

WHAT HAPPENS AT A CLINIC C APPOINTMENT?

Clinic C is primarily for patients with Coronary Heart Disease (CHD), this includes patients with ischemic heart disease and also previous myocardial infarction (heart attack).

So what happens at a clinic C appointment?

Laboratory Tests and Investigations

Blood samples are taken and tested for:

Haemoglobin A1c (HbA1c): This is to check if you have diabetes.

Creatinine and eGFR: This is checked yearly, or more often if required, and tells how well your kidneys are working.

Cholesterol: This is checked yearly, or more often if required.

Liver Function tests: these are checked periodically, particularly to ensure medication is not upsetting the liver and to look for evidence of fat deposition in the liver.

Thyroid function tests: to look for evidence of an underactive or overactive thyroid gland.

Physical Examination

1. Height and Weight: Your weight is often calculated as Body Mass Index (BMI), which expresses your adult weight in relation to your height.

2. Blood pressure should be taken at every clinic visit. You will be advised on an appropriate target for your particular situation.

Lifestyle Issues

Every year you should have enough time to discuss in the clinic:

Your general well-being, including how you cope with your long term condition/s.

Any problems you may be having.

Discussion should include, where relevant, issues such as diet, smoking, alcohol consumption, stress/anxiety and physical exercise. You should feel free to raise any or all of these issues with your nursing team.

The clinic visit therefore involves many assessments and will take some time to complete in order to assess your long term conditions properly. Please therefore allow yourself plenty of time for your clinic visit.