

# THE ELMS MEDICAL CENTRE NEWSLETTER



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## NORTHGATE DEVELOPMENT



*As you can see from the above recent snapshots the new build is well under way. In April members of our staff were invited to organised visits to the new build. There was a recent 'Roofing Ceremony' when the roof was put on. There has also been a 'Mock Up' clinic room to view. It is hoped that the scheduled time for opening will still be around January 2015.*

## 'SELF MONITOR BLOOD PRESSURE MACHINE'



West Cheshire Clinical Commissioning Group is purchasing Blood Pressure Monitoring machines for GP Practice waiting rooms and ours has arrived!

The intension is to encourage patients to 'Self Monitor' their BP so that any problems can potentially be picked up at an early stage and more serious problems prevented from developing. The machine is situated in our waiting room with instructions and a screen to provide patients with privacy and confidentiality. The machine prints off the important data so it can be entered onto patient's medical notes by administration staff, hence saving the clinician's time during consultations. When a BP reading is brought to the Reception Team (who will have had training to follow a strict protocol to know acceptable readings) and when necessary if a BP reading is raised then an appointment will be made with one of our Practice Nurses. Our Reception Team will be on hand to help and guide patients on how to 'Self Monitor' as and when requested.



### Sun Awareness Week will be 5th to 11th May 2014

The British Association of Dermatologists (BAD) currently run a national campaign regarding skin cancer called **Sun Awareness**. It also includes national Sun Awareness Week which happens in May. This campaign is overseen by the BAD's Skin Cancer Prevention Committee, and this is comprised of leading medical professionals with expertise in skin cancer, vitamin D and public health messaging. **Sun Awareness** is the British Association of Dermatologists' annual campaign to help raise awareness of skin cancer. The campaign runs from April to September annually and **includes Sun Awareness Week in May**. The campaign has two aims, 'PREVENTION & DETECTION' advice. The first aim is to encourage people to regularly self-examine for skin cancer. The second is to teach people about the dangers of sunburn and excessive tanning, and to discourage people from using sunbeds, in light of the associated risks of skin cancer. In addition to public education about the dangers of sunbed use, the BAD has also been involved in campaigning for legislation to regulate the sunbed industry and is continuing to push towards further and improved regulation.



### THE LULLABY TRUST



*The death of a baby is a tragedy that leaves families shocked, devastated and lost. The Lullaby Trust knows the impact a sudden infant death can have on a family. They can offer confidential support to anyone affected by the sudden and unexpected death of a baby or young toddler. This support can be available immediately or at a later time in your life. The support is for families, friends, carers and professionals. They have different ways of supporting during this difficult time; they provide a range of services and can provide details of other organisations which might be helpful. If you would like the opportunity to talk freely, for as long as required with a sympathetic and understanding listener you can call the HELPLINE:*

**BEREAVEMENT SUPPORT - 0808 802 6868  
or email - support@lullabytrust.org.uk**

**Calls to the Helpline are free from all landlines and most mobile phone networks. The Helpline is Open:**

- Monday – Friday 10am – 5pm
- Weekends and Public Holidays 6pm – 10pm  
(Calls are answered by trained befrienders, all with personal experience of bereavement)



Ovarian cancer has the lowest survival rate of all gynaecological cancers, and is characterised around the world by a lack of awareness of symptoms and late stage diagnosis. May 8th, 2013, was the first World Ovarian Cancer Day. On this day, ovarian cancer organisations from around the world united to educate their communities about ovarian cancer and its symptoms. For women living with the disease, and their families and friends, World Ovarian Cancer Day has built, and will continue to build a sense of solidarity in the fight against the disease.

The Belief Statement of World Ovarian Cancer Day states, 'We all have women in our lives who we love and cherish: our mothers, our daughters, our sisters, our friends. Every woman in the world is at risk of developing ovarian cancer, the most serious gynecologic cancer. World Ovarian Cancer Day provides an opportunity each year to raise the profile of this disease which takes the lives of 140,000 per year internationally. Join in this global movement to ensure all the women we love know about ovarian cancer'.

Symptoms are often misdiagnosed, as they can be confused with symptoms of other less severe illnesses, particularly gastrointestinal complaints. The majority of patients are only identified in the advanced stages when the disease becomes more difficult to treat. There is no routine, simple test to accurately detect ovarian cancer.

### ARTHRITIS SUPPORT GROUP

*Do you have arthritis or a related condition?*

*Would you like to meet and chat to others with arthritis, sharing your experiences?*

*Would you like to learn self-help tips, and find out what support there is out there?*

*Refreshments provided.*

### MEETINGS ARE BEING HELD ON:

Monday 12 May, Monday 2 June, Monday 30 June  
2014

11.00am–12.00pm

Please ring 0151 356 6970 For more information

### STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

22<sup>nd</sup> May 2014, 18<sup>th</sup> June & 15<sup>th</sup> July 2014.

### DNA APPOINTMENTS

There has been an increase in the number of patients failing to attend their appointments. In February there were 100, March 128 and April 143 GP and Nurse appointments that patients DID NOT ATTEND. **371 APPOINTMENTS NOT ATTENDED IN 3 MONTHS.**

**PLEASE CONTACT THE SURGERY AS SOON AS POSSIBLE IF YOU ARE UNABLE TO ATTEND, TO ENSURE APPOINTMENTS ARE NOT WASTED AND CAN BE REALLOCATED. MANY THANKS.**