

SPINNEY SURGERY NEWSLETTER - Spring 2010

For patients registered with the Spinney

SPINNEY PATIENTS ASSOCIATION

Alzheimers

David Moore
David Hogben

Both Outreach Workers for the Alzheimers
Society in Huntingdon

George Smerdon -Volunteer for the Society
Wednesday 19th May at 7.30PM

Crossways Hall, Ramsey Road, St Ives.

All patients are welcome to join us for an
informative evening
How to 'spot' Alzheimers, what support can
be given to patients and carers, legal issues
and any other questions you want to ask

Refreshments

NEW REGISTRAR

Dr Narmin Siddique joins us on the 8th
April for four months. She will be working
at the surgery on Thursdays and Fridays.

DNA (otherwise known as "did not attend"!)

We do get a fair number of patients who
book their appointments and don't attend.
In February we had 174 DNAs and 192 in
March. It's difficult for us if we are short of
appointments and sometimes double
appointments or even single 10 minute
appointments are taken and not used. A
large number of DNAs occur at the child
immunisation clinic. Please please do call
us to cancel an appointment if you can't
come. If you DNA regularly, we may
contact you to discuss this further. If you
attend or cancel – then we won't!

OUT OF HOURS

**An important change is taking place
from 8th April, 2010. From this date
Out of Hours medical service will be
available from Urgent Care
Cambridgeshire (prior to this it was**

**Huntsdoc). If you need medical
attention between the hours of 6pm to
8am weekdays, and at weekends/bank
holidays please telephone the surgery
and your call will be diverted, or please
call Urgent Care Cambridgeshire on
0330 1239131. The Out of hours service
is still located at Hinchingsbrooke
Hospital**

PSA testing

A lot of men ask us if they could have a
PSA test. This is a blood test performed to
help your GP decide if you have a prostate
problem. 'Routine' measurement of PSA is
not indicated under any circumstances
and PSA has no proven usefulness as a
screening test for prostate cancer. If your
PSA is to be measured, this should only
be done following discussion with your
GP.

Reasons for doing a PSA test are:

- investigation of bladder outflow
obstruction (poor flow of urine, passing
urine at night)
- suspected cancer of the prostate
- abnormal prostate on rectal
examination
- patients with a strong family history of
prostate cancer (i.e. an affected father,
uncle or brother)
- in the follow-up of known prostate
cancer

For more information please go to the
NHS Cancer Screening Programme
website.
<http://cancerscreening.org.uk/prostate/>

Self Treatment of Common Illnesses and Accidents

Back Pain - The best answer is prevention
- learn to sit, bend and lift correctly and
keep generally fit. If you do have pain,
gentle mobilisation with regular Analgesics
e.g. Paracetamol or Ibuprofen will help.
Consult the Doctor if the pain is severe.

Burns - Apply cold water to the affected
area immediately and apply a clean
dressing.

For severe or widespread burns, attend
the nearest Hospital as soon as possible.

Colds and Flu - These usually start with a
runny nose, temperature, aches and
pains. Antibiotics will not help, as these
illnesses are viral. Management consists
of rest and taking plenty of fluids.

Paracetamol taken every 4-6 hours will relieve the worst of the symptoms.

Diarrhoea and Vomiting - These illnesses are usually self-limiting. It is recommended to have lots of fluids and eat small meals according to appetite. Drink plenty of water or electrolyte solutions (e.g. Dioralyte is available from your chemist). In the case of small children and babies, you may need to telephone for advice if the symptoms persist.

Fevers In Children - Fevers are mostly caused by viruses, especially in toddlers. Keep the child cool, give regular Paracetamol syrup (e.g. Calpol) according to the dosage on the bottle and plenty of drinks. Children often lose their appetite so do not worry about food if they are not interested. Consult the Doctor if the child seems particularly unwell or has not improved within 48 hours.

Head Lice and Worms - Both of these problems are easily dealt with by treatments available from the chemist.

Insect Bites and Stings - Scrape away the sting and take Antihistamine as soon as possible. Generally - keep Antihistamine tablets in the house to use when necessary (particularly if travelling abroad) to relieve irritation and soreness.

Nose Bleeds - Sit in a chair, bend forward slightly and squeeze the nose firmly below the bone for 10 minutes. If symptoms recur, consult the Doctor.

Sore Throats - These are mainly caused by viruses and antibiotics are unlikely to help. Take plenty of fluids and take Paracetamol every 4-6 hours. If symptoms persist for more than a week, please telephone the surgery for advice.

Sunburn - Avoid exposure to sun and use a good sunscreen with a high protection factor, especially for children. Otherwise treat as burns and drink plenty of fluids.

E mail

The Spinney Website has generic e mail contact information. We are happy to respond to requests for information using these e mail contacts, but patients should be aware that these should not be used for medical advice in any way.

These e mail addresses are not monitored during periods of annual leave, so please bear this in mind when sending e mails.

Change in hours: Dr Mark Sanderson

From 1 February 2010 I have changed the number of days I work at The Spinney. I have reduced from four to two days per week as I have been appointed as Associate Medical Director for NHS Cambridgeshire for two days per week. Throughout my career I have worked in the organisational side of the NHS, and this post will allow me to use my experience as a GP to help improve the quality of services locally. I apologise for a reduction in my availability but I feel this is a positive step in the development of my career. I will still be available at The Spinney on Tuesdays and Fridays and hope to be able to help those who choose to see me. Mark Sanderson

GP Practice Clusters

Over the last few years The Spinney has been a member of HuntsComm, a consortium of all the GP Practices in Huntingdonshire, who collectively work with NHS Cambridgeshire in the development of new services. NHS Cambridgeshire have now invited local practices to form clusters of practices to pilot the idea of holding budgets so that these clusters can make their own decisions on how local NHS money is spent. These plans are in the development stages, however we have expressed an interest in being involved. Watch this space!

