

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,
Wishing you a happy & healthy New Year, and welcome to our second quarterly newsletter.

A. The Practice Nurse role

The Nursing Team has evolved over the last 25 years into a highly skilled unit.

Elizabeth Kane is the Senior Practice Nurse, Daralyn Jared and Carole Cheam are Practice Nurses and Gill Hampton is the Health Care Assistant.

The Nursing Team run regular clinics at the practice by appointment for:

Diabetes, Asthma & COPD, Coronary Heart Disease, Well Woman & Mens Health, Travel Health, Baby Immunisation, Hypertension, Dressings, ECG's, Phlebotomy.

Nurses are usually available when a Doctor is taking a surgery. Our clinics do tend to run alongside a Doctor as we require one on the premises when working.

District nurses however visit the housebound to do routine injections, dressings, care of the terminally ill, & some can do ear syringing.

The Forest Edge Nursing Staff are highly valued by the practice as a dedicated, friendly & a supportive team that put patients first.

Sister Elizabeth Kane.

B. This Quarter's Awareness Information

Each month we update the surgery TV information board with information that we think it is useful to know.

Here is some of the information we have displayed during the last 3 months.

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1. A new national online service VOS.

This is supported by the NHS, and enables appointment bookings and repeat prescription orders. In the future it is planned that patients should be able to see their own medical notes via this service.

2. Electronic prescriptions

Surgery prescriptions are going electronic. When the doctor issues the prescription it will go directly (electronically) to the pharmacy of your choice. The Pharmacist will print the script, prepare the medication and hand it over with the prescription renewal sheet.

3. Diabetic update

Diabetics are being offered new glucometers. Once the users current test strips have been used, contact Sister Kane for the new meter starter kit that has been reserved for you at the surgery.

4. Shingles vaccination

Patients who are 70 or 79 can have the new shingles vaccine.

C. Patient Participation Group Comments

The Patient Participation Group is in place to improve communications between medical practitioners and their patients. To do this the group meets monthly and discusses relevant topics. To assist this process each year the PPG sets itself objectives to improve the communication. So far we have introduced a TV to provide new information each month, and produced this quarterly news letter.

Other activities have been to have guest speakers update us on matters of patient interest. In June the group received a presentation from Dr Tahir on the new Clinical Commissioning Groups. Then in the July meeting Dipak Doshi the local Lloyds Pharmacist, explained generic prescription substitution process and answered our questions. We are looking to expand the diversity and age range of the Patient Participation Group. Hopefully new members would also assist us in these and other new projects.

D. Clinical Commission Group

At a meeting of PPG representatives the Chief Operating Officer of the Redbridge CCG advised that they would be given the amount of next years funding on 18th December. However on that date it was announced that the Barking, Havering & Redbridge Trust has been placed in special administrative measures. Although services will continue as normal to start with, the new administrators will obviously attempt to remedy the financial shortfall. This will bring about changes.

E. Children's Health

Babies are now receiving Rotavirus vaccine included in their initial injections.

From this year 2 year old babies can now receive the Flu vaccine in the form of a nasal spray.

F. Key Medical Changes

A new shingles vaccine is now available for those patients who are specifically 70 and 79 years young.

G. Hospital info Updates

The Quality care commission has completed its initial a review into the Barking, Havering and Redbridge hospital trust. The interim results are expected to be available in January after this letter is published.

In order to improve patient recovery from medical incidents that often causes prolonged hospital admissions a short pilot scheme is being trialled in

Redbridge to treat patients in their own homes. To do this a Community Treatment team that can respond in 2 hours is being tried out. If a patient is in need of urgent care, the medical practitioner will decide if it is better to bring the medical services to the patients home, and if the patient is agreeable nursing care will commence at home. This will not prevent the decision from being changed if it is found that hospital care would be an improvement.

<http://www.bhrhospitals.nhs.uk> is a good place to look to get their latest information.

Whipps Cross Hospital is part of the Bart's group and information for travel etc can be found at <http://www.bartshealth.nhs.uk>

H. Prescription and other Health Changes

This year has seen many changes to the names of various medications due to branded names going out of patent allowing other companies to produce the same prescription in generic form. Here is a selection of the latest changes:-

Brand name	to	Generic name
Malarone		Atovaguone
Xeloda		Capecitabine
Novir		Ritonavir
Micardis		Telmisartan
Exelon Patches		Rivastigmine

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 at King George.
4. For rapidly deteriorating ailments or GP advice call the surgery or NHS on **111**.

Forest Edge Appointments 020 8559 9996

Forest Edge Surgery 020 8500 9938