



FOREST EDGE NEWSLETTER



OCTOBER 2014 Volume 1 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 our 4th quarterly newsletter 2014.

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A. The Practice Doctor's Role

Dear patients,

I have been a partner at Forest Edge Practice since March 2003. My special interests are child protection, asthma and COPD. Therefore I have meetings with the Health Visitors, the Child Protection Team, and the Pulmonary Rehabilitation Team.

After completing a postgraduate course at the University of Westminster, I became a trainer for GP Registrars in 2013. I enjoy facilitating learning in young colleagues, and sharing patients' journeys with them.

On another pleasurable level my love of the humanities, such as art, creative writing, poetry etc. enhances my understanding of patients and their multi-faceted problems.

Dr. Hastie Salih

B. This Quarter's Awareness Information

EHIC

Do you know the European Health Card is dated & expires after 5 years. Many are due for renewal.

Asthma inhaler use

Some people do not know how to correctly use their Asthma inhalers.

Instructions are:

Shake the inhaler, Expel air from your lungs, Place mouth tight around inhaler, Then breathe in while squeezing inhaler.

Vaccinations

This year's mass Flu vaccinations will be on Saturday 18th October. Contact reception for an appointment even if you have missed the date.

C. Patient Participation Group Comments

"Its a privilege to participate with the 21 PPG meetings by giving ideas, We talk about what goes on the TV every month, and ok the survey and newsletters. At this present time we are looking into hospital discharges and putting care at home before the patient leaves, which is rarely done right."

Graham & Ann Lancer

D. Clinical Commission Group

Services commissioning companies are competing with GP's to provide health services. This is guidance provided by the EU. The GP's will be asked to pay for these services out of the practice budgets. Local GP's are trying to form limited companies to also provide the services. These services are out of hours doctors, blood testing health screening, physiotherapy etc. The services will change as time passes and will include other items

E. Children's Health

It has been found that eating two good meals a day is helpful in reducing excess weight than having 4 or 5 small snacks.

Children playing for long periods on tablets, phones, or computers often lead to them having periods of loneliness and anxiety.

This year children of 4 or younger can have the flu vaccination as a nasal spray.



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F. Key Medical Changes

Care.Data

Our practice area has the collection of patient data deferred until next year (2015)

G. Hospital info Updates

Hospital discharge

The BHR hospitals have implemented a plan to obtain improvement to the hospital discharge process. This includes a new model for medical ward discharge operation, Identify best practice in medical wards and apply it across the others, Develop effective Transfer & discharge processes, along with capacity planning.

Septicemia

This occurs when the body suffers from an infection and the chemicals released in the blood cause an inflammation over the entire body. If severe can cause Septic shock. It is tiny blood clots blocking oxygen from vital organs.

Symptoms include fever, high heart beat rate, fast breathing, and possibly infection.

Treatment can involve, antibiotics, blood pressure medication, insulin, corticosteroids for the inflammation, and pain killers.

H. Prescription and Health Changes

Prescription waste

Forest Edge is trying to reduce the waste of medications. Especially from unnecessary prescriptions.

All medication once issued but unused is destroyed. It cannot be re-issued. *ONLY* order what you need. Please check your repeat medication is correct.

I. General info

The general advice for **Out of Hours** assistance is:

- For life threatening situations dial **999**
- Fractures and serious cuts. Go to **A & E**
- Discomforting conditions use a walk in center or Urgent Care at King George.
- For rapidly deteriorating ailments or GP advice call the surgery :

Forest Edge Practice:

appointments 020 8559 9996

general enquiries 020 8500 9938 or NHS on **111**.

