



The Swanage Medical Practice

Autumn 2019
Issue No.16

Welcome to our Autumn Newsletter! Here we are again; the leaves are beginning to fall and thoughts of cosy evenings by the fire are tantalising. There's no rest for the team at the Practice however. Flu season is creeping up on us and those of you eligible will soon/or have already received invitation letters to our vaccination clinics. You won't have failed to miss that we are keen that as many of you as possible take up the offer so that Swanage can stay safe, herd immunity having been achieved. This also applies to the MMR (Mumps, Measles & Rubella) vaccination for children. Sadly the UK is no longer classified as having herd immunity for measles and with cases of this highly infectious virus having been reported in nearby Devon, we urge you to get your children vaccinated. This also applies to adults who weren't vaccinated as children.

GP News..... *We've bid a fond farewell to Dr David Haines who having worked here for 29yrs has made an outstanding contribution to the Practice, the health of the community & is well known for his wider role across Dorset. We shall miss him a great deal. We've been very fortunate that Dr Kiran Qureshi, who has worked with us as a Locum, has now joined us as a partner and will be taking on Dr Haines's patients. A warm welcome has also been extended to Dr Beth Law who has joined us as a salaried GP. Sadly we are also saying goodbye to doctors secretary Gail Taylor & medical secretary Wendy Paull both of whom are retiring having given exceptional service to the practice over many decades. Their expertise, good humour & friendship will be missed!*

Family Planning & Sexual Health - Appointments get quickly booked up at the surgery & can be hard to attend when you're working; however alternative clinics are available where you can have coils & sub-dermals fitted & also have a smear if you're due. There's an ace website giving comprehensive info about contraception & sexual health clinics in Dorset visit: www.sexualhealthdorset.org or phone 0300 303 1948

Shingles & Pneumococcal Vaccination
Uptake is disappointingly low for both of these vaccination programmes. Shingles is a really unpleasant condition that if left untreated can lead to complications as can Pneumonia. If you receive an invitation from us or believe you are eligible, please do contact the surgery to arrange an appointment.
Prevention is better than cure!

Wild conspiracies & the anti-vax movement... THE MMR

A topical subject that has now become a political football. We however are only interested in the science and the truth of the matter. For the avoidance of any doubt, there is no link whatsoever between the MMR vaccine and autism. In April, a gigantic Danish study followed up 650,000 children over the course of a decade & proved this. There have been countless other similar studies. Disgraced former Doctor Andrew Wakefield's study was retracted by *The Lancet* because of deliberate falsification. He was found to have horrifying conflicts of interest including his research being funded in part by a solicitor who wanted to uncover evidence against vaccine manufacturers. Wakefield was struck off the UK medical register in 2010. Online media has not helped with its swirling abundance of 'fake news', meaning that uptake of the MMR has steadily reduced and shockingly **Measles is back.**

The World Health organisation tells us cases in Europe have increased 15-fold in the past two years. Measles is not a disease that just makes you a bit spotty. It's a grotesque, highly contagious virus that kills children. Measles can cause encephalitis and, with it, deafness, brain damage, even death. It has extremely serious implications in pregnancy for unborn children. It also causes pneumonia which can be fatal. Here's the crux of the matter - there's no treatment. Management is basically 'supportive' which is Doctor's code for helping with your breathing while your body hopefully fights off the virus. There is no cure for measles but we have a **rock-solid form of prevention.....Vaccination!** As mentioned above there's been an outbreak in nearby Devon. Please consider very carefully the implications for your children of not vaccinating. The UK no longer has herd immunity.

Change is coming! The GP appointment booking system will be changing for the better, reducing the incidence of DNA's (Did Not Attend) and therefore giving more patients a chance of securing an appointment with a Doctor.

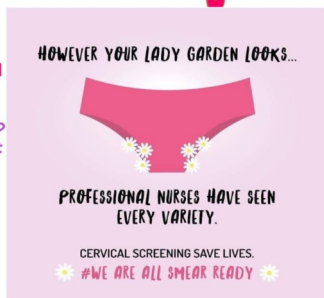
Watch this space!

