experiences

Time to problem-solve and delve deeper into latest research on diet and lifestyle



Healthy Heart Group (includes Hypertension)

A group consultation for patients +/- their carers/relatives*.

For those *already* diagnosed with a condition affecting the heart or blood vessels such as hypertension, heart disease, heart attack, stroke, mini-stroke, high blood pressure, heart failure or peripheral arterial disease.

To support your health goals. Most useful following your annual health check bloods but this isn't essential. (not for diagnosis of new problems)

*with permission of the patient.



Group Consultations (Healthy Heart Group)

Creating Time to Care



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What is it?

Group consultations are medical consultations with a GP or Specialist Nurse that also provide the opportunity to meet other people with the same condition.

You can talk about treatment goals, share ideas, and solve problems with the GP or Specialist Nurse.

You can put questions to a GP or specialist nurse.



How Do they Work?

Up to 10 people with those diagnosed with conditions affecting the heart or blood vessels meet for 1 ½ hours.

The first half is an introduction to the group by a facilitator and a discussion around the results board to come up with the questions people want to ask the clinician.

After a refreshment break the clinician (specialist nurse or GP) is invited into the group and addresses each patient individually to review their results and any questions they might have. The conversation often opens up to the group as we problem solve and share solutions that have worked for others.

The clinician leaves and the facilitator supports individuals to come up with their own health goals.

Does It Help?

Our groups have given us extremely good feedback.

Meeting other people locally with the same condition can help support you and help you learn from other people's experiences.

A chance for unrushed time with your GP or nurse.

Discuss the latest research on diet and lifestyle.

Is it Confidential?

All group members sign a confidentiality clause.

If you have a confidential issue that needs to be discussed we will arrange for you to have a private discussion with the clinician.

Group consultations have been running in the US for 17 years with no confidentiality problems.

Patient Feedback

We have had extremely good feedback from all our group participants so far!

"Great! More time with the GP"

"Good to hear how others deal with their diabetes"

"Nice to socialize"

"I've put my diabetes into remission with the support of my group!"

More Information

www.montgomeryhousesurgery.co.uk/practice-information/appointments-group-consultations/