

Using the SurgeryPod

Help your doctor help you!



The newly installed equipment in your practice is called a SurgeryPod and is there to help your doctor to provide even better healthcare. Now, it is possible to measure your blood pressure yourself, and what's more, the results can be accessed straight away by your GP. Using the SurgeryPod before your consultation means you have more time with the doctor for discussion and treatment. You can use the SurgeryPod at any time during practice opening hours, no need to make an appointment!

Besides measuring blood pressure, the SurgeryPod can monitor your Body Mass Index (BMI), and a number of other tests that your doctor might need to assess your health can be done using the SurgeryPod.

The SurgeryPod isn't there to *replace* visits to your doctor; it's to make them better. Using the SurgeryPod helps your doctor help you.

How does it work?

The SurgeryPod uses a touch screen, so you can press on the screen and it will recognise the selection you made. By following the instructions on screen, you can easily find your way around the SurgeryPod.

If you're newly registered to the practice then the receptionist might ask you to do a 'New Patient Check'. This helps the admin staff to gather information about you without having to fill out lots of forms. If you are an existing patient, start off by using the 'Standard Checks' test so you can get used to using the equipment. Your GP may direct you to other tests if needed.

Using the Blood Pressure Machine

During some checks, the SurgeryPod will ask you to use the Blood Pressure Machine. It's the large white device next to the SurgeryPod, with a hole for you to put your arm through. It's called an Arm-In Blood Pressure Machine.

The SurgeryPod will have on screen instructions for how to use the Arm-In BP, but we'll explain it here as well. When the SurgeryPod asks you to put your arm through the machine, put it in all the way up to the shoulder. You should be sitting comfortably. The SurgeryPod is good because you don't have to be in the doctor's office while your blood pressure is being measured, so if a visit to the doctor makes you nervous now is a chance to measure your blood pressure while you're undisturbed and relaxed. It also saves time in the consultation.

After that screen shows how to place your arm in the blood pressure device, there is a screen with blank boxes and 'Systolic', 'Diastolic', and 'Pulse rate' next to them. This is when you should use the blood pressure device. Press the green button on the top of the machine to begin. The cuff inside will close around your arm and tighten, it might be a bit of a squeeze but don't worry: it has to be quite tight to get the measurement right. As it tightens you should see the numbers on the screen rise, and then once it's stopped tightening the numbers will go down at then eventually it should stop, and it will show your Systolic and Diastolic blood pressure, and your pulse rate. And you'll notice, they've automatically appeared on the SurgeryPod screen. And you've measured your Blood Pressure using the SurgeryPod. Once you've finished using the Pod, the results can be accessed immediately by your GP.

Weighing yourself using the Scales

The scales are very simple to use. When the SurgeryPod tells you to, press the grey button on the front of the scales. You can do this with your foot if you like, to avoid having to bend down uncomfortably. Once the on button has been pressed, wait for the display to reach zero – and then stand on the scales. Stand still and try not to move. The scales will take a few moments to measure your weight, and then it should appear on the scales: as well as on the SurgeryPod's touch screen. Easy!

And that's it! You should have everything you need to use the SurgeryPod. The SurgeryPod doesn't replace your doctor; but it is a convenient and efficient way to help you and your doctor better look after your health.