



April 2026

## St Martins Blogs – Cardio-Renal-Metabolic Care

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### *Supporting Your Health: Our New CRM Programme and Proactive NHS Check-Ins*

At St Martins Medical Centre, we are committed to helping our patients live healthier, longer lives through early detection, prevention, and personalised care.

We are pleased to introduce our Cardiovascular – Renal – Metabolic (CRM) programme.

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#### *What is CRM?*

CRM stands for Cardiovascular, Renal and Metabolic health. These are closely linked areas of health that include conditions such as:

- Heart disease and stroke
- High blood pressure (Hypertension)
- Diabetes
- Kidney disease

These conditions often develop gradually and may not show symptoms early on. However, when identified early, they can be effectively managed – and in many cases, prevented from worsening.

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#### *Why is this programme important?*

The NHS and St Martins Medical Centre is focusing on a more holistic and proactive approach to care. This means:

- Detecting health risks earlier
- Providing more personalised support
- Helping patients manage their health confidently
- Reducing the risk of serious complications

Our CRM programme is designed to bring all this together in a simple, structured way for our patients.

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#### *How does the CRM programme work?*

Our CRM care follows a structured approach, meaning you will receive coordinated support across the year rather than a one-off approach.

Step 1: Identification and Invitation

Step 2: Check and Test Appointment

Step 3: Results and Preparation



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Step 4: Personalised Care Planning

Step 5: Follow-up and Ongoing Support

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### *A personalised and proactive approach*

This programme focuses on **what matters to you**.

Your care plan may include:

- Lifestyle changes
- Medication reviews (with GP / pharmacist)
- Referrals to additional services such as:
  - Lifestyle Medicine Coaching
  - Social Prescribing
  - Health and Wellbeing Coaching

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### *Who is involved in your care?*

Your care is delivered by a multidisciplinary team, including:

- A CRM Coordinator
- A Lifestyle Medicine Coach
- A Healthcare Assistant (HCA)
- A Pharmacist
- A GP (if necessary)

This team works together to ensure your care is coordinated and consistent.

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### *Benefits of CRM Care*

- Early identification of health risk
- More personalised, joined-up care
- Fewer unnecessary appointments
- Better support for managing long-term conditions
- Reduced risk of serious illness and hospital admission
- Improved confidence in managing your own health

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If you have been invited to take part, we strongly encourage you to attend – it is an important step towards better health with the support of St Martins Medical Centre.