

NEWSLETTER

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We need your help!

Your help will be vital to reversing the decline in resources invested in general practice so that the GPs can deliver the improvements and care we want to achieve.

We need your ideas and involvement so that together we can make a difference to patient care.

Please take action and support our campaign.

Sign the petition:

- In the surgery
- On our website

Stay informed:

facebook.com/rcgp.org



@rcgp#putpatientsfirst

STAY SAFE IN THE SUN

Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden.

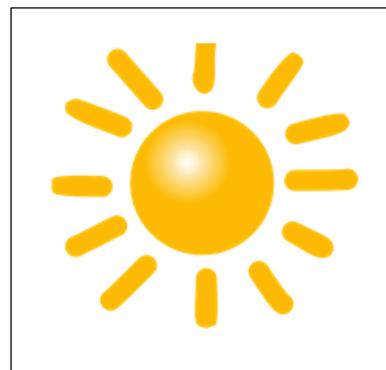
Sun protection is something you need to be aware of every day in the summer, whether on holiday or at home. You can protect yourself by following the SunSmart messages.

- Spend time in the shade between 11am and 3pm.
- Make sure you never burn
- Aim to cover up with a T-shirt, hat and sunglasses
- Remember to take extra care with children
- Then use factor 15+ sunscreen

Report mole changes or unusual skin growths to your GP.

Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

Sunbeds are not a safe alternative to lying outside in the sun. Skin will still be exposed to harmful UV rays. Sunbeds should be avoided at all cost.

**When choosing sunglasses look for one of the following:**

- the 'CE Mark' and British Standard (BS EN 1836:1997)
- 100% UV protection
- UV absorption up to 400nm

Staying in the shade is the most effective and inexpensive way to protect yourself from the sun.

PUT PATIENTS FIRST:BACK GENERAL PRACTICE

General Practice is facing a growing crisis as it struggles to provide the care needed by an increasing patient population. Ballooning workloads, declining resources and an overstretched workforce are placing huge strain on services that remain the first point of contact with the health service for most of the UK public.

In response, the Royal College of General Practitioners (RCGP) and the National Association for Patient Participation (N.A.P.P.) have launched *Put Patient First: Back general practice*—our campaign to improve patient care by increasing funding for general practice from 8.39% to 11% of the UK NHS budget by 2017.

www.putpatientsfirst.rcgp.org.uk



Confidentiality

Should you wish to discuss a sensitive issue away from the front desk, please inform the receptionist.

We will do our best to accommodate you.

Ways to cancel your Appointment:

- ◇ Call the Cancellation Line - 020 7683 4887 (available 24hrs per day, 7 days per week)
- ◇ Text the word 'CANCEL' to the mobile number in your appointment reminder text.
- ◇ If you are registered for Patient Access you can check, cancel or rebook your appointment online.



CHOOSING THE CORRECT NURSE APPOINTMENT

Each member of the Nurse Team has different skills. For this reason, Nurse and HCA appointments cannot be made through the on-line booking service.

When booking appointments you will need to inform the receptionist what you are having done so that they can book you with the right person.

The Reception staff have a complete list of what each Nurse and Health Care Assistant can do, so please check with them before making the appointment.

The Practice Nurse Team can deal with the following sorts of problems

(in brackets it shows whether a Health Care Assistant and/or Nurse offers that service):

- Registration Check (*HCA*)
- Cervical Cytology (*Nurse Only*)
- Family Planning (*Nurse Only*)
- Sexual Health (women only) Nurse
- General Treatment (eg, blood pressure checks) (*HCA or Nurse*)
- Lifestyle Advice (eg, diet, smoking cessation, etc) (*HCA or Nurse*)
- Travel Immunisations, (walk-in clinic only) (*Nurse Only*)

Our Lifestyle Adviser/HCA also offers specialist Weight Management sessions (*including Cambridge Weight Plan - which is a non-NHS Service*).

BOOKING APPOINTMENTS WITH CLINICIAN OF CHOICE

Please be flexible when booking GP appointments

We always try to book patient appointments with the GP of your choice. However, if your chosen GP is already fully booked, you could always consider booking to see a different GP on that occasion. Just because your preferred GP is not available, this does not mean there are no GP appointments.

If you are unable to get an appointment with your chosen GP, please ask the Receptionist for details of other GP appointments that are available. You will find in most cases that we do have appointments. If there are no appointments that they can offer at that time, the receptionist will take a message and a doctor will call you back.

Reception Team

PRACTICE NEWS

Nurse Helen has left the practice after 3yrs to experience pastures new.

This now only leaves Nurse Fiona, who luckily has her hard working HCA's (Pauline and Vanessa) to help lighten the load.

We are trying to fill this gap with some agency nurses, but Helen's shoes are hard to fill and you may have to wait longer than previously to get a nurse appointment.

We apologise for any inconvenience this change may cause you.

