



MORGAN SHEPPARD

HEALTH COACH- CVD LEAD

ABOUT ME

Hello I'm Morgan, I am a health coach within The Healthier South Wirral PCN and I have been working to support the practices within the PCN since early 2023.

My particular interests lie within Cardiovascular disease prevention and management. I have extensive experience secondary care and I am currently the CVD lead within the additional roles team.

● CONTACT ME

Please ask reception to make a referral.



THINGS I CAN SUPPORT WITH:

- Health coaches have a particular focus in preventative medicine through implementing lifestyle measures and taking holistic approaches.
- I currently support with blood pressure and lipid reviews across the PCN.
- I aim to empower patients to build confidence around their activity and diet which is based upon setting realistic, achievable and sustainable goals.
- I work closely alongside other clinicians undertaking structured medication reviews centred around cardiovascular disease.
- Another part of my role is to help patients understand blood test results such as their cholesterol and HBA1C levels and how they can improve them through diet and activity.

TIMETABLE

Mon- MDT/CVD

Tue- MDT/ CVD

Wed AM- Spital

Wed PM- Orchard

Thur AM- Civic

Thur PM- Sunlight

Fri- Eastham/Allport