



# FOREST EDGE NEWSLETTER



April 2017 Volume 3 Issue 2

This quarterly Newsletter is issued by the Forest Edge Medical Practice, located on Manford Way Chigwell Essex. IG7 4DF. The information is offered as best practice at time of writing.

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Dear Patients,  
Welcome to the April newsletter for 2017

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## **A. The Nurses notes**

Hi,  
My name is Daralyn (Lyn) Jared. I am one of the team of three Practice Nurses and one Health Care Assistant here at Forest Edge.

My day is varied. It could consist of asthma checks, spirometry (lung function) checks, travel immunisation and advice, baby immunisations, cervical smear tests and various other procedures. It's always interesting, never boring.

I also advise patients on lifestyle changes to help them eat healthily and lose weight.

I feel my role as a Practice Nurse is a preventative role, trying to improve the health and well being of the patients I see. I enjoy meeting all of my patients and hopefully help to keep them healthy.

With kind regards *Lyn Jared SRN*

## **B. This quarter's awareness information on the TV**

There have been few changes to the TV screen displays in the first quarter. In January after an IT failure some patients were requested to check with the doctor the details of their consultation. During the quarter a new text phone was set up to take appointment cancellations. The number is **07763 593712**. Finally the practice is reviewing the documents given to new patients and a slide asked if a patient with suitable skills would like to assist.

## **C. Patient Participation Group comment**

Having joined the PPG some months ago I have found the group very friendly and have gained lots of useful information about the NHS which most of us don't know about. Discharge from the hospital seems to be an ongoing problem with medicines not being available when patients leave and care packages are not set up in time, but there does seem to be an improvement lately. A lady came from a voluntary bereavement group and it was comforting to know there are people who will give their help in this difficult time. Our practice is very well organised and the staff are friendly and approachable. Having heard from friends about their surgeries I feel very lucky to be in Forest Edge.

Regards *Sheila Avarð*.

## **D. Clinical Commissioning Group**

The CCG has started the year with guidance from NHS England that they have to find budget cuts of around £18million. They are running public consultations on how Redbridge can achieve this. The move towards improving primary care (GP) is



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now identified as the Sustainable Transformation Plan (STP). This is part of the Redbridge Primary Care Transformation Plan. The intention being to put groups of doctors together to handle urgent requests so that the GP a patient is signed to can concentrate on the complex patient conditions.

## **Children's health**

The NHS is raising the awareness of the amount of salt required in diets. This is to reduce blood pressure in later life. Adults should consume no more than 6gm of salt per day. Mothers give babies the correct amount of salt through breast milk which is mimicked in formula milk.

The daily recommended maximum amount of salt children should eat depends on age:

- 1 to 3 years – 2g salt a day (0.8g sodium)
- 4 to 6 years – 3g salt a day (1.2g sodium)
- 7 to 10 years – 5g salt a day (2g sodium)
- 11 years and over – 6g salt a day (2.4g sodium)

## **E. Key Medical Changes**

The Department of health is rolling out a new non-invasive prenatal test for Down's, Edwards', & Patau's syndromes. This will take 3 years to implement, but from 2018 women will be offered a safer screening test as an alternative to taking a sample of amniotic fluid or tissue from the womb. Currently around 10,000 prenatal tests a year are done to check for the syndrome. Drug companies working with NICE have found solutions to reduce the price of newly licensed cancer drugs allowing consultants a wider range to prescribe.

## **F. Hospital Info Update**

The Barking Havering Redbridge University Trust has been allocated funds to assess if the Queens hospital at Romford can increase its capacity. This would pave the way to close the A & E at King George but not close the King George Hospital as this is needed for planned surgery and specialist treatment wards. The Urgent Care Centre is also likely to remain.

## **G. Prescription & Health changes.**

If you need information on your prescription but do not have the information leaflet you can find the information on line at NHS choices. They cover the common medicines from paracetamol to metformin etc. When in NHS choices (part of [www.nhs.uk](http://www.nhs.uk)) type prescription in the search bar or the product name.

## **H. General info**

### **The general advice for Out of Hours assistance is:-**

1. For life threatening situations dial **999**
2. Fractures and serious cuts. Go to **A & E**
3. Discomforting conditions use a "Walk in Centre" or the Urgent Care at King George.
4. For rapidly deteriorating ailments or GP advice **call the surgery** or NHS on **111**.
5. If you need an **urgent appointment** in the evening call 020 3770 1888 and ask for a **HUB** appointment.

**Forest Edge APPOINTMENTS ONLY**  
**020 8559 9996**

**TEXT CANCEL to 07763 593 712**

**Forest Edge Surgery ENQUIRIES etc**  
**020 8500 9938**