Nurse Fiona

SHINGLES VACCINATION

(AVAILABLE TO SPECIFIC AGE GROUPS AGED OVER 70)

Please note: The 31st August is the cut off point for vaccination of the current group of patients eligible for the Shingles Vaccine (Those who were age 70 or 79 years of age on 1st September 2013).

What do I need to know about shingles and the virus that causes it?

Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles.

Shingles may occur at any age, but most commonly affects elderly people. The incidence of shingles increases with age, probably as a result of the decreasing efficiency of the immune system with age.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be very painful, described as burning, stabbing or throbbing. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

1,400 cases of Shingles in people aged over 70 will result in a hospital admission in England & Wales each year 15-20% of sufferers will go on to develop Post-Herpetic-Neuralgia (PHN), a long term nerve pain.

90% of adults in the UK are at risk of getting Shingles because they have had Chickenpox in the past. 1 in 4 adults will develop Shingles in their lifetime.

This vaccination programme aims to help prevent nearly 40% of the 30,000 shingles cases seen every year in people aged 70-79.

How is ZOSTAVAX given?

It is given as a single dose by injection under the skin. It is a live vaccine which contains a weakened chickenpox virus (varicella-zoster virus). It works by helping your immune system protect you from getting shingles.

If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people. ZOSTAVAX does not protect everyone, so some people who get the vaccine may still get shingles. ZOSTAVAX cannot be used to treat shingles, or the nerve pain that may follow shingles, once you have it.

Common side-effects include:

Redness, pain, itching, swelling, hard lump, warmth, or bruising where the vaccine was given, headache.

How effect is Zostavax in adults aged 70 years and above?

A one dose schedule of Zostavax was assessed in clinical trials using 17,775 adults aged 70 years and over. The vaccine was able to effectively reduce the incidence of shingles infection by 38%, while reducing the severity of the illness.

Zostavax may not prevent the development of the disease in some cases; however, in those who later develop shingles following vaccination, the vaccine can significantly reduce the burden of disease by 55% and significantly reduce the incidence of PHN by 66.8% in this age group.

Who should not get ZOSTAVAX?

You should not get ZOSTAVAX if you:

- Are allergic to any of its ingredients
- Are allergic to gelatin or neomycin
- Have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS)
- Take high doses of steroids by injection or by mouth
- You should not get ZOSTAVAX to prevent chicken-pox

If you are due a Pneumococcal vaccination, it is best to have a 4 week gap in-between each vaccination.

The vaccination can be given to people post shingles and once rash and nerve root pain have settled and you have made a full recovery.

BOOK YOUR APPOINTMENT WITH THE NURSE TODAY!



Somerford Grove Practice

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Fax: 020 7275 7198

*“Recipes to get
your appetite
going – happy
cooking”*

Every month we update our website with new mouth-watering recipes.

SEE THE RECIPE
CORNER ON OUR
WEBSITE!

**We are on the
web!**

RECIPE CORNER

Spiced Apple & Raisin Muesli Bars

*Makes 16 bars (gluten free, vegan)
83 calories per serving, 19.8g protein
14.8g carbs, 2.3g fat, 0g salt*

- 2 bananas
- 2 apples (cored & finely chopped but not peeled)
- 175g rolled oats
- 150mls apple juice
- 40g raisins
- 40g mixed seeds (eg, pumpkin/sunflower)
- 1 heaped tsp ground cinnamon
- 1tsp rapeseed oil

- Preheat the oven to 180°/gas 4
- With a fork thoroughly mash the bananas then beat them a little
- Add the apples, oats, raisins apple juice seeds & cinnamon
- Oil a baking sheet & spread out the mixture to a depth of 2cm
- Bake in the oven for 15-20 minutes
- Allow to cool & cut into 16 portions & serve



Tandoori Chicken & Veggies

*Serves 2 (or 4 as a starter) gluten free
331 calories per serving, 38.8g protein,
28.5g carbs, 8.4g fat (2.1g saturates)
0.4g salt.*

- 300g skinless chicken
- 1tbsp low fat natural yoghurt
- 1tsp paprika
- 1tsp ground cumin
- 1tsp turmeric
- 4 tomatoes halved
- 1tsp garam masala
- 1tsp sunflower oil
- 2 large red onions (quartered)
- 1 red pepper cut in to 8

- Preheat the oven to 200°/gas 6
- Cube the chicken & add to a bowl with the yoghurt/paprika, cumin & turmeric then mix well to coat the chicken
- Sprinkle the tomatoes with garam masala
- Lightly oil a baking tray & arrange the onion & pepper evenly over it, then place the chicken pieces on the onion and pepper & arrange the tomatoes on top
- Roast for 15 minutes or until the chicken is thoroughly cooked & serve with basmati rice or salad

OUR WEBSITE (WWW.SOMERFORDGROVEPRACTICE.CO.UK)

There is a wealth of information available to you on our website.

We have information on our appointment system, vaccinations, information for carers and families, bereavement, self help, minor illnesses, pharmacy first and much, much more.

Between March and May we had **over 17,600** unique visits to our website!