



FOREST EDGE NEWSLETTER



January 2016 Volume 2 Issue 6

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 first newsletter of 2016
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A. The Doctors notes

Dear all,

I have been asked to write a few words for this edition of the Forest Edge Newsletter. I have been a GP in the area for over 30years; during this time I have seen many changes. We at Forest Edge are fortunate in the team we have at the moment and hope as staff changes are made, and with an ever expanding list size, we can continue to provide the best patient care we can.

We, as a practice, are very grateful for all the work the patient participation group does for us, especially the waiting room tv screen, which is regularly updated, and their current work trying to improve the patient hospital discharge process, both in terms of the patient experience and the paperwork.

The challenges I see for the the year ahead are: continuing to keep the ethos of the practice going; being able to cope with the increased population growth in the area; being

able to cope and hopefully get the resources to implement the increasing amount of services provided in the community.

We hope to be able provide weekend services by linking up with other local practices. We will continue with our Saturday morning surgeries. We hope too to continue as a training practice. We usually have 2 registrars each year. Dr. Salih and I are qualified as GP trainers. I am also very grateful to all the patients who help with the undergraduate students from Queen Mary College.

To conclude I hope that there are no major changes for the practice on the horizon and anticipate that we can continue to work with the patient participation group to address any concerns our patients may have.

Dr Rowena Cameron-Mowat

B. This quarter's awareness information

As people may be aware from various news feeds that there is a major push to reduce use of antibiotics. Doctors have been strongly advised not to issue them and are being measured on what is prescribed. To help patients a self help list to deal with common symptoms has been produced and copied on to a slide on the TV. Another item added is to help patients contact the secretary when necessary.

C. Patient Participation Group comment

At the start of the year we look at what items we can select to improve the practice patient relationship and who should we request to speak to the Patient Participation Group. At our January meeting we had Thomas Thorn speak to us regarding "Healthwatch" whom he works for. They are partially funded by the



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Redbridge Clinical commissioning group and represent patients in Redbridge to NHS organisations. They are not connected to any GP practice and so they visit patient groups to gather information. This year we will be looking for a volunteer from the group to chair our meetings as Jean Goody is soon to leave the practice.

David Lyon

D. Clinical Commissioning Group

Along with an Increase in specific funding the CCG is increasing its funds for mental health support in Redbridge. The CCG is consulting on changes to the stroke rehabilitation process. In the preparation for the 2016/17 priorities the CCG is going to work with GP's to improve treatment for diabetes, COPD, cancer, and mental health. A key review nearing completion is looking to see if phlebotomy (Taking blood samples) can be carried out at a pharmacy or health centre near a patients home.

E. Children's health

Around twice as many girls (19 per cent) than boys (10 per cent) reported being a victim of cyber-bullying in 2014, according to new figures published by the Health and Social Care Information Centre. Overall, more than half (55 per cent) of young people in England said they had experienced some form of bullying in the past couple of months. To resolve this, encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having. Work together to deal with it immediately.

F. Key Medical Changes

Greater awareness of the effects of antidepressants (specifically paroxetine) during the first 3 months of pregnancy has been published. In general expectant mothers have to consider the benefits of treatment of illnesses against risk to the foetus. This difficult decision should be discussed with the doctor.

G. Hospital Info Update

The GP practice Spearpoint at King George Hospital is to close due to patient numbers being insufficient to keep it financially viable. Redbridge Patients to the Warfarin clinic at King George's are being assessed to see if they can use a pharmacy or health centre close to their homes for INR checks. All hospitals are NO SMOKING areas.

H. Prescription & Health changes.

Patients are being offered guidance on simple cures for common ailments and when to speak to the doctor for prescription medication. The guide is available on the TV slide at the surgery.

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

Forest Edge Surgery ENQUIRIES etc
020 8500 9938