

Hilltops Newsletter

Thursday 19th May 2011



Information on the PPG

This Newsletter is to inform you of our PPG (Patient Participation Group) and what it means to you.

- It is to ensure that patients are involved in decisions about the range and quality of services provided and, over time, commissioned by their practice.
- A format that encourages people to engage with the NHS at the same time as engaging in their own healthcare.
- Patient care is at the forefront.
- Not a tool for implementation of the governments or any individual pre-determined agenda.
- It is not a forum for individual complaining.

Our PPG was established in March 2009. We started off with a team of 8 and now have a team of at least 20 members who meet regularly.

They have been a great group of people who helped us and you get;

- Our new telephone monitoring system installed.
- Helped with planning permission for the pharmacy.
- Championed to keep our Physiotherapy in house.
- DNA (Do Not Attends); Assisted in writing to patients who continually do not take up appointments, pointing out the impact this has on the practice costs and other patients not being able to book appointments.
- Improving car parking arrangements at the surgery.

Chairperson: Joseph Beckett

Secretary: Noel Clancy

In the new elections we will be looking for a treasurer

What is expected in the future for the PPG?

- Develop a structure that gains the views of patients and enables the practice to obtain feedback from you; the patient.
- Collate patient views through the use of the survey.
- Agree areas of priority.

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PPG Newsletter

This is produced on a quarterly basis by the PPG and can pick up a copy at the surgery, at some of the surrounding pharmacies as well as downloading from our website www.hilltopsmedicalcentre.org, if you would like to see a particular article in the newsletter or make any suggestions please contact the Chairperson Joe Beckett via email: hilltops.ppg@mkpct.nhs.uk/ Via the suggestion box in the surgery.

Link are another patient representative body who also interact with the PPG, please take a look at their website www.miltonkeynes.co.uk. For more information you can also look up N.A.P.P, National Association of Patients Participation Groups.

What do N.A.P.P do?

- Encourages the formation of Patient Participation Groups
- Provides information for groups
- Organizes national and local conferences for groups to share best practice
- Maintains the nationwide network of groups
- Seeks to influence national policy
- Supports PCT initiatives

Visit our website: www.hilltopsmedicalcentre.org

PPG Email: hilltops.ppg@mkpct.nhs.uk

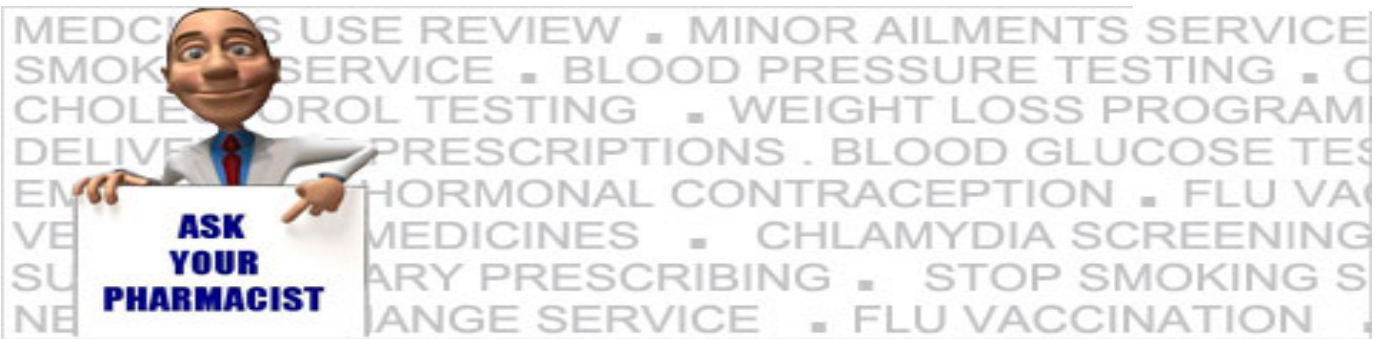
The PPG AGM will be on Tuesday 5th July 2011. Come and join us at 6.15pm in the surgery.

Please return your reply slip via Email, Post to the surgery, or simply bring in yourself, Thank You.

