



Conder Medical & Dental Centre

Health Assessment Information

What is a Health Assessment?

This is a program designed to assist your doctor in having an up to date and detailed medical record of your health. It is an assessment of your health and physical, psychological and social function. This program has been developed to help identify any areas in which you may need further medical investigation, preventative health care, education or assistance. It is also designed to help you stay living where you want to live by providing any aids that you may require to maintain independent living. This assessment is performed either at our surgery or in your own home. A Health Assessment is performed once per year.

What are the steps in a Health Assessment?

An appointment is made with our Practice Nurse who obtains the majority of the information and conducts most of the health assessment. We ask that you provide a urine sample when you present for your appointment. At the end of your assessment you will then see the Doctor who reviews the information with you and will arrange any tests that may be required.

Your Health Assessment will include:

- Measurement of your blood pressure, pulse rate and blood glucose levels.
- An Assessment of your medications including "over the counter" medications.
- An Assessment of your continence status.
- Immunisation status including influenza, tetanus and pneumococcus.
- Assessment of your physical capabilities including activities of daily living, whether you have had a fall in the last 3 months.
- Assessment of your psychological function including memory and mood.
- Assessment of your social situation, including availability and adequacy of paid or unpaid help and whether you are a carer for someone else.
- Diabetes test.
- Hearing and Vision.
- Diet.
- Home Safety.
- Sleep.
- Foot Care.
- Need for Community Services.