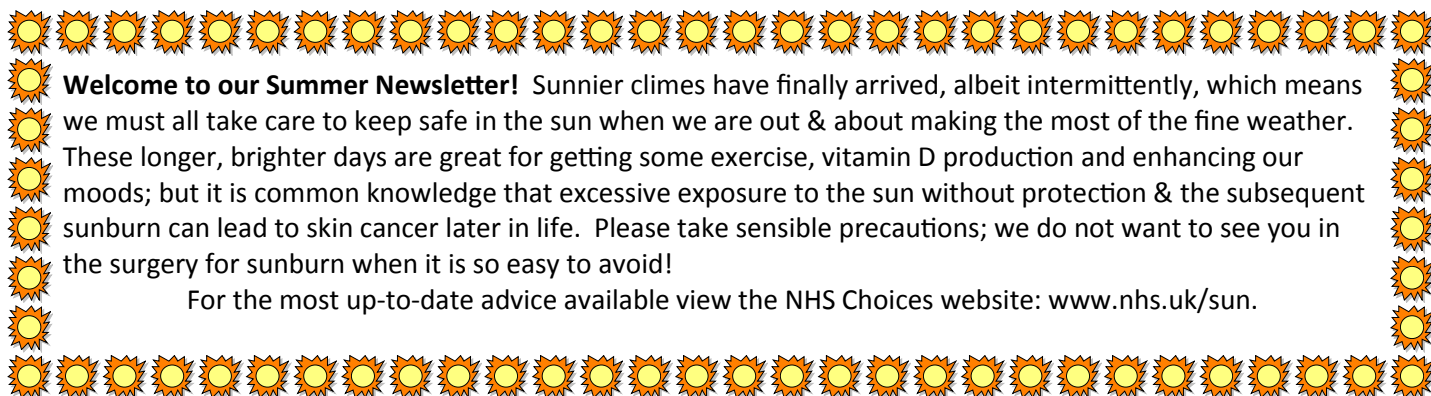




The Swanage Medical Practice

June 2017
Issue No.10



Welcome to our Summer Newsletter! Sunnier climes have finally arrived, albeit intermittently, which means we must all take care to keep safe in the sun when we are out & about making the most of the fine weather. These longer, brighter days are great for getting some exercise, vitamin D production and enhancing our moods; but it is common knowledge that excessive exposure to the sun without protection & the subsequent sunburn can lead to skin cancer later in life. Please take sensible precautions; we do not want to see you in the surgery for sunburn when it is so easy to avoid!

For the most up-to-date advice available view the NHS Choices website: www.nhs.uk/sun.



Sadly, we are saying good bye to Dr Peter Blick who has offered the practice outstanding support for the last two years. Peter has been hugely popular with staff and patients alike; we will sorely miss him and tender our utmost thanks for all his endeavours. We hope to bring you some positive news regarding GP recruitment in the near future so watch this space!

cancelling unwanted appointments: A Reminder....

As you are aware the surgery is extremely busy; GP appointments in particular are hard to get. The arrival of the text cancellation service has reduced the number of wasted appointments however DNA (Did not Attend) appointments are still a huge problem. We are finding that even patients who do respond to the cancellation by text option, do so incorrectly & therefore the cancellation isn't processed.

So please note: When cancelling by text, in response to our reminder, please follow the instruction given exactly! It asks you to send the word **CANCEL** only. No messages, no re-booking requests, simply the word CANCEL. If you respond with anything else the cancellation won't happen and the appointment will be wasted. The instruction couldn't be simpler, please follow it.

Cancelling your unwanted appointment is the single most important contribution YOU can make to the practice & your fellow patients.

Thank You!

Swanage Area Dementia Friendly Community...update

Following much fund raising by Swanage Area Dementia Friendly Community, Wareham Dementia Friendly Community, support from DHUFT & Dementia UK, enough money has been raised to fund an Admiral Nurse for Purbeck.



An Admiral Nurse is a specialist Dementia nurse who will be part of the community team. We are happy to report that a successful person has been appointed; Rachel Murray who some of you may know from the surgery's leg ulcer clinic. She will be based in Wareham and we will update you soon about how to access her support.

In the meantime three Dementia Safe Havens have been set up in Swanage. If a patient with Dementia needs support, perhaps they are lost and confused, the Police should be contacted on 101 who will then take them to the safe haven.

District Nurses and Home Visits Please can we remind patients that if you are mobile the community's hard pressed District Nurses **shouldn't** be visiting you at home to do blood tests, or dressings for your own convenience. The criteria for the DN's visiting you are as follows—you are: completely **housebound**; elderly & frail; very ill; undergoing chemotherapy; have a blocked catheter; are a palliative care patient; or have specifically been referred to the DNs by your GP. Like other NHS services the team are under immense pressure with limited resources. Please think very carefully before asking for their support if you are in fact able to come in.



Thank you .

Got a minor ailment or condition? - Don't Sit & Wait, consider seeing a pharmacist instead!

