

Dr Darbyshire and Partners Newsletter

Spring 2014

Issue No 6

WEBSITE

Remember our website:

<http://www.doctors-leeds.com/>

You can find useful information about the practice, order a prescription, links to health related websites, general health advice, etc.

Contact us:

Shaftesbury Medical Centre
78 Osmondthorpe Lane
Leeds LS9 9EF
Tel: 0113 2409500
Fax: 0113 2009379

Church View Surgery
41 Austhorpe Road
Leeds LS15 8BA
Tel: 0113 2600021
Fax: 0113 2044519

INTRODUCTION

My window is open and the heating is off - it's official - spring is on its way, and like many seedlings work is 'popping' up everywhere! So what can you expect; fingers crossed for new premises at our Church View Surgery, One long appointment for chronic disease management (rather than having to attend two or three individual appointments), introduction of the pharmacy minor ailments scheme, more changes to data sharing.....the list goes on. Remember we also rely on you to help shape our services and we have suggestion boxes at both surgeries waiting for those 'Eureka' moments of inspiration! So go on, I dare you, make a suggestion!

Jenny Taylor
Practice Manager

ARE YOU A SMOKER WORRIED ABOUT YOUR HEALTH? YOU MAY FIT OUR CRITERIA FOR FREE SPIROMETRY SCREENING.

So what is spirometry screening? This is a breathing test performed by our health care assistants. It gives an indication of the age of your lungs (we know that smoking ages individuals' lungs) and may identify a breathing problem that you may not be aware of. We can then treat your condition early e.g. inhalers prescribed. To have the test you must be a smoker with any of the following symptoms;

- Cough
- Phlegm
- Shortness of breath

If you would like this test then book a ten minute appointment with the health care assistant.

Remember it's NEVER too late to stop smoking, you have nothing to lose but so much to gain, (see the list of benefits below).

Improved fertility - Quitting smoking improves the lining of the womb and can make men's sperm more potent.

Younger looking skin - Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles.

Whiter teeth - Ex-smokers are less likely than smokers to get gum disease and lose their teeth prematurely.

Better sex - Stopping smoking improves the body's blood flow, so improves sensitivity.

YOUR COMMENTS and VIEWS

Your comments and views are important to us if you have any suggestions on how our service can be improved any services you would like further details on, services missing in your community then contact the surgery. We strive to provide the best possible services to our patients

MOVED?

Moved into the area or leaving the area – have we got your details correct?

When you change address, please ensure we have your up to date details. If you are unsure whether you are within the surgery boundaries please contact us and we can check.

Community boundaries do apply and assist in ensuring your surgery covers an area which allows the doctor to respond to you and your family if and when the need arises in an emergency or home visit.

CONTACT DETAILS

If you have recently changed your telephone number, especially mobile numbers, please keep us up-to-date. Without the correct information we will not be able to contact you!

Better breathing - People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within nine months.

Longer life - Quitting not only adds years to your life, but it also greatly improves the chance of a disease-free, mobile, happier old age.

Less stress - Scientific studies show that people's stress levels are lower after they stop smoking.

More energy - Within 2 to 12 weeks of stopping smoking, your circulation improves, so you can do more exercise. It also boosts your immune system.

Improved smell and taste - The body recovers from being dulled by the hundreds of toxic chemicals found in cigarettes.

Healthier loved ones (even pets!) - Second-hand smoke makes children twice at risk of chest illnesses, including pneumonia, croup and bronchitis, plus more ear infections, wheezing and asthma. It also increases the risk of disease in non smokers.

For those of you who stopped smoking March 12th, National Stop Smoking Day, you're amazing, keep it up and remember if you are struggling you can get help in the form of treatments such as nicotine replacement, Zyban, Champix, electric cigarettes (though these are not available on the NHS and the long-term effects have not yet been established) or from advice;

Leeds Stop Smoking Service

Free phone 0800 169 4219

Text: QUIT to 07811 542 548

Email: stopsmokingleeds@nhs.net

Web: leedscommunityhealthcare.nhs.uk/smoking

CHRONIC OBSTRUCTIVE AIRWAYS DISEASE (COPD)

People with COPD have trouble breathing in and out, due to long-term damage to the lungs, usually because of smoking. It is important that COPD is diagnosed as early as possible so treatment can be used to try to slow down the deterioration of your lungs. You should see your GP if you have any of the symptoms mentioned below:

- increasing breathlessness when active
- a persistent cough with phlegm
- frequent chest infections

It is **EXTREMELY IMPORTANT** patients with COPD attend their review appointments. Not being able to breathe can be very frightening and some patients end up in hospital. By attending your COPD appointment you will gain confidence in dealing with your breathing (there are even breathing classes available for those who would like to attend) and the trained nurses can provide, where appropriate, rescue medication to prevent acute episodes.

ASTHMA

Asthma is a common long-term condition that can cause a cough, wheezing, and breathlessness. The severity of the symptoms varies from person to person. Asthma can be controlled well in most people most of the time.

ARE YOU A CARER?

If you look after a relative, friend or child who, because of illness, disability or the effects of old age is unable to manage without your help YOU ARE A CARER.

The surgery works with Carers Leeds who provide support and advice for carers. Ask at reception if you wish to be referred to them. Remember - always inform the receptionist you are a carer, when booking appointments, and they will do their utmost to accommodate your request.

