

Combe Down Surgery News

Winter 2014/15

At the Surgery

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Flu, Shingles, pneumonia and Meningitis C Vaccines

We still have some **flu vaccines available** so please book your appointment ASAP. There is Flu about, so the sooner you have the vaccine the less likely you are going to catch flu. See eligibility criteria for NHS flu vaccines below.

Meningitis C Vaccine for first year University students

There have been some cases of Meningitis C amongst University students, first year university students are eligible for this vaccine with the following criteria

1. Attending university/further education for the first time
2. Aged from 17 to 25 inclusive at any time during the period between 1 April 2014 and 31 March 2015
3. Have not previously had any MenC vaccination since aged ten.

We are only able to vaccinate those registered at the surgery. If you are reading this as a parent ask your son/daughter to make an appointment with the practice they are registered with at university.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/301103/Meningitis_C_leaflet_for_university_students.pdf

New Years Resolutions.

Weight loss & improving your lifestyle

There has been a lot in the news in the last year about the effects of being overweight on your health with particular reference to the link between being overweight and developing diabetes.

<http://www.diabetes.org.uk/Guide-to-diabetes/What-is-diabetes/Know-your-risk-of-Type-2-diabetes>

The BANES Healthy lifestyle service can help you with weight loss & improving overall Health. They offer weight watchers & slimming world support and advice & help with exercise. You can self refer 01225 831852
<http://www.sirona-cic.org.uk/health-care-services/health-improvement/>

Problems with Alcohol?

14 units a week for women & 28units a week for men is not a lot of alcohol and many of us exceed this amount. If you are concerned about your drinking BANES offer a very comprehensive service to help you. You can self refer 01225 329411

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>

<http://www.sirona-cic.org.uk/health-care-services/health-improvement/>

Smoking – Want to stop?

If you smoke and would like to stop you can refer yourself directly to our stop smoking adviser at the Surgery. She can help you with ongoing support and help with Nicotine patches, chewing gum & Champix when needed. Talk to the receptionists about an appointment.

<http://www.nhs.uk/Livewell/smoking/Pages/stopsmokingnewhome.aspx>

Exercise

There are a lot of opportunities in Bath for joining cycling, running, football, rugby, netball, dance clubs and many more that suit your interests. Ask around locally or google these to find clubs that suit your levels and requirements.

Out of area registrations

As from January 2015 our practice boundaries will no longer be so restricted and if you move out of our current practice boundaries, i.e. moving north of the river or out to Peasedown you will be able to remain registered at CombeDown Surgery.

However we still have to restrict our visiting boundaries as home visits are very

time consuming. The visiting boundaries will remain; South of the river, East of the Hollow in Twerton, the A36 towards Bathampton & Wellow, Hinton Charterhouse and Limpley Stoke in the villages. If you live out of these boundaries & need a home visit you will need to contact a local surgery & be seen as a temporary patient.

It is worth noting that the out of Hours services are different for BANES & Wiltshire.

If you are pregnant or require support from the District Nurses you need to be within the visiting boundaries.

Electronic Prescriptions

This is going well. Most of the repeat prescriptions are being sent directly to the pharmacies electronically. This has all gone very smoothly with very few prescriptions going missing and the whole process of repeat prescriptions being much more streamline. We hope you have found this to be the case too.

In order to make the repeat prescription process as quick as possible we would prefer to receive as many requests as possible via the Systems One request on the surgery website.

<https://systmonline.tpp-uk.com/Login?PracticeId=L81065&Date=20141001200438>

To access this you will need a login & Password, which you can get from the Doctor or nurse at your appointment or from the receptionist (with photo identity)

E-mails and mobile phone numbers

Please let us have you e mail addresses as we are planning on doing a lot more by e mail in the future.

Mobile numbers are really helpful if we need to get in touch with you. We have been sending flu reminders and appointment details. The NHS are looking at switching off this facility in September 2015, at which point we will use e mails more.

On line facilities

We are opening up a lot more facilities on line;

1. Changing your personal details, eg phone number, address, e mail.
2. Booking appointments including those for taking blood.
3. Cancel appointments that you are unable to attend. It's REALLY important you do this as it increases appointment availability.
4. Looking at results. Please note that all results are checked by a

Doctor before they are available for you to see. Very few results are perfect, particularly as you get older, so please trust the doctors assessment. We do not have the appointment of telephone call capacity to be answering fine details with you.

5. You can check when your next appointment is.

- In order to use these, you will need to get your user name & password from the surgery, either at your next appointment with a Dr or Nurse or from the receptionists (in this case you will need to show photographic ID).
- If you loose your password you can change it on line.
- There is an App, which can be down loaded from the login page to access the online services.

Staff changes

We have had some significant staff changes over the last few months.

