



## Practice Newsletter!

### New faces on the Clinical Team!



#### Dr Ben Pettifer - GP



We are delighted to have Dr Ben Pettifer working as part of the clinical team at Totton Health Centre. Dr Pettifer has been working within a hospital environment as a Senior House Officer; he has now decided to continue his medical career as a GP Trainee. He will initially be working at Totton Health Centre for six months. During his stay with us, Ben's mentor will be Dr David Booth; he will split his time at the Health Centre working with Dr Booth, other clinicians and having his own surgeries. If you have any queries regarding Dr Pettifer's stay at the surgery, please contact the Practice Manager.

#### Nurse Practitioner—Julie Tough

We would like to extend a warm welcome to Julie who will work with our current Nurse Practitioner, Sue Biss, on the Duty Team.

Julie was previously working locally as Nurse Practitioner at the Walk In Centre; so brings to the practice a wealth of experience in dealing with any minor injuries and "on the day" problems that may arise.



#### Practice Nurse—Marianne Lawson



The other new member on the clinical team is someone well known to many of you already – Practice Nurse, Marianne Lawson. We are delighted that Marianne has chosen to re-join the THC nursing team as she has considerable experience in dealing with all aspects of practice nursing including chronic disease management. Welcome back Marianne!



### Clinical System—All Change !!

You may already have seen notices in the practice and on our website that we are changing clinical systems at the beginning of October. **"Go Live" date is Tuesday, 7<sup>th</sup> October!** This is an enormous project for the practice team. Preparation work has been ongoing for some two to three months already; however, by the time you receive this newsletter, we will be very, very close to the changeover.

Unfortunately, no matter how we arrange things there will be some disruption for patients. Sadly, this cannot be avoided. We are doing our utmost to limit that disruption, but please bear with us if you are asked to order your prescriptions early or you are unable to book appointments too far in advance. Things will get back to normal within two or three weeks but, in the interim period, please don't take it out on the reception team – they will be doing their best to help you!

This is a system change for all members of the practice team, including Doctors and Nurses, so please bear with them if they are a little slower when trying to do the administrative side of your consultation!!

**On the day of the actual system change, Tuesday, 7th October, our opening hours will need to be different; we will be opening later at 9:15 am and the first GP or nurse appointment will be at 9:30 am.**

This is necessary to ensure the clinical systems are all working correctly. Duty Doctor will be available for emergencies in the normal way – 8 am to 9.30 am.

Thank you for your understanding.

#### CAR PARKING

Can we respectfully remind all users that parking in the Health Centre car park is limited to Blue Badge holders and staff only; other users are asked to use one of the nearby public car parks.



All Enquiries  
02380 865051  
Out-of-Hours  
Telephone 111

"When your GP surgery is shut and you need medical attention fast, but it is NOT an emergency, call 111".

This includes  
Monday to Friday  
6.30 pm - 8:00 am

+  
Weekends  
Bank Holidays

If it's a  
medical emergency  
call 999

#### Surgery Opening Times

Mon 8.30am - 8.00pm  
(Mon closed 1 - 2 pm)  
Tue 8.30am - 8.00pm  
Wed 8.30am - 6.00pm  
Thu 8.30 m - 6.00pm  
Fri 8.30am - 6.00pm  
Sat 8.00 - 10.30am

Doors open at  
8:20am weekdays

Saturdays once per month  
(please check our website  
for Saturday Surgery dates).

#### Home Visits

Please ensure all  
visit requests are  
received by 11:00am.

#### Passport Signatures

Her Majesty's  
Passport Office

does not include doctors  
in the recommended list  
of counter signatories.

This was suggested  
following a move by the  
government to try and  
reduce non-medical work  
for doctors.

We understand that  
Pharmacists and  
Chiropodists do appear  
on the HMPO list of  
acceptable professionals!

## FLU VACCINE

Seasonal flu vaccination is recommended each year for people with certain clinical conditions that put them at risk of flu. It is also recommended for those over 65 years of age and pregnant women.

