

Dr Penn and Partners Newsletter

Autumn 2016

Issue No 12

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
Cross Gates Medical Centre

Station Road

Leeds LS15 8BZ

Tel: 0113 2600021

Fax: 0113 2044519

YOUR COMMENTS and VIEWS

Your comments and views are important to us. If you have any suggestions on how our service can be improved, then contact the surgery. We have a suggestion box at both sites and are always interested in your comments. We strive to provide the best possible service for our patients.

INTRODUCTION

Once again we are nearing the end of another year, where does the time go? There is not a day goes by without some sort of challenge, be it introducing a new service for our patients, undergoing a CQC inspection or fixing the dishwasher (thank you Dr Nicholas for your expertise!) You certainly have to be a 'Jack of all trades.' You will be excited to know that there are more planned changes ahead but perhaps I'll save these for our winter edition. In the meantime news is spreading fast...the flu vaccinations have arrived!

Jenny Taylor
Practice Manager



Flu time is here again! Flu is a serious illness, especially for those who are vulnerable. It is spread by coughs and sneezes so remember to always cover your mouth. You can catch flu all year round, but it's especially common in winter. It is incredibly important for those patients who are at risk of flu to have their flu vaccination EVERY YEAR. So if you think you are eligible (see end of newsletter for eligibility criteria) look out for the dates of our 'drop in sessions'.



Having the flu vaccine give you flu – No, it does not. Your arm may feel a bit sore and some people get a slight temperature and aching muscles for a few days but not flu

Flu can be treated with antibiotics – No, it cannot. Antibiotics only work against bacteria.

Vitamin C can prevent flu – No, it cannot.

Once you have had the flu vaccine you are protected for life – No, you are not. The viruses that cause flu can change every year, so you need a vaccination each year that matches the new viruses.

If I miss having the flu jab in October, it's too late to have later in the year – No, it is never too late. You can have the flu jab up until March, though the earlier you have it the better protected you will be.

I have had the flu this autumn, so do not need the vaccination this year – You do need it if you are in one of the risk groups (see end of newsletter for list).

MOVED?

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

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 address or telephone number, especially mobile numbers, please keep us up-to-date. Without the correct information we will not be able to contact you!

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.

You could catch another strain of flu or you may have thought you had flu but have not.



ELECTRONIC PRESCRIBING SERVICE

If you collect repeat prescriptions you will not have to visit your GP practice just to pick up your paper prescription. Instead, your GP will send the prescription electronically to the place you choose, saving you time.

The prescription is an electronic message so there is no paper prescription to lose.

You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop.

If the prescription needs to be cancelled the GP can electronically cancel and issue a new prescription without you having to return to the practice saving you extra trips.

You may not have to wait as long at the pharmacy as your repeat prescriptions can be made ready before you arrive.

CQC Inspection

On 4th May, 2016, we had our second Care Quality Commission inspection. CQC is the regulator of health and adult social care in England and they carry out inspections on GP practices to ensure they are performing to the highest quality standards. Three CQC inspectors spent approximately one day in our practice reviewing our policies, systems and procedures. They also spoke with individual staff members, doctors and patients and their carers and observed how they were being cared for. We are extremely thrilled to be able to tell you that we were fully compliant in all areas and achieved a rating of 'Good' in ALL categories. The inspection team found the practice to be safe, effective, caring, responsive and well led.

BREAST SCREENING

About one in eight women in the UK are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages.

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they are too small to see or feel. As the likelihood of getting breast cancer increases with age, all women who are aged 50-70 and registered with a GP are automatically invited for breast cancer screening every three years.

What happens during breast screening?

Breast screening is carried out at special clinics or mobile breast screening units. The procedure is carried out by female members of staff who take mammograms.

During screening, your breasts will be X-rayed one at a time. The breast is

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.

placed on the X-ray machine and gently but firmly compressed with a clear plate. Two X-rays are taken of each breast at different angles.

IMPROVING PATIENT ACCESS

Register for SystmOnline and you will be able to quickly and easily access your medical record wherever you are, 24 hours a day, 365 days a year.