Cervical Screening Saves Lives!

Don't lose the chance to reduce your risk of cervical cancer!

Smear test overdue? Book an appointment today!

Help us, help you take control of your own health outcomes!



.... Sadly it appears that some of our ladies are not taking the test.

Does the prospect of an intimate examination fill you with embarrassment & dread; perhaps you're not certain you need it?

Our determined aim is to encourage you to see this test as a routine part of your healthcare regime.

Contact the surgery today!
01929 422231

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Our **Smear Campaign** continues & some of you may have already have seen our posters around town. We are still very disappointed by the level of uptake of this simple but important screening test. Our aim is to encourage our ladies to consider the test as a normal part of their health regime, alongside good hygiene, healthy eating, and exercise. If you are unsure speak to one our well trained nurses who can allay any fears.



KEEP CALM AND HAVE A SMEAR

Contact the Surgery today!

The Swanage Medical Practice The Swanage Medical Practice

This is a **PUBLIC CERVIX ANNOUNCEMENT**

A smear test takes 5 minutes: The impact of Cervical Cancer lasts a lifetime...

Don't lose the chance to reduce your risk. Contact the Surgery to see if you are due & book an appointment today!



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Staff antics..... Building upon Swanage Medical practice's charitable sporting endeavours in August Dr Claire Lehman & her partner Michael cycled 100 miles in aid of the Cure Parkinsons Trust. Despite the very hilly ride around London, alas it wasn't laps of the Mall, they managed to raise £206! Medical Secretaries Louise Holloway & Claire Moring ran at Glow in the Park @ Upton Country Park, registrations fees in aid of Regain, the quadriplegic charity and several members of the reception team did the annual Rainbow Run for Naomi House & Jack's Place raising in excess of £300. It hasn't all been about running as doctor's secretary Gail Taylor has struck gold again raising £530 for Friends of MS Purbeck from sales of bric-a-brac & crafts at the flu clinics! *We're very proud of their efforts!*

Over the Counter Medications & the Cost to the NHS ...

From November 2018 to January 2019 your practice spent £33,543 on over the counter medications (OTC), this was for 7,000 prescriptions. This includes medications like aspirin, paracetamol, ibuprofen, nit shampoo, skin lotions, and gluten-free foods amongst many others. You may not be aware that the cost to the practice is far higher than if a patient were to purchase these items themselves. Whilst we would never deny a patient vital medications, please consider buying medication that is available OTC yourself. Imagine the saving to the NHS as a whole and the care & non OTC meds that could be issued with that money.

Thank you for your consideration...

Reckless Patients... We've noticed that patients who are entitled to park in the disabled bays next to the taxi rank, are taking the precarious route of getting onto our premises via the adjacent flower beds & specifically cobbled areas that are there to prevent such action; **PLEASE don't** do this & follow the pavement round to the pedestrian entrance.

This is for you own safety, Thank you!

Answers to frequently asked questions

Q: What is a nurse prescriber & why did I see one and not a Doctor when I came to the S&W?

A: Nurse prescribers are registered nurses with **graduate education in nursing**. Our nurse prescribers Jane Haysom & Alison Page have additional training & qualifications which mean they can both serve as a patient's primary healthcare provider and are able to diagnose disease via history taking, physical examination and the ordering and interpretation of diagnostic tests. They can make onward referrals and may provide appropriate treatment for their patients, including prescribing most medications.

Despite permanent advertising of GP vacancies, Swanage Practice is still short of GPs. Therefore the role of our nurses has become ever more vital and our GPs have every confidence in their diagnostic skills. We are now a multi-disciplinary practice meaning that you will see a range of clinicians, other than a GP, to meet your health needs. If you see a nurse on the S&W surgery you are not getting 2nd best; you are seeing a highly trained individual who has been asked by a GP to call you in. Nurse Alison Page is currently undertaking additional training to become an Advanced Nurse Practitioner (prescriber) to further support the GPs & our patients.

With a chronic shortage of GPs, patients will have to get used to seeing our nurses for minor self-limiting illnesses, enabling the GPs to take care of the very seriously ill people registered at this practice.

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.