



# Sele News



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**SUMMER 2019**

**PLEASE TAKE ONE**

## **One Appointment, One Problem**

We know that getting an appointment with a doctor is sometimes difficult and that some patients 'save' their problems and present them to the doctor at the same time, with or without a list. We also know that the clinician may run late. All of this increases the tendency for patients to present multiple problems to their doctor at one consultation.

Each appointment is currently 10 minutes long which really is not a lot of time, even for just one problem, e.g., 1 minute to get to doctor's room and sit down, 3 minutes to tell a history, 3-4 minutes to perform a targeted examination, 2 minutes to explain, advise and treat. There is no time left of the ten minutes to write up notes, fill out forms, dictate referrals or speak to other team members for advice.

Presenting the GP with multiple problems means that there is an increased risk that mistakes will be made and things may be missed as the clinician may be inclined to rush, particularly if other patients are waiting.

One of Primary Care's main purposes is to detect serious disease early. Presenting multiple problems to the clinician, not all of which may be serious, increases the difficulty of this task – it is like finding the 'needle in a haystack'.

Doctors cannot see huge numbers of patients with multiple problems and continue to practice safely and effectively. A stressed doctor will struggle to be a good and safe doctor.

We do consider that GP appointments are a limited resource and we would kindly ask that our service be used with care and consideration.

Therefore please do not be offended if the doctor asks you to rebook for your other problems. We are working in your best interests in order to keep you safe.

We would always encourage patients to book double appointments if you have multiple problems.

## **Health Trainers**

If you are over 16 and need support with:

- Healthy food choices
- Weight management
- Increasing physical activity
- Drinking less alcohol
- Stopping smoking

A health trainer might be able to help.

Telephone 01670 623840

E-mail: [healthtrainers@northumbria-healthcare.nhs.uk](mailto:healthtrainers@northumbria-healthcare.nhs.uk)

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### MMR

Reports of Measles, which can kill, are on the rise. If you are under 30 and have not had a full course of MMR, please get in touch if you would like to be protected against measles, mumps and rubella.

Keep yourself and your family safe.

### parkrun

There has been recent national and local publicity about these free, weekly 5km events. There is a run available at Tyne Green every Saturday at 9am.

Parkrun is open to EVERYONE, including those who are currently inactive, or have health conditions or disabilities. You don't even have to take part; you could volunteer to marshal; directing and encouraging others.

Whether you might like to improve your fitness, make new friends, cope with health problems or simply be outside in the fresh air, parkruns have been shown to have a positive impact on health and wellbeing.

You do need to be registered with Park Run in order to obtain a time and this is easy to do on the Park Run website.

Go on! Give it a try!

### Travel first aid kit – what to pack

- Antihistamines for allergies, bites and rashes
- Antiseptic liquid or wipes
- Insect repellent
- Diarrhoea remedies
- Indigestion remedies
- Painkillers and anti-inflammatories
- Bandages, plasters, scissors, tweezers safety pins
- Lotions for sunburn (just in case)
- Anti-nausea medicines

## Sele News

### What does your treatment cost the NHS?

(examples per episode of care)

Heart bypass £8,470

Pacemaker or implantable diagnostic device (including implantation) £4,480

Hypertension (high blood pressure) £2,040

Electrocardiogram (ECG) £160

Stomach bypass for obesity £4,360

Abdominal hernia £1,750

Endoscopic procedure £580

Tonsillectomy £1,090

Cataract surgery £960

Septicaemia (blood infection) £1,780

Stroke £3,850

Migraine £500

Hip replacement £5,620

Knee replacement £5,350

Broken knee/leg - without surgery £1,100

Broken knee/leg - with surgery £5,120

Sprains and minor wounds £680

Head injury £460

Dialysis £1,080

Kidney or urinary tract infections £420

Low back pain (lumbago) £870

Spinal cord conditions £2,230

Respiratory failure £3,340

Asthma £690

Amputation £9,440

Foot procedures for diabetes or arterial disease £4,390

Skin disorders £500

Missed GP appointment £45

### 111 appointments

The 111 service is able to signpost you if you have a health issue you aren't quite sure how to deal with. They may direct you to a pharmacy, walk in centre or to the practice where we have appointments available to the service every weekday morning.