



FOREST EDGE NEWSLETTER



January 2018 Volume 3 Issue 5

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 2018

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A. The Note from Rita

Hello. I am Rita the Senior Receptionist you meet at Forest Edge. I have been asked to write a few words for the Newsletter regarding my time at Forest Edge Practice from the time of starting to the present date up until my retirement at the end of March 2018, regarding the changes that have taken place.

Everything then was done using pen and paper, all administration work, prescriptions and the appointments were done using one big book that only one person could use at a time. All the patients notes had to be got out for the Doctor for each surgery that they were doing during the day and evening, then for the next day before we left that night. We also experienced two moves of premises from the single storey building we were in to a port-a-cabin up the road in Manford Way

for about two years while they built the multi purpose building that we are in now. This entailed moving all the files, equipment, computers and then back again when the building was complete.

Now with all the building of new houses locally obviously we are now much busier with the influx of new residents wanting to join the practice.

No doubt I will miss being on the front desk and seeing all the patients, getting involved with their well being, but the time has come for me to hand it over to the younger ones!

I have always been very proud to be part of an excellent practice and all it portrays, long may it carry on.

With kind regards *Mrs Rita Rouse*

B. This quarter's awareness information on the TV

While the TV slides are updated each month there were only a few changes to the displays. Dates for the "Memory Cafe" were added and a slide to show what has been removed from prescription as a result of the spending money wisely initiatives.

C. Patient Participation Group comment

During the last year the members of the PPG completed a full review of the Patient leaflet given to patients when they first register at the practice. The next step is to get it on line in a downloadable format. We have continued to invite speakers to improve our understanding and awareness of services to patients. The number of members has remained fairly constant but there is a steady refresh where some members have moved and other patients have joined. there are usually 10 members at each meeting in addition to a doctor and



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other practice staff.

Regards *David Lyon*.

D. Clinical Commissioning Group

There have been many changes in the CCG during 2017. The boroughs of North and East London have merged their provisioning of services while still being borough units. An accountable Officer has been appointed, Jane Milligan. Her task is to coordinate the activities across the boroughs from the City & Tower Hamlets up to Waltham Forest and out to Barking. The boroughs state their requirements and Jane will combine and coordinate the delivery. A Borough CCG will be assigned to provide the service for all the other boroughs. Controlling the financials will be interesting. The CCG's are constantly asking GP's to manage patients so they can avoid A & E.

E. Children's health

Scarlet fever cases in the UK are now the highest in 50 years. It is very treatable using penicillin. A long term study has shown it was steadily decreasing then the number rose from 2014. This is inline with other countries across the world but not in Europe. In other research it is advisable not to give children under 16 Aspirin. It should only be given if specifically prescribed by a Doctor.

F. Key Medical Changes

There is a new treatment option for people with gastrointestinal cancer. More people will be eligible for "regorafenib" now that NICE has advised it be moved from the Cancer Drugs Fund into routine NHS funding. There is consideration being given to improve the management of Asthma. Training for staff to give FeNO tests has been started. This would be used

in addition to spirometry testing. Where the asthma is considered difficult to control then NICE now recommends a LTRA tablet be taken before inhaler treatment.

G. Hospital Info Update

During the winter a new entrance for A & E at Queens has been installed. This is along with the establishment of a new Urgent Care Centre. Hopefully this will reduce pressure on the A & E facilities at Queens.

H. Prescription & Health changes.

Spend Money Wisely 2 has produced a list of medicines no longer funded by local NHS:- Anti-malarial and Threadworm medicines, sleeping tablets, Hay fever & travel sickness medicine, Probiotic supplements, Bath oils, shower gels & shampoo, Sunscreen and skin rash remedies, and some vitamin D supplements.

I. 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 Urgent Care Centres at King George or Queens.
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 with DATE & NAME

to 07763 593 712

Forest Edge Surgery ENQUIRIES etc

020 8500 9938