Boots, Well @ the Co-op and Day Lewis can give you rapid advice & over the counter treatments for the following conditions: Ear ache * Teething & nappy rash * Threadworms * Hay fever * Cold sores & mouth ulcers * Coughs, colds, sore throats, blocked nose * Thrush & uncomplicated urinary tract infections * Athlete's foot * Diarrhoea * Skin Rashes including Impetigo * Eye Infections. **Minor injuries** such as: Minor scalds & burns * Fractures; Cuts, grazes & wounds * Insect & animal bites, stings * Localised allergic reactions * Minor eye injuries * Emergency contraception; can all be treated at Swanage Hospital (MIU). **Save yourself & others a long wait by using alternative local services.**

Useful telephone Numbers - Patients often ring the surgery to ask for the telephone numbers of other NHS services. Whilst we are happy to oblige it would be helpful if this didn't happen as it clogs up the switchboard. If you are 'computer friendly' please consider Googling for the information you require. Listed here are a few of the regularly requested numbers:

Swanage Hospital 01929 422282 : Poole Hospital 01202 665511 : Bournemouth Hospital 01202 303626 : Well Pharmacy 01929 422538 : Boots Pharmacy 01929 422096 : Day Lewis 01929 422115 : Social Services 01305 221016 : Samaritans 08579 09090 : Hospital Transport 0300 777 5555 : Blue Badge Application 01305 224321 : Red Cross 01929 4423517/ 422319 : NHS Dentist-Trafalgar 01929 427356 : Steps to Wellbeing 0300 123 1120 : Breast Screening 01202 665511

Staff Antics..... We have recently received a kind notice of thanks from Swanage Museum for the donation of boxes to help with their recent research premises move & for the filing cabinet given to the new History Centre. *We are very glad to have been of help!*

Continuing on our theme of healthy living, staff have suggested the following Summer recipe ideas:

Prawn, Watercress & Avocado Salad - only 320 calories!
28g watercress, 140g cooked prawns, half an avocado, half a chopped red onion and 1 tbsp capers, a splash of white wine vinegar, 1 tangerine - toss the lot into a bowl for a light, fresh tasting lunch. *Top tip:* substitute the watercress with Rocket for a peppery kick!

Chicken Stir-Fry - only 306 calories!

Cut a 140g chicken fillet into strips & fry using a non-stick pan with 1 tsp olive oil, a tsp of finely chopped ginger, a tbsp chopped coriander, a clove of crushed garlic, two tsp soy sauce, & half a squeezed lemon, until brown. Add a 50g of sugar-snap peas, 100g sliced cabbage, 160g of carrots cut into strips. Cook for around 7 mins until the chicken is cooked through, adding splashes of water if needed. *Top Tip:* double-up for two!

Did you know.....

....that we are a 'Research Practice'? This means we contribute valuable data to important national research programmes, & has the added benefit of earning us extra funds to plough back into patient care at the practice.



Here is an update about our research activity in the last year.....

We have finished recruitment for the ATAFUTI trial. This was a trial looking at herbal alternatives for treatment of UTI in women. We managed to recruit 22 patients from Swanage, so a big thank you to those patients involved. We will await the analysis of the data by the research team in Southampton & we will let you know when they publish the trial findings. It will be interesting to see if Swanage patients can help to change GP prescribing across the country as a result of this trial. Exciting stuff!

Dr Hombersley is doing the final appointments for the 7 patients involved in the TWICS trial. This was looking at prescribing an established asthma medication in COPD. The patients have been either taking this new medication or a placebo for 12 months. This trial is run from Aberdeen and the team were very excited to get additional help from primary care. This trial was initially run in hospitals but the recruitment was poor & when GP's got involved the trial quickly recruited the required numbers of patients to gain statistical accuracy. Another thank you to all those involved in Swanage. We will await the trial results.

We are still recruiting to CANDID and have so far had 132 patients involved. The Oxford team running this trial are still recruiting till September 2017. This study looks at early cancer diagnosis and aims to recruit 20,000 patients across the whole country. Thanks to those involved already and if you think you are suitable for this study please ask your GP for more information. We are looking for patients with a cough for more than 3 weeks or any bowel symptoms.



Cancare is a local Cancer Support Group. A small charity, we were formed in 1989 to assist our patients and their families, and those living in the surrounding Purbeck area, such as Wareham, Corfe Castle etc. We can help with transport costs, support at home & financial assistance where appropriate. If you are a cancer patient, or know someone who is, please take a leaflet from reception or ask the receptionist for info. This leaflet contains the names & telephone numbers of our committee members who are happy to try & help you.

Please don't hesitate to contact us.

Registered Charity No. 1014636 Donations always welcome.

Answers to frequently asked questions

Q: Why won't my doctor treat me for dental problems? **A:** *The British Medical Association state the following; 'Having established that the problem is Dental, GPs should not attempt to manage a condition requiring dental skills unless they have the appropriate training & expertise. Both the civil courts & the General Medical Council require doctors to have appropriate skills for any treatment they offer. Even in cases where the patient is not 'registered' with a dentist, & the GP is unable to contact a local emergency dental service, the treatment of dental problems is not the responsibility of GPs. In such circumstances, the patient should be advised to contact local urgent or emergency dental services, ring NHS 111, or in severe circumstances the nearest A&E.'*

Have your say: If you have any comments or feedback about our services, please use the 'Friends & Family Test' touch screen and we can respond to the queries raised via this newsletter. Your opinions are of great value to us & can sometimes lead to change within our practice. For major concerns & queries please contact Natasha Ritchie, Practice Manager or speak to your GP.