

POSTER 7 Population Health Fellowship Learning about managing cardiovascular multi-morbidity in Bristol, North Somerset and South Gloucestershire.

From September 2023-September 2024 I was a National Population Health Fellow, working with the ICB Population Health team in Bristol, North Somerset and South Gloucestershire. As part of this fellowship I completed a project, doing mixed-methods research with patients who have cardiovascular multi-morbidity. Recommendations include, changing the annual long term condition reviews in primary care and using this as an opportunity to ask about other aspects of the patient's wellbeing beyond their medication and blood tests. Additionally, using this patient encounter to signpost to local organisations that can help with exercise or support independence through improving IT skills. We recommend that hospital staff ensure patients understand new diagnoses and new medication prior to discharge by providing written leaflets. Across the healthcare system improving communication is important at both an individual patient level, but also between primary and secondary care services. I would love to showcase this, if it is suitable.

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