



FOREST EDGE NEWSLETTER



January 2017 Volume 3 Issue 1

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.

Dear Patients,
Welcome to the January newsletter for 2017

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A. The Doctors notes

"I start by wishing everyone a very happy New Year. My name is Dr Iffat Aziz and I am one of the two new GP registrars who started at Forest Edge Practice last August. I've felt privileged to have received such a warm welcome from the staff and the patients of this practice!

This academic year marks the concluding year of my GP training. My training has involved me working in a number of different specialities including Obstetrics and Gynaecology, Paediatrics, Palliative Medicine, Rheumatology, and Orthopaedics. I hope my experience in these different specialities allows me to deliver the best care possible to the patients of Forest Edge Practice.

In my remaining few months of GP training, I look forward to learning all the skills needed to be a competent and helpful doctor to you all."

With kind regards *Dr Iffat Aziz*

B. This quarter's awareness information on the TV

There have been a few changes to the TV slides during the last quarter. The age of those eligible for the Shingles vaccine changed to pick up those who are 70. We reminded new Uni students to check if they need the Meningitis W vaccination. An additional slide was added to help spot those suffering from latent TB. Also the online web site for appointments and prescriptions changed to Patient-services.co.uk.

C. Patient Participation Group comment

The last year saw a few changes in members of the group. The chairlady moved which gave rise to myself being elected as the new chair. During the year the reception added a mobile phone to which patients can send a text if they are going to miss their appointment and are unable to speak to reception. The number is **07763 593712**.

It has been difficult arranging speakers but we were fortunate in a representative from the CQC came and described how it functions and the problems they face. We were provided with an insight as to how care homes in particular are monitored. We also had a speaker who runs a voluntary group for Bereavement support. Her description of how people behave when suffering a serious loss and the various time frames over which it can affect the bereaved was very useful. Looking forward to 2017 we are arranging for a speaker from NICE, and for speakers to cover what ever relevant issues arise, and continue to raise questions with our doctors on the service and how the parts that affect our patients can be improved. Wishing



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you a Happy & Healthy New Year.

Jean Cowie. PPG Chair.

D. Clinical Commissioning Group

The CCG has come under pressure from patients and the authority NHS England to resolve the long times patients are having to wait to receive planned hospital treatment. There has been some success with treatment at Barts for cancer patients but other areas are proving a real challenge. The other main activity of the CCG is its involvement with the STP which is the Sustainability and Transformation plan. This is driven by NHS England and involves feedback from Healthwatch. The aim is to do more to treat patients at home rather than in hospital. The side effect is that local authorities have more involvement for which they are having to prepare for.

Children's health

The NHS has recently updated its guidance on causes and treatment of asthma. Asthma is the inflammation (swelling) of the breathing tubes. There are all types of triggers like dust fur, pollen, cigaret smoke, smells or cold air. Some chest infections will initiate an attack as well as exercise. Asthma sufferers should develop an action plan with the doctor to help avoid or treat the condition. Some children find the attacks disappear in their teens but it may return in later life.

E. Key Medical Changes

Patients being referred to a consultant may find they are sent to a unit outside the Barking Havering Redbridge area. This is caused by the efforts being taken to reduce the outstanding referral to treatment times. (RTT)

F. Hospital Info Update

Antenatal is staying at King George but will be relocated within the site .Mathew Hopkins the BHRUT Chief Executive has said that King George is not being closed. To close King George would require a large increase in the building at Queens and there is no funding for that to happen. There is a problem with A&E at King George due to the number of Consultants that have to be available around the clock to support the unit. But at the moment it is remaining open.

G. Prescription & Health changes.

It is now common to recommend that patients consider taking a small 10mcg vitamin D supplement during the autumn and winter. This is to make up for the lack of sun light at this time of year. It is not the same for patients with a health problem of vitamin D deficiency. However the supplements are not for GP prescribing and should be obtained over the counter at the pharmacy.

H. General info

The risk of Flu exists until the start of spring 17.

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

Forest Edge Surgery ENQUIRIES etc

020 8500 9938