I Will / Will Not be attending the PPG AGM on Tuesday 5th July 2011.

Sign

Date.....



..... about Hay Fever.

Readers of this newsletter will be aware that Rainbow Pharmacy is now established within Hilltops Medical Centre. In addition to dispensing prescriptions the Pharmacy provides other services ranging from Minor Ailments to Medicines Use Reviews. Patient can just pop in to the pharmacy for advice and treatment without an appointment. In this article, Ash Tosar, the pharmacist at Rainbow Pharmacy gives some helpful advice and tips about the causes and treatment of hay fever.

Whilst most of us look forward to a long hot summer it can bring misery to millions of hay fever sufferers. Hay fever, which affects about one in five of the population, is caused by an allergy to pollen or mould spores. In hay fever sufferers the body's defence mechanism reacts to pollen or spores by triggering the release of a chemical known as histamine from cells in the lining of the nose, mouth and eyes. This allergic reaction is the cause of the symptoms of hay fever which include sneezing, runny or blocked nose and itchy eyes. Allergy symptoms are made worse by smoke and pollution.

Grass pollen is the most common cause of hay fever although tree pollen and mould spores also cause hay fever symptoms. Sufferers will, therefore, experience symptoms at different times of the year depending on which pollen they are allergic to.

Tree pollen is most prevalent in spring

Grass pollen is the most common cause of Hay Fever from May to August

Weeds and spores may cause symptoms during autumn.

Although hay fever is not curable the symptoms can be treated using over-the-counter medicines which can be purchased from the pharmacy. Anti histamine tablets will control hay fever symptoms in most patients. Non sedating tablets are best as they do not make you sleepy or impair judgement. Chronic sufferers may need a steroid nasal spray which can be used daily to prevent the symptoms. Eye drops are also available to relieve itchy eyes. A pharmacist can advise you on the most appropriate treatment for you. People who do not normally pay for their prescriptions may also be able to get some over the counter hay fever remedies free of charge. Please ask the pharmacy staff for details.

The following tips can help minimise exposure to pollen and control symptoms:

Avoid going outdoors in the early morning and evening when pollen count is highest.

Keep windows shut and draw the curtains if it gets too hot.

If you do go out shower, wash hair and change clothing upon return to wash off any pollen.

Apply a little Vaseline to the lower nostrils to reduce pollen being inhaled

Wear wraparound sunglasses to prevent pollen getting in the eyes.

Vacuum the house regularly using a cleaner with a HEPA filter

Have a great summer !!!



Most skin cancers are caused by long term exposure to the sun. This means that outdoor workers have an increased risk, such as, farm workers, gardeners and building site workers – though we must remember that everyone is at risk. At Hilltops, we have over the years had a close relationship with our local Dermatologist to ensure early detection, referral and treatment for possible skin cancer. Using sun creams, avoiding the midday sun and “covering up are essential to reduce the risk. For many of us, the sun causes many other effects, ranging from sun and age spots to a dry thinning of the skin. With lasers becoming prevalent, many of our patients were seeking safe well researched treatments supervised by doctors, to try and remove such spots or rejuvenate their skin. It is with this in mind that LasaDerm opened 8 weeks ago. Once any sinister cause has been eliminated a personal program of options can be offered aiming to improve the tone, health and moisture within the skin and where required remove skin blemishes.

The laser treatments are also effective for treatment of face and leg veins – of ten referred to as “thread veins”. The use of lasers can be complemented with sclerotherapy (injection of) the veins that are slightly larger. Usually only 2-4 sessions will be required, lasting around half an hour, following which most people can return back to their normal activities immediately.

LasaDerm also specialises in injection treatments covering Botox and dermal fillers. Injections delivered by the doctors with Botox are extremely effective for frown and laughter lines as well as the furrows running across our foreheads. Botox is also used for “gammy smiles” and hyperhidrosis (excessive sweating). Dermal fillers are effective for those wanting to eradicate those lines caused by age such as the nasal labial folds and for increasing volume to our lips.

Other treatments offered at LasaDerm include those for acne and acne scarring, laser hair removal and for Rosacea. Further details can be found on www.lasaderm.net or call 01908 555 595 for a free consultation.