

## Happy Birthday Brenda!



We would like to congratulate one of our patients, Mrs Murphy, who celebrated her 90th birthday at the Hazlemere Community Centre in September. She kindly requested that all donations for her birthday be given to Highfield Surgery, for the benefit of all patients. The surgery purchased a paediatric pulse oximeter with the donations and Dr Masters can be seen here receiving it (above). The

paediatric pulse oximeter is a device that can measure oxygen levels in the body from the fingertip. Such devices are now much cheaper than they used to be and have revolutionised anaesthetic care throughout the world so we are very lucky to have one. In addition to the paediatric pulse oximeter the Practice has purchased some bravery stickers for the children.

## New Cardiac Clinic

Our Cardiac Clinic is specifically designed for patients who have coronary artery disease. It offers these patients a yearly review of their heart condition and usually takes place during their birth month. A series of questions, health checks and blood tests are performed and their medication is reviewed. Coronary disease aftercare has been revolutionised by the use of drug therapy - drugs such as statins which lower

cholesterol, ACE inhibitors which can remodel heart structure and aspirin to stop blood clotting. Wycombe Hospital is a specialist cardiac centre where stenting of narrowed coronary arteries is carried out. The insertion of stents to open up narrow coronary arteries has dramatically reduced cardiac symptoms such as angina. Nevertheless it is drug treatment that has been shown to markedly reduce mortality from this disease.

## Chronic Disease Clinics

Catherine Tutt, our Specialist Respiratory Nurse, covers the cardiac, asthma and chronic obstructive pulmonary disease clinics. Cathy Taylor is our Diabetic Nurse Specialist and Jill McEwen is our Lead Immunisation Nurse.

## Changes to the Doctors' Working Routines

Dr Masters is now working one day less a week. He no longer works on Thursdays and Dr Deacon is working an extra session to cover on this day.

## Immunisation Clinic Update

The childhood immunisation programme at the Practice has now reached a fantastic level of 93% coverage. We think the baby immunisation clinics are working well because we have a dedicated immunisation nurse, Jill McEwen. Certainly both the mothers and children deserve bravery stickers and there can be no doubt that this Government-led programme is one of the great British success stories.

## Did you know?

**Appointments can be cancelled by phone, via the website, or by text:**

**Text CANCEL plus your NAME AND APPOINTMENT DATE to 07754 094829**

## The Sure Start Centre



The Sure Start Centre attached to the Library next door is now finished and fully operational. This centre acts as a focus for young mothers and children locally. Our baby clinic is held there on a Tuesday afternoon and

runs in conjunction with our immunisation clinic here at the surgery on the same afternoon. The Sure Start Centre also has grandparents' meetings and baby massage courses as well as many other programmes.

## Health Care Assistants

Congratulations to Kim Georgiou and Elayne Saunders who have now qualified as Health Care Assistants. They can carry out basic nursing duties within tight protocols. Often General Practice involves a large amount of chronic disease monitoring and it is very helpful to have the addition of Health Care Assistants to our nursing team.



## Training Practice News



Congratulations to Dr Nisar Yaseen, our GP trainer, who once again obtained an excellent assessment by the Oxford School of General Practice. This will allow Highfield Surgery to be a training practice for the next three years. At present we have Dr Martin Davis training with us and Dr Lorna Lamb will be joining us in February 2012.

## Car Parking Problems

The completed Sure Start Centre has raised issues about car parking once again. Unfortunately the Surgery does not have any dedicated car parking areas for patients. The car parking areas in front of the surgery are for library users, library staff and the Sure Start Centre. We would be very keen to lease a disabled parking bay

for patients' use in front of the surgery, but to date we have not been able to obtain this.



## Welcome to a new Receptionist

We welcome Sue Goodliffe to the reception staff. She is married with two sons and enjoys walking her dog Sophie, a retriever. She is a keen member of Beaconsfield Golf Club and in her spare time loves baking. In the past she worked at Heathrow for many years, but gave it up in order to spend time with the children. She has returned to work after ten years at home.



## Prescription Font Size Problem

We have recently had an upgrade to our practice computer software programme which unfortunately has resulted in a reduced font size on our prescriptions (see below). The software supplier, ISoft, is working on a fix for this, but they cannot give a firm date for resolution. Of course, it does reduce paper wastage!

If you can read this message you will be able to read the new printed prescriptions!

## Did you know?

You can find all of the previous issues of The Highfield Patient online at our website

[www.highfieldsurgeryhazlemere.co.uk](http://www.highfieldsurgeryhazlemere.co.uk)

## Favourite Staff Recipe

### Thai Style Pumpkin soup

Submitted by Sue Goodliffe, Receptionist

1 tbsp olive oil  
1 onion, chopped  
2 tsp grated fresh ginger  
1 tbsp Thai red curry paste  
1kg pumpkin or butternut squash peeled and cut into small cubes  
600ml hot vegetable stock  
400ml can of coconut milk

Heat the oil in a large pan over a medium heat. Add the onion and cook, stirring for 1 minute. Add the ginger and curry paste and cook for 1 minute stirring, then add the pumpkin and vegetable stock. Bring to the boil and then simmer over a low heat until the pumpkin is tender. Leave to cool slightly then blend the soup until smooth. Return to the pan and add the coconut milk. Season to taste then gently heat through. Serve with a swirl of coriander pesto. (Soup can be frozen for up to 1 month.)