**Flu clinics will be available SAT 27/9/14 and 1/11/14.**

**Clinics will also be available on week days.**

## FLU VACCINE FOR

### CHILDREN

In 2013, for the first time, all children aged two and three were offered flu vaccination. This year, the programme is being extended to include four year olds.

For most children, the vaccine is given as a simple nasal spray.

Vaccination will be available from October.

If your child is eligible for a flu vaccination, the surgery will contact you via letter.

## Shingles

There is now a vaccine for shingles. The vaccine reduces the chances of you developing shingles.

The national shingles immunisation programme is recommended for people aged 70 - 79 but it is being introduced in phases. if you are aged 70,78, or 79 on 1st September 2014 you may be eligible for the shingles vaccine this year. If you are in this age group the GP surgery will be in contact with you to offer you an appointment.

## Did you know?.....

How can I easily work out the number of units of alcohol I am drinking? The alcohol strength is often quoted as % abv (or alcohol by volume). So if something is 12% 'strong' this means it contains 12 units per 1000mls (or one litre). So a 750ml bottle of wine is  $\frac{3}{4}$  of 1000mls so contains  $\frac{3}{4}$  of 12 = nine units in total!!

## Care Plans

A new initiative to produce Care Plans has been introduced for patients who are thought to be at increased risk of hospital admission. The Care Plan will summarise a patient's health issues, list current medication and be kept in their home so it's available for other health professionals to use e.g. ambulance staff, who might be called in the middle of the night. It's hoped this information will enable decisions to be made about whether a patient should be taken to hospital or not. Care Plans are placed in Pink Folders for ease of identification at the patient's home; the GP also keeps a copy.

Clearly, Care Plans may need to be amended as medical conditions develop or specialists change treatments; if this is the case then a revised Care Plan will be given to the patient. If you have a Care Plan, please ensure you show whichever health professional that is visiting so that they have some background information to help manage your condition. If you have any queries, please contact your usual GP.



## Statins

Statins are often prescribed after you have had a heart attacks or stroke. It is generally thought that the lower your cholesterol the better. If you have not had a heart attack or stroke, your GP is able to calculate a risk score over 10yrs of you having a vascular event. This includes whether you are a smoker, your age, your cholesterol level and takes into account any family history of heart disease or strokes under 60yrs. If this risk is greater than 10%, your GP may discuss starting a statin with you.

Statin side effects: Some patients have muscle aching symptoms with statins. These can be quite severe. Some medications can interact with some statins, so if you suffer from side-effects it is worth considering other drugs you are taking. Grapefruit juice needs to be avoided with simvastatin. Different statins have different side effect profiles, so switching from one statin to another may help.

If your total cholesterol is over 7.5 and you have a family history of heart attacks under the age of 60, there is now a lipid clinic that screens families for genetic testing. This small group of patients are often given high potency statins and this considerably extends their life expectancy.

## Smoking

Smoking is highly addictive and is the cause of many illnesses including heart disease, most lung cancers, throat cancers and chronic pulmonary airways disease (formerly known as emphysema)

Did you know that if a GP offers brief advice to 100 patients, an extra 3 will successfully quit. If patients are not ready to quit, support from a specialist service such as Quitters and nicotine replacement therapy enables people to cut down. This increases the chance of stopping in the future and reduces harm by reducing consumption.

It is unclear whether the new electronic cigarettes are less harmful than conventional cigarettes. There are no medical trials showing that they are safe and we cannot endorse their use. It is likely that they contain less harmful substances but this certainly has not been shown.



## Autumn Raffle time again .....

A big "thank you" to the Friends of Dr Godfrey & Partners as they are planning to swing into action with their raffle books again this year at our Flu Clinics! You may have seen articles and pictures in newsletters during the past 2-3 years explaining that we've been purchasing electronic beds for GP and Nurse consulting rooms. Dr Booth and Dr Powell were the latest lucky recipients – they have both recently received new beds for their rooms!

We now have two items remaining on our equipment Wish List; one more electronic bed and a second CoaguChek (INR) Machine. Any monies raised from the autumn raffle will be put towards purchasing these two items.

Thank you again to not only "The Friends" for organising the raffles, but to all those patients who continue to support the practice through donations and buying raffle tickets. Your help is very much appreciated.