



Sele News



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AUTUMN 2019

PLEASE TAKE ONE

parkrun

Members of the Sele team took over the Tyne Green parkrun as marshals on Saturday 21 September to try to encourage people to take part or volunteer in the weekly 5km event. All through the summer (and beyond) the practice has had staff representatives taking part and we continue to promote parkrun as a great form of exercise – whether walking, running or a mixture of both – or as a means of improving wellbeing by volunteering. Those who marshalled can testify that it gave a great sense of achievement and those who participate can testify that they are all working on their own 'personal best'.

We are delighted to note that a good number of our patients have undertaken at least one parkrun. Well done!

Christmas Opening

We will be closed Wednesday 25 December and Thursday 26 December, Christmas Day and Boxing Day. We will also be closed New Year's Day, Wednesday 1 January. We will be operating as usual over the rest of the festive period.

As ever, if you cannot attend your appointment, please let us know so that we can offer it to someone else.

If you have an urgent medical problem when we are closed, and which cannot wait until we reopen, please call 111.

A list of emergency pharmacies will be posted on the Primary Care Centre doors.

Please ensure you have sufficient medication for the holiday season. If you are travelling, please make sure you take your medication with you and ensure any visiting friends or relatives bring their medication with them.

Urine samples

Anyone wishing to drop off a urine sample for testing should, ideally, do this before 1pm to allow for testing and any further action.

Bone Health

We are carrying out a long term project in conjunction with Northumberland Clinical Commissioning Group to try to improve the bone health of those most at risk of falling where the consequences of falling may result in a fracture.

A pharmacist, Lewis Sutherland, is helping us with this work and will be contacting patients in the New Year where there is thought to be a risk which can be minimised with treatment.

2

Electronic Frailty Index (EFI)

We have been contacted by some patients, with online access, who are concerned about an EFI score on their records.

Contractually, general practice is required to:

- Identify all patients aged 65 and over who may be living with moderate or severe frailty;
- For patients identified as living with severe frailty (around 3% of over 65s), undertake an annual medicines review, a falls risk assessment, if clinically appropriate, and promotion of the enriched Summary Care Record (SCR);
- For patients identified as living with moderate frailty (around 12% of over 65s), consider undertaking a medicines review, a falls risk assessment if clinically appropriate, and promotion of the enriched SCR.

In order to demonstrate that we are identifying patients appropriately, we need to assess all patients and record their EFI. As this is a monitoring tool, no reference would be made in insurance reports.

CQC

Our annual CQC review telephone call was straightforward with no concerns being raised.

It is likely that we will have an inspection shortly, however, as every practice needs to be inspected at least every 5 years.

Sele News

New staff

We have some new team members on board:

Sam Banks is our new healthcare assistant. She will be taking blood and offering certain vaccinations as well as helping with minor surgery procedures and vasectomies.

Jenna Mead is our newest receptionist who is keen to learn all aspects of this demanding and varied role.

Our two Registrars, Dr Cottrell and Dr Kumar are settling in well.

Flu

Once again, our flu campaign has been hit by delivery delays. However, we would encourage everyone to ensure they are vaccinated, bearing in mind that we purchase a vaccine for every eligible patient.

TV screen

Thanks to the generosity of a patient, we are planning the purchase and installation of a screen in the waiting room to display health information.

Activities Board

Please keep looking through the activities which are updated regularly

A final thought:

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

Mark Twain