

SPINNEY SURGERY NEWSLETTER - AUTUMN 2005

For patients registered with the Spinney

SPA EVENING & AGM

Thursday 20th October, 2005
7.30 pm Crossways Hall, Ramsey Road, St
Ives

Asthma and Allergies

Come and hear local Clinicians talking
about this very important subject affecting
many of us.

Refreshments

FLU CLINICS

**Yes I know it's supposed to be summer
but the Flu & Pneumonia Season will be
with us before we know it..**

**If you are aged over 65 or have one of
the following conditions you are
strongly advised to have a flu
vaccination.**

- ✓ Asthma or other respiratory
(breathing problems)
- ✓ Diabetes
- ✓ Heart or kidney disease
- ✓ If you are immuno-suppressed or
care for someone who is
- ✓ If you are a carer

**Clinics will be running through October.
Please contact us in September to make an
appointment for this very important
vaccination.**

**If you need a pneumonia vaccination, you
will be sent a letter informing you, please
bring it with you to your vaccination
appointment otherwise we will not be able
to administer the vaccine at that time.**

Fact about flu!

Even during a winter where the
incidence of flu is low, 3-4000 deaths
nationally may be attributed to 'flu;

SO GET YOUR FLU JAB THIS YEAR!

SPINNEY PATIENT ASSOCIATION

On the 7th April 2005 we held a Men's Health Evening. It was a tremendous success and I hope that all those of you who attended found it worthwhile. Many thanks to all those patients who did attend even those who felt they were unable to stay because of the long queues for the various tests that were on offer. To an extent we were the victims of our own success, far more people attended than we anticipated and we were not prepared for the sheer number of men who accepted the invitation to come along. We have learnt some lessons from the evening and when we have another men's health evening we will organise things slightly differently, we will have more equipment available to us and stagger attendance times during the evening so that people do not have to wait quite so long for their tests. It was about half past nine before we finished and I would like to pass on my thanks and pay tribute to the hard working staff from Spinney Surgery who gave up their time to stay just to get everyone tested who was prepared to wait.

On the 26th May we held an information evening on Digestive Disorders, this was much more manageable in terms of numbers, we had over 40 attendees and it was very interesting and informative. Lots of information was available from the speakers and we had a lot of support from local and national business which was much appreciated. An information evening about digestive disorders does not sound the most exciting but Irene Dunkley, our speaker and Dr. George Smerdon were able to keep the event light hearted but nonetheless serious. We were also

interested to hear about the personal experiences of a fellow patient. The Annual General Meeting is on 20th October, the talk then will be on **Asthma and Allergies**, this is a wide ranging topic and relates to conditions affecting, it seems more and more people. Again, the object of the evening will be to inform and help sufferers, their friends and families and to give advice as to what symptoms to look out for and how we can help ourselves to avoid or minimize the effects. Look out for posters and other advertising literature in the surgery for further details of this event.

Staff changes at the Spinney

We would like to welcome Lesley Hodson our new Treatment Room Nurse. Esra Gurkan, Counsellor will be joining the team permanently in January, taking over the work of Anthea Millar who is going to devote more time to her teaching and counselling caseloads.

New Doctors

We would like to welcome two new Doctors who will be joining the Spinney Team in September. Dr Clare Taylor is going to be working 2 mornings a week. She has worked as a GP in Cornwall and Cambridge has moved here with her husband. She wishes to return to General Practice having had a break during which time she has trained as a GP Specialist in ENT. Clare will continue to work at Hinchingsbrooke Hospital and it will be great to have her expertise on hand. Our new GP Registrar is Dr Winifred Osarumwense (although we will be calling her Dr. Osaru) and she will be completing her training here to become a GP over the next 13 months. Winifred has been doing her hospital jobs in Bedford but as she now lives fairly locally applied to the Huntingdon scheme. She will be replacing Dr Rachel Leonard who

leaves in August having completed her training. We are sure everyone will extend a very warm welcome to both Clare and Winifred and at the same time wish Rachel every success in her future career. Rachel has shown herself to be an outstanding young Doctor and it has been both a privilege and a pleasure having her working here.

HALF DAY CLOSING SESSIONS.

The Surgery will be closed on the following afternoons from 1pm for staff training.

Tuesday 27th September

Thursday 20th October

Wednesday 23rd November

Tuesday 24th January 2006

Thursday 23rd February 2006

Wednesday 22nd March 2006

If you need urgent medical attention during these closures please contact 01480447800 Huntsdoc. Thankyou.

LIFE PROGRAMME MAY RETURN WITH YOUR HELP.

The very successful and award winning Lifestyle Improvement For Everyone (LIFE) programme may return. We are looking for previous participants that may be interested in working or leading a small committee of LIFE volunteers that would help with organising the new annual 3 month programme. If anyone is interested in helping with administration to organising workshops please contact Jane Baldock on 01480 484000.

