

Autumn 2006 Newsletter

Issue 2

November, 2006

If you have any comments concerning our practice, the contents of this newsletter, or ideas for future issues, please let us know.

01335 343784

Inside this issue:

Staff Changes	1
Nursing Team	
Doctors	
Building Update	1
Seasonal Advice	2
Cold Remedies	
Blood Tests and Annual Review	2
Choose and Book	2
Practice Developments	2

Staff Changes

NURSING TEAM

We would like to wish a warm welcome to our new Practice nurse – Jo Wildgoose and Health Care Assistant - Yvonne Taylor, who joined our team in August.

Jo has two year's experience as a Practice Nurse. Her role includes taking cervical smears, giving travel advice and vaccines, ear syringing and ear care, monitoring of long term illnesses, such as stroke and coronary heart disease, and advising on a range of other health issues.

Yvonne previously worked at St Oswalds where she studied and achieved the NVQ Level 3 to enable her to do a number of nursing duties in her role as an HCA, for example taking blood samples, heart tracings (ECG's) and Blood Pressure checks. She will be training

further in the future but please note that she is not able to carry out as many tasks as a qualified nurse

We would also like to take this opportunity to offer our best wishes to Diane Mayne who retired after 5 years as one of our practice nurses. She was a popular member of our nursing team.

DOCTORS

Dr. Vose will be returning to work in December following the birth of her son. We would like to thank our Locum Doctors - Dr. Anthony Crofts Barnes, Dr. Carrie Sadler and Dr. Jeremy Cottrill for their help over the summer. Dr. Crofts Barnes will finish his locum cover on 17th November and take up a new post in Ilkeston. We would also like to congratulate him on the



recent birth of his son. Dr. Sabiha Khushnud will be taking over his locum role and staying with us until the end of the year.

Dr. Harminder Birdi joined the practice as our GP registrar in August; she will be with us for one year.

STAFF TRAINING

Every 3 months we have a staff training session for educational updates and to raise issues/ideas to improve our practice. We aim to provide advanced notice when these occur via notices in the surgery. Derby Medical Services will provide cover during this time if you need to speak to/see a Doctor.

Building Update

We are still awaiting a final decision regarding our new building. Unfortunately the process has been further delayed by a change in the structure of the PCT's, which means that the plans have to go through different committees for approval. We are still hopeful that the

project will be given the go-ahead in the not too distant future. In the meantime, we are trying to make the best of our current accommodation, although we are aware that some areas are looking a little "tired". We have asked the PCT, as owners of the building, to see what short

term improvements they can make.



Seasonal Health Advice



As winter is approaching we thought we would provide some information about colds and other conditions which you may find helpful.

Many different viruses can cause the common cold, which is why there is no cure! It typically causes a blocked or runny nose, sneezing, and nasal mucus which often becomes green/yellow after 2-3 days, it may also cause tiredness, fever, mild sore throat, hoarseness and cough.

The flu is caused by the influenza virus although there are many other viruses that can cause a “flu like” illness. Typical symptoms include high fever, sweats, muscle aches, cough, sore throat, sneezing and headache. Symptoms are at their worst after 1-2 days then gradually improve over several days. However, with both colds and flu-like viruses a cough may linger for up to 2-4 weeks after the other symptoms have improved.

Most people do not need to see a doctor as in the majority of cases there is nothing which a doctor can prescribe to

make the symptoms improve any quicker. Unfortunately there is no “quick fix” and the only treatment is to help ease the symptoms until your immune system can clear the virus. We advise plenty of rest, and to take paracetamol to ease aches and pains and reduce your fever. Antibiotics do not cure viruses and unnecessary use could make them less effective in the future.

If your symptoms start to get worse or other symptoms develop that concern you, (this especially applies to patients who are elderly, frail or very young), seek help.

Symptoms that may indicate more serious problems include :-

- Rash
- Stiff neck
- Increasingly severe headache
- Drowsiness/confusion
- Repeated vomiting
- Wheeze
- Fast breathing
- Chest pains
- Blood stained spit
- Persistent earache

COLD REMEDIES

Over the counter products often contain decongestants and paracetamol, ask your pharmacist for advice. Do not use decongestant nasal sprays for more than a few days as they can make your symptoms worse if they are used for prolonged periods.

FLU

We have started our flu clinics, although our deliveries of vaccine are later than we had hoped. We are sending invitations to all patients who are most at risk including those over 65, those with heart, lung or kidney disease, those with reduced immunity to diseases and those in long stay homes. If you are unsure whether you require immunising please ask one of our staff.

Blood Tests and Annual Review Appointments



You may wonder why we ask some patients to attend for regular blood tests and/or health checks. Patients taking long term medication often require annual blood tests so that we can continue to prescribe these drugs safely. The Government has encouraged this by introducing a “quality framework” in order to improve the care of patients with certain conditions such as: Heart disease, High blood pressure, Diabetes, Stroke, Asthma, chronic bronchitis, Epilepsy, Mental health problems and patients taking four or more repeat medications. Sometimes we can gather information over the phone, but usually it requires you to see either the nurse or GP for blood tests, health checks and/or to review your repeat medications. The list of conditions that we monitor this way is increasing each year, which will mean more patients being asked to attend for these reviews. If you are invited for a review and do not wish to attend please inform one of the receptionists or discuss this with your doctor.

Choose and Book

As part of their patient choice initiative, the Government has introduced “Choose and Book”. It aims to give patients more choice in deciding which local hospital to attend if you require referral by your GP. Your GP will give you a computer print out detailing the options, with your individual booking number and password, and instructions as to how to book your appointment. You will also be provided with a leaflet explaining the system. If you are unsure or have any queries our secretarial team, Kath Horsley and Gill Melbourne, will be able to help.

Practice developments

We are currently preparing a practice website which will contain information about the practice and staff, and enable patients to E-mail repeat prescription requests to Dispensary if they wish. More detail will be provided once this is set up.

We are in the process of purchasing a self check in desk for the waiting room to enable patients to book in for their appointments without having to see one of our Receptionists.