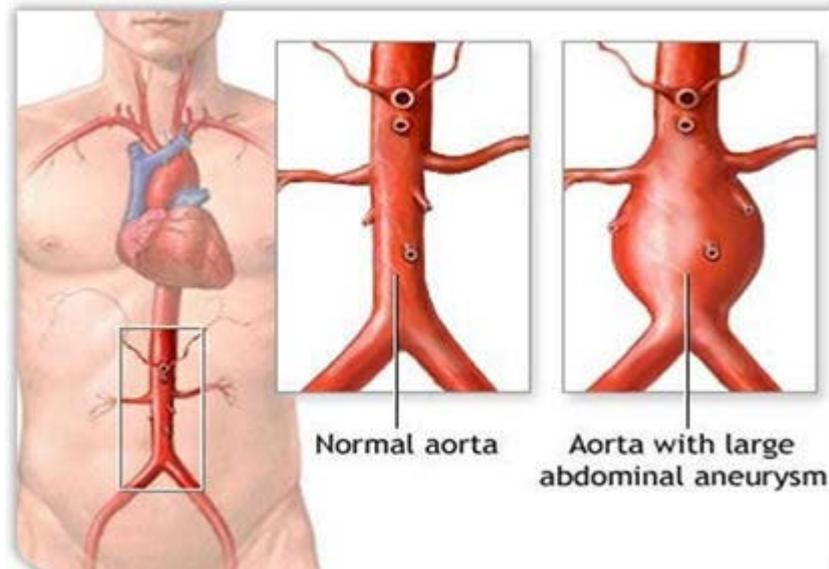
You will be able to -

- manage your appointments
- view/request repeat prescriptions
- add/change your contact details
- view your summary care record
- receive an automatic email when your SystmOnline account has been accessed
- see detailed medical information such as drug allergies, immunisations, results and diagnosis
- nominate other SystmOnline users to be able to log in to your SystmOnline account.

Ask your receptionist for further details.

Aortic Aneurysm Screening

The practice will be participating in the screening for 'Abdominal Aortic Aneurysms' again, between October and November 2016. The aorta is the largest artery in the body and is in the abdomen.



It can develop an aneurysm whereby the artery swells and the wall becomes thinner. An aneurysm can leak, causing blood to be lost into the abdomen. If a lot of blood leaks out this can be fatal unless the leak is quickly stopped.

It is estimated that 1 in 20 men over 65 will have an abdominal aortic aneurysm. Screening can detect small aneurysms before they leak that can then be dealt with appropriately.

Depending on the size of the aneurysm, appropriate care may consist of re-scanning at intervals, or surgical treatment. Nonemergency surgical treatment is much more successful than surgery in an emergency.

The screening test itself consists of a simple ultrasound scan (lasting around 10

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 17th November

Tuesday December 13th

Tuesday 12th January

Tuesday 9th February

Tuesday 8th March

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

mins) of the abdomen to measure the aorta. The result is given at the time of the screening.

Aortic aneurysms are much more common in men, and it has also been determined that if there is no aneurysm at 65 then it's unlikely that one will develop, so it's just men aged 65 who will be invited for the test.

If you are 66 years and over you will not be invited for screening, but you can self-refer for the test by calling 3923740. You must have your NHS number to hand when calling, this can be obtained from our receptionist.

Remember best way to prevent an aortic aneurysm from developing in the first place is to not smoke and make sure your blood pressure is stable.

NEW STAFF

The summer has been a busy time for additions to our team. We would like to welcome our two new GP Registrars, Dr Heather Colyer and Dr Claire Jackson and Dr Jessica Dangerfield who is a first year medical student. We also have a new receptionist, Rebecca Starkie, please be patient with her as she is learning our work processes and Michael Mosely is our new nurse administrator.

SAY GOODBYE

We were sorry to say 'goodbye' to Dr Naomi Penn who has retired from the practice after nearly 30 years. She worked incredibly hard during this time and we will miss her dearly. She plans to take up walking – you may see her up one of peaks if you walk fast! Also Paul Tobin, our nurse administrator, has gone on to further his education by taking up a PhD post in Scotland.

MEET THE TEAM

In each newsletter we will introduce you to a member of the team. Meet Lee Todd and Dr Lydia Taylor.

Lee Todd

I have been with the practice since November 2004. I know it may be unusual to have a male receptionist but I have always worked in a customer based environment and I enjoy helping our patients.

I work with an excellent team and enjoy a good laugh and am always in high spirits. In my spare time I like watching rugby and sport on TV and going to Leeds Rhinos matches, I have been a season ticket holder with them for a number of years.

Dr Lydia Taylor

Hi I'm Lydia Taylor (in contrast to two other Dr Taylors we've had working for us recently), I have been here nearly 17 years now!

At work I very much enjoy supervising our most junior of doctors the FY2s. It is very rewarding to see them grow and develop their skills. I am also one of the doctors you may see at our Church View baby clinic.

Outside of work I love walking my dog a red and white border collie who is slightly crazy. I have three teenage children and am constantly running about all over the place with their various activities.



AT RISK AND ELIGIBLE PATIENTS FOR FLU JAB

- Everyone aged 65 or over by 31st March 2015
 - Women in any stage of pregnancy
 - Carers, anyone who cares for someone who could not manage without your help if you became ill.
 - Children aged between 2 – 4 years.
 - Anyone aged 6 months and over with the following conditions:
 - Diabetes
 - Lowered immunity due to disease or treatment
 - Asthma (you must require regular use of a steroid inhaler or tablets for control, or have had an emergency admission to hospital because of you asthma in the last year)
 - Chronic respiratory disease (such as COPD, emphysema, chronic bronchitis and cystic fibrosis)
 - Heart disease
 - Neurological disease (e.g. Stroke/TIA, MS)
 - Severe kidney or liver disease
- This list is by no means definitive.