COMMISSIONING

The government has set up an initiative whereby practices hold a budget to allow them to commission services. The Spinney has decided to apply to hold such a budget. We hope this will be a mechanism for improving services for our patients.

Prescriptions.

In a previous newsletter we highlighted that we are part of a St Ives group, with other GPs in the town, Papworth and Somersham, which allows us all to discuss common issues relating to local health care. We are currently in discussion with the other practices about whether we could make joint commissioning services for the St Ives area. If you have any comments please feel free to get in touch with me. Dr. Mark Sanderson

GP TRAINING

The Spinney always has a doctor training to be a GP (known as a registrar) working at the surgery. Dr Mark Sanderson has been training to be a GP trainer to join the other trainers, Drs Smerdon and Lane. He has just completed and been awarded the University of Cambridge Postgraduate Certificate in Medical Education for Healthcare Professionals. Once he is approved by the Eastern Region Deanery he will be able to supervise GP registrars. It is envisaged his first trainee will be in August 2006.

TRAVEL JABS

When you plan your holiday, please give a thought to the vaccinations you might need to be safe and healthy while enjoying your long deserved break. We provide a personalised service for patients travelling. Please telephone the surgery as soon as you plan your holiday, let us know where you are going, and when and we will let you know what you need and when you need it. would appreciate your help in including vaccinations in your first list of things to do.

Once your holiday is over, don't forget to return for those boosters!

Hello from Pam, still on prescriptions.(I don't get out a lot!!). Just lately I've been receiving requests for somewhat larger amounts of repeat prescriptions than normal i.e. two or three amounts at a time. With the benefits of detective powers I deduce mostly that these are because of the patients extended holidays, or those on behalf of the carer, and try to comply wherever possible. However I would like you to give me a quick explanation "Hols/Going Away" especially if you ask for another prescription shortly after the last request. The computer shows early requests and in some instances I need to over-ride these to enable you to get what you need.

I was trying think of the most FAQ (frequently asked question)...we get as regard prescriptions, and a serious contender would be -: "When I'm going to be taking this medication for the foreseeable future is it possible for me to have more than X amount at a time?" Unfortunately due to the Primary Care Trust and Department of Health policies, it is not possible for us to do this. Some patients who pay for their prescriptions find it more cost effective to purchase a "season ticket" which is a pre payment certificate. Please ask at the Dispensary for information about this.

On a lighter note, the requests for "All the usual" and "My little pink tabs" are probably not going to be as successful as those items specified by name (or spelt). There are other people besides myself doing this job now (such is the volume so lets all help each other....and Happy Hols For Us All!!

Website

Have you visited our website – www.spinney-surgery.org.uk? You will find lots of useful information about the services we offer, you can order your prescription and you can find out

the latest news and copies of the newsletter. If you wish to subscribe to our e mailing list for updates (which I assure you would not be "spam") please let us know your e mail address and we can add you to our distribution list.

While on the subject of the website, it would be helpful if patients could not use the site to correspond with their doctor or order sick note requests. The site is purely for the dissemination of information and prescription ordering and it is not possible for us to reply and respond to e mails about such matters from the site. Thank you.

CHOOSE AND BOOK

Many of you will have heard a little about this in the News recently....The Spinney Surgery is the first practice in the area to "go live" with Choose and Book. More information can be found on the official website www.nhs.uk/chooseandbook.

However, we thought it would be helpful to explain what happens Some departments at Hinchingsbrooke Hospital have been chosen to pilot this type of booking – they are dermatology, gynaecology and cardiology. At the moment, if your GP decides you need to see a specialist, they write a letter, and the hospital allocates a date. That process can take several weeks and the date offered may not suit you. The new system means that you will be able to fit your hospital appointment in with your life, not the other way round.

Health Reviews

We are always trying to ensure that the health care we provide is the best possible. We take a proactive approach to health reviews and write to patients who are due for a heart, diabetes, epilepsy, mental health, hypertension check. There should be a tear off slip on these letters which you can fill in if you would prefer not to have these checks. We can then record this on the computer, and hopefully you will not be sent another letter (although with nearly 10,000 patients this sometimes slips up!). We do encourage patients with these lifelong illnesses to have regular checks as they are really important.

Telephone Numbers & Addresses

We rely on up to date telephone numbers & addresses to contact patients and would be grateful if you would let us know if you change your number or address.

Latex Allergy

The National Patient Safety Agency (NPSA) has written to all health organisations asking us to raise the awareness of latex allergy. The most common source of latex in a GP practice is the gloves we use, however some other items have this product in them. Patients who believe they have a latex allergy/sensitivity are asked to inform the health care professional at the time so that an alternative product can be used. Thank you for your help.

If you have any comments or suggestions about the newsletter, please contact Debbie Wheatley, Managing Partner on 01480 484007 or Debbie.wheatley@nhs.net