



FOREST EDGE NEWSLETTER



October 2017 Volume 3 Issue 4

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 October newsletter for 2017

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A. The Nurse notes

Hello. My name is Gill Hampton and I am the Health Care Assistant at Forest Edge.

My role is varied and includes NHS Health Checks, Wound Care, Phlebotomy, base line Diabetic, Coronary and Stroke Clinics, ECG's, Ear Irrigation, and selected Vaccinations. I am also the Infection Control Lead and am delighted to report that we achieved 99% at our last audit by Public Health England. I have been at the surgery for the past 14 years and enjoy working with a great team and of course caring for our many Patients.

With kind regards *Gill Hampton*

B. This quarter's awareness information on the TV

We added a new screen recommending patients to have their medication reviewed annually. Some common

medications when taken regularly requires a health check to ensure the side effects do not cause other health problems. Other screens show the prescription charges and always at this time of year a reminder to book a Flu vaccination.

C. Patient Participation Group comment

The last quarter has seen the members reviewing the leaflet issued by the practice to new patients who register at Forest Edge as their GP service. This became an interesting exercise when we discovered how many things had changed since the leaflet was produced many years ago. There are more ways to contact the surgery and variation in opening times and availability of staff. In September we had a presentation from Ian Tompkins on how the council services are being integrated with the NHS. The way two different management structures have to operate together was an eye opener. The NHS side is directed in its operations where councils operations are in response to its electorate. The convergence is in its early stage and we will learn more in the coming months. The PPG hope you have a good healthy Christmas and a Happy New Year. Regards *David Lyon*.

D. Clinical Commissioning Group

The CCG completed its first round of looking for ways to reduce expenditure during the Spring of this year and Surgeries were given new guide lines. However the savings needed to be increased to meet the target set by NHS England so a new consultation "Spending Money2" is being run. The results will be reviewed by the doctors representing



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Barking, Havering, and Redbridge CCGs to see if it is possible to achieve suitable savings while improving healthcare.

A social prescribing service pilot has been launched by the CCG in the Fairlop Ward. GPs will be able to refer patients for support if they are isolated, sad, anxious, or have type 2 diabetes. This will give the patient a one to one appointment with a "Health & Wellbeing Buddy" who will discuss concerns and support them in accessing local services and activities that will suit their needs to help resolve their low well being.

E. Children's health

Young babies are now offered 6 in 1 vaccine. It protects against Diphtheria, Hepatitis B, Hib (Haemophilus influenza type B), polio, tetanus, & whooping cough. It is given in 3 doses at 8, 12, and 16 weeks old. It is injected in the thigh.

F. Key Medical Changes

There is a global shortage of Hepatitis B vaccine. The limitations to supply are likely to continue into 2018. Public Health England and Department of Health have been working with both manufacturers to manage ordering restrictions. However infants born to infected mothers will have no delay in being vaccinated.

G. Hospital Info Update

Mums to be attending Queen's and King George hospitals for their maternity care will be asked for two forms of identification. This is part of the Department of Health national pilot scheme to see if it is possible to identify health tourists.

H. Prescription & Health changes.

Public Health England is running an antibiotic resistance campaign. As well as television adverts GP's have been told not to prescribe antibiotics as a first line of treatment for Sinusitis and other viral infections. However it becomes a difficult balancing act when the infection continues for longer than a week and a weakened patient then becomes vulnerable to a bacterial attack that will require antibiotics. Patients are recommended to recover from viral infections using Paracetamol with rest and warm fluids..

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 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