



GP2Health Silver Screening Check - Women

There are 3 stages to your health check

1. Prior to the health check we ask that you complete the Women's Health Questionnaire (WHQ)
2. We invite you to the practice for your physical exam, blood testing, urinalysis and ultrasound. **You will need to fast for 4 hours and come with a full bladder prior to this appointment.** You can drink clear fluids before your appointment.
3. Alongside all of your results will be a written personalised interpretation of all the results delivered to you in person during a relaxed 45-minute GP consultation.

Please note when you register with GP2Health. We automatically collect basic health data. This is to ensure we have the most up to date relevant information.

Comprehensive Health Screening Questionnaire – Completed prior to the any tests or consultations

You will need to complete this questionnaire at home and record the results on paper or electronically. You will be asked to bring your results to the final GP Consultation.

Women's Health Questionnaire (WHQ) – Developed in 1992 by Dr Myra Hunter, this validated screening tool allows us to pick up any physical or emotional symptoms by asking 36 questions. A copy of the original questionnaire can be found in the downloads section at the bottom of the GP2Health Women's Health Screening webpage.

[https://hqlo.biomedcentral.com/articles/10.1186/1477-7525-1-41#:~:text=The%20Women's%20Health%20Questionnaire%20\(WHQ\)%20is%20a%20measure%20of%20mid,evaluation%20of%20non%2Dmedical%20treatments.](https://hqlo.biomedcentral.com/articles/10.1186/1477-7525-1-41#:~:text=The%20Women's%20Health%20Questionnaire%20(WHQ)%20is%20a%20measure%20of%20mid,evaluation%20of%20non%2Dmedical%20treatments.)

Comprehensive physical exam by GP

Hand, ENT, Heart, Lungs, abdomen.

Optional speculum exam to review the cervix. **A chaperone will be provided.**

Optional breast exam. **A chaperone will be provided.**



Blood tests

Full blood count, Kidney Health, lipids and heart health, liver function, diabetes, Nutritional Health, Iron Status, Female sex hormones, thyroid check, infection and inflammation, stress levels, Muscle and Joint health and Bone health.

Personal health measurements

Height, Weight, BMI and abdominal circumference.

Pulse (rhythm and rate), Oxygen, Blood pressure (lying and standing), respiratory Rate, Temperature.

Q risk 3

A validated and evidenced based tool to most accurately predict the risk of having a heart attack or stroke in the next 10 years. This can then guide ways to reduce your personal risk, which includes lifestyle change and medications.

Urinalysis

Urine dip to check for blood, fasting state, immune cells, by products of bacteria which may indicate infection, high levels of bilirubin in the urine and excess glucose possibly indicating a diabetic state.

Optional pregnancy test

ECG

This allows us to understand how the heart is functioning by looking at the natural electricity which powers the heart.

Bowel Cancer Screen (FIT)

This highly accurate test can detect blood in your stool which is not visible and is highly specific for bowel cancer. A negative result can be very reassuring that there is no bowel cancer.

Coil or implant placement check + Gallstone screen

Checking the location and positioning of your coil or implant is important. If these are misplaced, they can cause pain or be ineffective. The presence of gallstones can cause pains in the upper tummy especially when you are eating. It is important not to ignore these pains as it can lead to significant complications.



Optional written interpretation of all results

In addition to a booklet with all your current blood test results and their generic meanings, you will receive a personalised report on all your results that is simplified and easy to understand by the GP. There will also be suggestions on ways to improve your health.

GP Consultation

A relaxed discussion to go through your results. **Note we may not be able to go through everything in the 45-minute consultation in which case we will inform you.**

Total Time = 100 minutes of GP time.