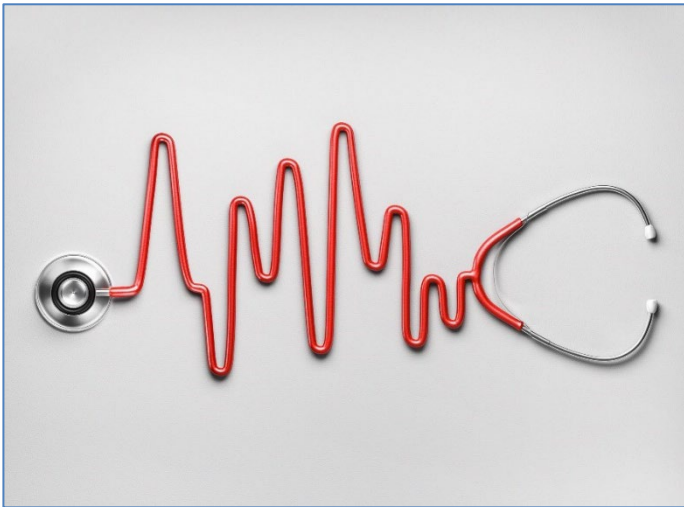




Oxford Health
NHS Foundation Trust



Bucks Perinatal Mental Health Team

Physical Health Clinic

Why have I been invited to attend this clinic?

In the past, physical health and mental health have been treated separately. There is now a drive for these to be thought of together. It may be that you have not seen your GP for some time and we would like to offer you some basic health checks.

How long will the appointment be?

We offer an hour-long appointment. You may not need this long, but allowing an hour gives you plenty of time to discuss any concerns.

What will happen at the clinic?

We will ask you some questions about your physical health, take your blood pressure, pulse, weight, height. We will take some blood to do a few additional tests such as blood sugars and lipids. Make sure you have had enough to drink on the morning of your appointment. We may offer you an ECG (tracing to check the heart's rhythm) if this is appropriate.

What do the tests mean?

Results above or below the normal levels may be a sign of physical ill health. We will follow this up with your GP.

Who will I see at the clinic?

Two members of the Perinatal Mental Health Team will be at the clinic, usually a pharmacist and a nurse or another perinatal practitioner.

What are the benefits of attending the clinic?

The team can offer you time and space to discuss any physical health concerns, give you information about:

- Smoking cessation
- Diet
- Exercise
- Wellbeing

They can also signpost you to other support services or arrange support for you to attend your GP for any follow up.

What happens following the clinic?

You and your GP will receive a copy of the plan by email.

Who can I contact to discuss further?

Please contact the Perinatal MH team on 01865 901749

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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