

Combe Down Surgery News

Autumn 2015

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Flu & Shingles vaccines.

It's Flu vaccine time again! A reminder of who is eligible for a NHS flu vaccine:

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

- are 65 years of age or over on 31st March 2016
- are pregnant
- have certain medical conditions, Diabetes, Asthma requiring steroid inhaler, COPD, other longstanding respiratory conditions, HIV & Aids, Cardiac disease, Renal disease, Long-term neurological conditions like MND, Parkinson's & MS, Hepatitis, receiving chemotherapy or disease modifying drugs for Rheumatoid etc. If you have any queries about your eligibility ask at reception.
- are very overweight – Anyone with a BMI of over 40
- are living in a long-stay residential care home or other long-stay care facility

- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact, or a social care worker, these will be arranged through your employer.
- children over the age of six months with a long-term health condition
- healthy children aged two, three and four plus children in school years one and two. **Note, Children of 6 months to 10 years will receive the vaccination by nasal spray, not an injection.**

Shingles Vaccine

From September 1 2015 the shingles vaccine is routinely available to

- People aged 70 and 78 on or after 1st September 2015, you can have the vaccination any time before 31st August 2016.

In addition, anyone who has missed out on previous opportunities can have the vaccine

- people aged 71 and 72 on 1 September 2015
- people aged 79 the shingles programme continues with this years eligibility being

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

New immunisations for children

New Childhood vaccinations this year are;

- Meningitis B – at 2, 4 & 12 months
- Flu vaccine extended to years 1 & 2 at school.. These will be given at the Surgery NOT at the school.
- Meningitis ACWY – For 17 & 18 year olds and those attending university for the first time up to 25 years of age.

The full childhood vaccination programme is available on

<http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>

Registered patients review

NHS England area teams are writing to some patients asking them if they are still registered at the practice. The idea behind this is to 'clean up' the GP registered lists so we don't get paid for people who have moved away or moved out of the country.

<http://www.sbs.nhs.uk/primary-care-services-lm/sw> for more details

If you get one of these letters and are registered at the surgery is vitally important that you respond to NHS England. If you do not your registration at the surgery will end.

Prescribing

We would like to thank everyone who are requesting their prescriptions electronically as this is much more efficient for us and stops prescriptions getting lost etc. The Electronic prescribing, sending your prescriptions straight through to the chemists on line, is all working well, with all prescriptions being easily traceable.

We are trying to do more repeat dispensing. This is for those who are very stable on repeat medications, where we leave a year's worth of scripts with the pharmacy so you only need to go to the Pharmacy to collect your medicines, without having to request the scripts every 2 months.

We are working, with the CCG, to keep prescription costs to a minimum without any compromise in quality of care. We have a new pharmacist from the CCG, working with us called Gozia who may contact some of you from time to time.

Breast screening

The Breast screening service will be contacting all women aged 47-73 registered at Combe Down Surgery for mammograms in November this year. Further information can be found on

http://www.avonbreastscreening.org.uk/Frequently_Asked_Questions

System One computer changes

Many of you who are registered with System one on line will have become used to looking at your results on line. This is temporarily unavailable through our software system. A National problem, but hopefully one that will be reversed ASAP.

We continue to encourage as many people as possible to use the online facilities, making and cancelling, appointments, keeping contact details up to date (it is really helpful to have your mobile phone number & e mail) & requesting repeat prescriptions. As for your online registration details (with photo ID) at reception.

Patient reference group and Friends & Family test

We are setting up a patient reference group. The idea behind this is to enable you to feedback ideas and possibilities to us that we can respond to. It is fundamentally an on line group. For more details and to register go onto our website <http://www.combedownsurgery.co.uk/PRG.php>

The friends and family test is an audit requirement from NHS England for your feedback. There is a screen by the front door in the main surgery; sheets on both reception desks or you can feedback on line <https://www.oc-meridian.com/OCQ/completion/custom/BaNES/286.aspx?slid=152&did=CoombeDownWeb&LanguageID=0&tkn=plhvetzB65uMbZm3-um8dPU3tqsJF007EhGrgPUGltnMwYL40GemZd1oAEFL4AVLFTCpgrbChNZrNsF7K3AKIV7vGZmQab3PnipAmOtgH90hJiaPk8NPtf2Hy1rX1rO>

Staff Changes

We have had a fairly stable 6 months with regard to staff changes, after a year when it felt like everyone was on the move. Some changes are:

Doctors changing

Dr Dan Edmonds, sadly will be leaving us at the end of September to take up a partnership in Somerset. He has been very popular with all the surgery staff and patients and we will be sad to see him go, but wish him all the very best for his partnership.

Dr Anna Harrison is a fully qualified GP who has the opportunity of working with us for 3 days a week and some time with BEMS+ <http://www.bems.uk.com> we welcome her to the surgery until August 2016

Nursing staff changing

Debbie Heywood has been with us for four months to oversee and manage the Cardiovascular clinics. We have changed with way we monitor people with blood pressure & cholesterol problems in that we now ask you to see a Health care assistant who takes your blood, weighs you & checks your blood pressure. Debbie will then review all the results & contact you if anything needs changing. This is not quite the comprehensive service you received from Fran. But we are using models that have been used elsewhere that are totally safe and sufficiently thorough but affordable in the extremely tight budgets of today. Debbie and the two Nursing sisters will be seeing anyone who has a cardiac problem or who has had a stroke. Debbie will be co coordinating the service.

Lucy FitzGibbon sadly Lucy will be leaving us at the end of September as our phlebotomist. Being a science graduate we have been lucky to have Lucy working with us as long as we have. She is leaving to work in the Medical Laboratories in Bristol.

Kate Bradley joined the team in August as a Medical Summariser following Ron Minns Retirement.

Friends

The Friends of the surgery have had a very successful summer Fete raising more than £800 to help run the minibus and provide equipment for the surgery.

The friends of a surgery is a charity run by volunteers. They really need your support both in attending events and helping them run the committee. If you are interested please contact reception

They have recently purchased 4 new examination lights and a TV screen for the Branch surgery, the same as we have at the main surgery.

Defibrillator

Many of you may have noticed the defibrillator mounted on the wall next to the front door. This is a BANES Council initiative with the ambulance team knowing it is there. It is for the use of use by all the members of the general public to use if required. A 999 call should ALWAYS be the first action if a person has a cardiac arrest, followed by cardiopulmonary resuscitation with anyone else available getting the defibrillator.

Nurses appointments on Saturday mornings

As many of you are aware we have held Doctors surgeries, which are all pre bookable appointments on Saturday mornings. In response to your requests we will now be offering one nurses surgery a month. Because of the different expertise of the nurses and health care assistants it will vary from month to month what you will be able to see the nurse for at these appointments. We aim to offer a mixture of Health checks, smears, travel and asthma along with general nursing at these clinics. As we have no laboratory collection on Saturdays we will not be able to take blood tests (other than health checks) or swabs. Urine samples can only be dipped but not sent to the labs.