- [Emma Fletcher](#) – Practice Manager started in April 2014
- [Debbie Williams](#)– Operations Manager started in July 2014 Many of you will know Debbie as she has been with us as a receptionist.
- [Sue Copperman](#) – Likewise Sue has been a receptionist for many years & doing processes behind the scenes. She is now our Senior receptionist.
- [Jayne Ball](#) will be starting with us in January as a Health care assistant, taking bloods, ECGs, Spirometry etc as [Jackie Dowse](#) is retiring.
- [Fran Morrison](#)– will be retiring in February after --- years as our cardiovascular nurse. We are in the process of recruiting.
- [Helen Charles](#) – has left after many years as a fantastic Secretary, we are in the process of recruiting this post.
- [Di Holroyd](#) – receptionist is leaving to join her husband working abroad.
- [Martine Bloom](#)– Smoking cessation adviser is leaving us. Jayne Ball with now offer smoking cessation advice.
- [Petrina Jefferies](#)– who many of you will know having had your blood taken is now qualified as a Health care assistant and will be able to extend her responsibilities

Although we will really miss those leaving us we feel confident that the changes are all positive

The Friends and their Christmas Fair

Many of you may be unaware of the huge amount of work, a small group of patients do raising funds for and running the surgery minibus. This is an invaluable service for the elderly patients who pay a small amount for each pick up. They have also paid for surgery equipment.

The Christmas Coffee morning was a good event and really well attended. It made £654, with a lot of hard work from the friends, which is fantastic.

http://www.combedownsurgery.co.uk/Friends_of_Combe_Down_Surgery.php

Flu Vaccine criteria.

A reminder that anyone 65 and over or with any long-term health problems are eligible for a flu vaccine on the NHS. This includes all asthmatics taking a steroid inhaler, diabetics, heart, kidney or lung disease, having cancer treatment, have learning disabilities or having had a stroke. Hypertension alone is not enough. Please ask if you are in doubt about your eligibility.

<http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx>

We are also offering nasal flu vaccinations to all children age 2,3& 4 and all children who have asthma taking a steroid inhaler.

<http://www.nhs.uk/Conditions/vaccinations/Pages/child-flu-vaccine.aspx>

In addition to flu vaccines we are also offering

Shingles to anyone age 70, 78 or 79 on September 1st. This is a one off opportunity to these age groups, as we cannot offer them to anyone outside these age groups. NHS rules!

<http://www.nhs.uk/Conditions/vaccinations/Pages/shingles-vaccination.aspx>

Pneumonia Vaccine to anyone 65 and over. This is a once in a lifetime vaccine unless you have had your spleen removed in which case you need it 5 yearly.

<http://www.nhs.uk/Conditions/vaccinations/Pages/pneumococcal-vaccination.aspx>

BANES and Countrywide

We are lucky to live in Bath for more reasons than being a beautiful city.

BANES was found to be

- The easiest place in the country to get an appointment with your GP.
- Has the second highest percentage of people dying at home in the country.
This is a reflection of many things, including the excellent service provided by
- Dorothy House <http://www.dorothyhouse.co.uk>
- The community services provided by Sirona <http://www.sirona-cic.org.uk>
- BANES CCG commissioning services resulting in early discharge and

paying for additional help and nursing at home.

<http://www.bathandnortheast Somersetccg.nhs.uk>

- The standard of General practice in Bath is generally very high helped by working within a small community.

The RUH

is applying for foundation status. More details can be found about this on

<http://www.ruh.nhs.uk/foundationtrust>

Foxhill / Mulberry Park

Plans are now well underway for the development of Mulberry Park (the old Foxhill MOD site). We are having regular meetings with Curo (the developer) and other local GP practices who have patients in the area and we are looking at what health services could be provided from the proposed community centre.

At the practice we are also planning how to expand our staff, space and equipment (eg telephone system) to ensure we can continue to provide high quality care for our existing patients as well as the new residents both in Combe Down and Odd Down. We are also aware of the impact that the development is having on local residents and are helping them through what is, at times, a time of uncertainty for some.

If you have any thoughts on what health or social care you might like to see on the new development then please let us know.

The future of General practice.

Across the country, general practice is going through extremely difficult times. Primary care (GP) funding has been significantly reduced, where we are trying to provide increasing numbers of services for less money.

A lot of things that have traditionally been done in hospitals are now being done in primary care without the funding following the work.

Illnesses and healthcare have become increasingly complex requiring intense monitoring and review.

The population is getting older and therefore a lot of people have very complex multiple problems, mostly managed in primary care.

Many older GPs are retiring early and younger GPs not wanting to take on partnerships or leaving the profession completely.

Younger GPs don't want to buy into the buildings that the GPs have always owned.

Large numbers of GP training posts in the country are vacant, as young doctors do not want to enter general practice.

Some practices in other parts of the country are closing as they are unable to provide the services for the funds given or no one is prepared to own the building alone.

So big changes ahead are needed with practices working together more, more use of electronic services and everyone using the Internet more for self-help before accessing medical services.

<http://www.nhs.uk/Pages/HomePage.aspx>

A priority remains to try and preserve the core values of general practice including a named GP.

Some interesting reading is available on

<http://bma.org.uk/working-for-change/negotiating-for-the-profession/bma-general-practitioners-committee/gpc-vision>

http://www.rcgp.org.uk/campaign-home/~/_media/Files/PPF/RCGP-petition-ENGLAND-2014.ashx