Summary Care Records

What is the Summary Care Record?

Summary Care Record (SCR) is an electronic record of important information about a patient's health. The summary care record is uploaded from General Practice clinical systems subject to practice agreement and subject to a patient not opting out.

What information is included in the Summary Care Record?

It will initially have information about current medications, allergies and any adverse reactions to medication.

Additional information may be added over time.

What is happening in Cambridgeshire?

All Cambridgeshire registered patients over 16 years of age were written to in March to provide more detail on SCR, and any patient has not received information on SCR and please contact NHS Cambridgeshire PALS service who will be able to provide details. PALS, Lockton House, Clarendon Road, Cambridge, CB2 8FH. Freephone: 0800 279 2535 or 01223 725588. pals@cambridgeshire.nhs.uk

What do I do to opt out?

You complete a form available at reception, or write in with your permission for us to code your record accordingly.

Community Health Improvement Programme

*Want to lose weight and gain health?
Come and try our new CHIP programme!
Starts early May 2010 in St Ives.*

A fortnightly programme of six **FREE** friendly and informal evening workshops supported by dietitians and physical activity experts.

Bring a friend and have fun in small groups finding out about food portions and labels, healthy eating ideas, setting goals and breaking habits, try new physical activity opportunities and lots more while gaining points for your team.

The programme is for anyone ready to make small lifestyle changes but will be particularly helpful to overweight people with a BMI of 30 or more (or 28 with other health issues) looking to improve their health and wellbeing.

For more information and to be referred to the programme, contact Jane Baldock at the surgery

or for general information on CHIP, contact Helen Mcfall at the CHIP Team on 01353 865364



Chlamydia: Silent, Serious, Spreading.

The Test: Free, Simple, Painless.

What is Chlamydia? Chlamydia is the most common bacterial Sexually Transmitted Infection (STI) in the UK. It can spread very easily from partner to partner, and there are often no symptoms.

Chlamydia affects the sex organs and if left untreated can spread to other parts of the body and cause pain, especially in the abdomen (lower stomach). It may also cause infertility, meaning you might not be able to have children. Having Chlamydia more than once increases your likelihood of becoming infertile.

How do I know if I have got it? You might not know. That's why testing is so important. Chlamydia is called the 'silent infection' as it often shows no symptoms. Even if you don't have symptoms, if you are under 25 years old and have ever had sex, you can take a simple free test to check for Chlamydia, as part of the Cambridgeshire and Peterborough Chlamydia Screening Programme.

The test: The test is quick and easy. It can be done anywhere – even at home. Men need to provide a urine sample and women can take a swab with a cotton wool bud. You will receive your results within 2 weeks. Depending on the contact details you give us, we can text, email or post your results to you.

For a free home test, text '**SCREEN**' to **84010** with your name and address or visit:

www.cambstakeatest.com

You can also request a test at your local GP practice, pharmacy or contraception and sexual health service. For more information about sexual health services in Cambridgeshire please visit:

www.sexualhealthcamb.nhs.uk

PRESCRIPTIONS!

When ordering repeat prescriptions please could you request by name only the items that are needed. It is important that you only order items which are on your repeat list. If you ask for old items or items which aren't repeats we will not be able to issue them. You need to contact the surgery to speak to your usual doctor about these items. The DOH recommends we prescribe one month supply at a time – but if you are going on holiday or away for another reason, then please specify this.

Unfortunately more and more patients are leaving it quite late to order their items. We do require a full 48 hours to process the prescription by checking the drugs requested, processing the prescription, the doctor has to then check the items and any related tests, sign it or arrange for any tests or check ups. If you have your drugs dispensed at the Surgery, the prescription needs making up, checking and getting ready for you. So please, please give us sufficient time to undertake all these steps. Although it is equally important that you don't order your items too early, if you need to, then again please specify the reason for this on your request. This however, should not be the norm but the exception.

When leaving messages on the answer-phone, please note that these are only actioned until 12.30 each weekday.

Early and Late Surgeries

Since October 2008 we have been holding early morning surgeries with routine doctors appointments on Mondays

Patient label here

and Tuesdays and a late surgery on Tuesday evening. These have been very popular. If making an appointment for one of these clinics, **please make sure when you arrive, that you use the buzzer at the left hand side of the front doors** (near the bicycle rack) to be let into the building for that clinic.

Coming to the Surgery soon – The C Card Scheme

The C-Card scheme is a free and confidential service for young people aged 19 years and under in Cambridgeshire. The C-Card is the size of a credit card; when a young person presents it at identified places they can access condoms free of charge. All young people have to register to get a C-Card. This involves a full consultation (20-30 minutes) with a trained professional who will ensure that the young person is not being pressured into having sex and will explore with them whether they are ready to start or continue a sexual relationship. The C-Card has 10 boxes on the back. The young person can present their C-Card at any place displaying the 'C' logo and will be able to get a bag of 6 condoms. Each time the card is used a box will be crossed off. Please see our website for full details.

SURGERY HALF DAY CLOSING DATES

Surgeries in the area will be closed from 1pm on the following dates:-

Tuesday 11th May
Thursday 10th June
Wednesday 21st July
Thursday 16th September
Thursday 18th November

If urgent medical attention is required on these half days please call Urgent Care Cambridgeshire on 0330 1239131

Just a reminder that we are closed every Tuesday and Thursday lunchtime between 1 – 2pm. If you require urgent medical attention phone the surgery and you will be attended to appropriately

And finally, if you have any comments, complaints or suggestions please send them to Debbie Wheatley, Managing Partner in writing or by e mail debbie.wheatley@nhs.net Thankyou.