

# NEWS LETTERS REVIEW

## ST ALBANS MEDICAL CENTRE SEPTEMBER 2016

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### Flu Vaccines – Winter 2016

We will be offering flu vaccines to eligible patients. Last year we piloted a mixture of Booked and Walk In appointments and two Half Days rather than full days. This seemed to work well with few patients having to queue and the same number of patients vaccinated in the time.

**Please add these dates to your diary:**

Wednesday 5<sup>th</sup> October                      1PM – 6PM

Thursday 13<sup>th</sup> October                      8 AM – 1 PM

**YOU CAN RING US TO BOOK YOUR  
APPOINTMENT FROM 24<sup>th</sup> August 2016**

## Flu Vaccines – Winter 2016



We hope to vaccinate most patients during the planned sessions, though you will also be able to get this vaccination if seeing your GP / Practice nurses for another reason (as long as you are not too poorly with a cold / chest infection, for example) and at catch up sessions later in October / November.

You are eligible for an NHS flu vaccine if you:

- Are or will be 65 years of age or older by 31.3.17
- Have a chronic disease, including heart disease, stroke, diabetes, COPD, asthma, and certain other conditions
- You are an informal carer for a relative, friend or neighbour

We also offer flu vaccine for children aged 2 – 5 years old, as a nasal spray in most cases. This vaccine protects the child, but also offers protection for the wider population as the spread of flu can be reduced with higher levels of vaccination in the population. Some school-aged children may be vaccinated at school.

If you are not eligible for an NHS flu vaccine, you can get the vaccine at many local pharmacies for a relatively small charge – last year's charges were in the region of £10 - £12.

### Other vaccination programmes

It is sometimes possible to have more than one vaccination at the same time. We cannot offer this on Flu Day, because of the number of patients booked in.

Pneumovax – a vaccination against several strains of the bacteria causing pneumonia. It's available as a one off for patients aged 65 or older, and is also recommended for younger patients with certain chronic diseases.

Shingles vaccine – a vaccination that can reduce the likelihood and/or severity of a flare up of shingles. If you have had chickenpox, the virus lies dormant in your nerve cells and can be reactivated in later life as shingles, a painful rash. This is available for certain age groups – the first time you will be eligible is if you are aged 70 on or after 2<sup>nd</sup> September 2016. We will send out invitations for this vaccination.



### New Staff Members

We have two new staff members.

Becci Browne joined the Prescriptions and IT team on 4th April 2016, replacing Liz Smith who went on maternity leave. We are pleased to announce that she gave birth to a beautiful 9lb 14oz baby girl on 12<sup>th</sup> May 2016

Lizzie Bowater joined the reception team on 25<sup>th</sup> April 2016 replacing Lynn McKinley having retired after 8yrs service.



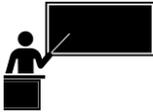
## **New Computer System**

The practice changed to a new computer system on 7<sup>th</sup> June 2016. We are now using SystmOne, a clinical system that is used by 70% of local practices and by Dorset Healthcare, who cover our district nurses, community matrons and health visitors, as well as other more-specialist services such as speech therapy, podiatry, intermediate care services and dietetics.

Our main reasons for change were:

- To improve patient care at the practice by having access to notes from other services when needed
- To facilitate future developments, such as use of SystmOne by the Ambulance Service or Out of Hours – those service providers would, with permission, be allowed to look at the GP record in order to provide the safest care for patients.
- To be ready should there be a requirement to offer seven-day access to GP services locally – it would not be cost-effective for the NHS to offer this at practice level, and is more likely to be offered from a “hub” for a group of practices. Again, having access to the patient’s medical record allows the clinician to make informed decisions with the patient regarding their treatment.

If you have not already done so, you will need to re-register for online access. The patient online access doesn’t seem to be quite so user-friendly as the previous system, but it is part of the same package so we have no choice! If you do have issues, please let us know – we may know how you get round that problem, or we could feedback major issues to the system supplier. We apologise for any disruption – before we went live on the new system, we did put messages on the old system advising of the change and sent text messages to patients regarding this issue as well.



## **Training Practice**

The practice is now registered as a GP training practice, with Dr Davies as a registered trainer. We hope to accept our first trainee in February 2017.

As with any medical specialism, there is a long training period – medical students do a 5 year degree course to qualify as a doctor, then two years foundation study (covering six different specialty areas, both in hospitals and in GP practice), and then a minimum three years of specialised training in the chosen field. It is likely that the doctors placed with us will be in their second or third year of specialised training, and will be with us for 6 – 12 months.

The aim of the training scheme is to support young doctors in all aspects of being a GP, which includes face to face contact, telephone assessments, liaison with health and social care services, prescribing, and the administrative workload that is part and parcel of a GP’s working day. At the start of a placement, the trainee will do joint surgeries and sit in with the experienced GPs, before moving on to independent surgeries with a GP on standby to support them.

The trainee has in-house and university based education sessions to continue to develop and learn, although the learning process never stops. Continuing professional development is a real focus for all GPs, as they need to keep on top of best practice across a whole range of topics.



### **Have you got 'ICE' contact stored in your phone?**

ICE stands for In Case of Emergency and allows first responders, such as paramedics, doctors, fire-fighters and police officers, as well as hospital personnel to contact your next of kin should you be unable to communicate with them through injury or illness.

The phone or phone book entry should be someone who will be able to inform the caller of any important medical or support information and should complement written information or indicators such as medical alert bracelets or necklaces.



### **Fund Raising**

Cheryl Wheeler in our IT and Prescriptions department very bravely did a sponsored skydive to raise money for Royal Bournemouth Hospital. She managed to raise £500

“When you first jump out of the plane, you get that falling feeling for a brief moment, and the rest of the 45-second freefall is absolute bliss. Skydiving is about the closest you can get to flying. And the trip down after the chute opens is pretty fun as well, I loved it and would definitely do it again.”



### **Wedding**

Congratulations to Dr Phil Tomlinson on his marriage 27<sup>th</sup> July 2016. We wish them a long and happy future together

### **MJOG – SMS Texting**

Want to receive text reminders on your mobile phone?



The practice are delighted to announce that a fabulous new piece of software called MJOG is up & running. This allows us to send appointment reminders to patients. When you receive this text, you are given the opportunity to text back and cancel your appointment if it's no longer needed.

We will also be able to send targeted health information & questionnaires to individual patients to hopefully help them manage chronic long term medical conditions better.

**It is therefore vital that you inform the surgery of your mobile phone number.**

If you do not wish to receive these text messages, you can opt out