PATIENT PARTICIPATION

To ensure our patients have the opportunity to help develop local health services we have already set up a Patient Reference Group. These patients meet a few times a year to discuss ways we can improve our services.

However, to make sure we are getting a representative sample of all our patients e.g. different ethnicities, age groups, a variety of health problems we would like to create a list of volunteer patients who we will contact from time to time, by email or letter, seeking your views on existing and proposed services relating to your specific health needs.

If you are interested in being part of our Virtual Patient Opinion Forum please leave a message with Reception or drop us a line and we will send you the necessary forms.

How do I know if I am asthmatic?

If you have a persistent cough that wakes you at night, you may have asthma. There are 5.4 million people in the UK who are currently receiving treatment for asthma. That is 1 in every 12 adults and 1 in every 11 children. Asthma in adults is more common in women than men.

I feel fine so don't see the point of attending an asthma review appointment.

It's **EXTREMELY IMPORTANT** you are reviewed each year, even if you feel really well. Pharmaceutical companies are always developing new medications to help treat asthma. If you do not attend your appointment you wouldn't know about the latest developments and improved treatments available. Also changes in your asthma sometimes require changes to your medication, effective treatment prevents your asthma getting worse. If you really cannot attend then contact the surgery and speak to the nurse.

HAYFEVER

Hayfever is a common allergic reaction to pollen that affects up to one in five people at some point in their life. Symptoms of hayfever include sneezing, a runny nose and itchy eyes.

There is no cure for hayfever but treatment with antihistamines and corticosteroids can relieve symptoms to a certain extent, as can the following;

- wearing wraparound sunglasses to stop pollen getting in your eyes when you are outdoors
- change your clothes and take a shower after being outdoors to remove the pollen on your body
- try to stay indoors when the pollen count is high (over 50).

Many cases of hayfever can be controlled using over-the-counter medication available from your pharmacist. Remember to start treatment sooner rather than waiting for symptoms become problematic.

NEED ADVICE FOR A MINOR AILMENT?

Did you know specific pharmacies offer advice and medication, where appropriate, for minor ailments?

- Instead of booking and waiting for a GP appointment, why not ask the pharmacist. No appointment is required, just walk in.
- If you do not pay for your prescriptions the pharmacist can supply you with medication, where appropriate, for specific conditions (see list below).
- If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP.
- By using the pharmacy for common health problems, you would free up more GP appointments and hopefully this would make it easier to get a convenient appointment with your GP next time you need one.

Your pharmacist may be able to help with:

Athletes foot
Nappy rash
Verrucae

Warts
Mouth ulcers and teething
Nasal congestion

PRACTICE TRAINING DATES

The doctors and staff work within an environment that is challenging and constantly changing. To keep up-to-date with knowledge and skills we attend regular training sessions. These sessions are held once a month on a Tuesday afternoon. During these sessions the surgery will be closed from 12.00 pm.

Training Dates;

Tuesday 14th January

Tuesday 11th February

Tuesday 11th March

Tuesday 1st April

Tuesday 13th May

Tuesday 10th June

Tuesday 8th July

Tuesday 9th September

Tuesday 14th October

Tuesday 11th November

Should you need a doctor urgently after 12 pm on the above dates please telephone the surgery and you will be transferred to the out of hours service.

Back pain
Stomach upset
Threadworms
Cough
Hay fever
Head lice
Toothache
Conjunctivitis/ minor eye infection

Sore throat
Colds and flu
Skin allergies
Thrush
Oral cold sores
Headache
Indigestion/heart burn

Ask your receptionist for the list of pharmacies that are in the scheme.

SAY HELLO, WAVE GOODBYE

We say a farewell to Dr Nicholas Bishop, who is retiring at the end of March. He has been with the practice for over twenty years and will be missed sorely by staff and partners. It won't be the same without his raucous laughter reverberating around the building!

We welcome Dr Helen McWilliams as our latest partner. Many of you will know her as she has been working as a salaried GP for the practice for some time. Her laugh is pretty good too!

MEET THE TEAM

Meet Dr Nicholas Bishop and Hazel Cockx.

Dr Nicholas Bishop

It's nearly 25 years since I started at the practice, replacing Dr John DeGraeve. I had just completed a trainee year in Kendal in the Lake District, and on my first day of working for the practice I had an arduous baby clinic and lots of visits, quite a contrast from my previous circumstances!

As I look through my old visit books from the early years I am reminded of numerous characters whom it was a privilege to know and serve.

Life in General Practice has changed dramatically over the past 25 years with the impact of computers being just one item. The central aspect of the job - the doctor/patient relationship, has remained very much the same. This has been a great source of satisfaction to me to serve and support patients with the skills I have been given and developed. This is the part of the job I will miss the most.

Thank you for allowing me to serve you in this way. To those who have wished me well for the future, thank you. The job wouldn't have been possible without an excellent staff and clinical colleagues - My thanks to them and best wishes to all for the future.

Hazel Cockx

I currently work as a Health Care Assistant but originally joined the practice in 2001 as a receptionist. I carry out blood pressure checks, disease reviews, health checks, phlebotomy and give out health promotion advice. I am constantly striving to improve my practice and have been on many courses. I have recently completed the Higher Education Certificate in Primary Care, one of the first in our area.

Well Done Hazel!!

