

In Good Health

Paramedics in practice?

DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website.

As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

FY2's & Students

You may notice a few new faces around the surgery in the coming months. In fact, you may have already met them. Being a teaching surgery we play host to both FY2's and medical students. We currently have two FY2 doctors with us until December, Dr Madara Kronberga and Dr Meng Jiang Lim. Both have completed their medical studies and are now deciding which avenue to specialise in. We are also joined by Rongkagorn Chuntamongkol & Amy Kitchen, two year 5 students who will be working closely with our GPs and nurses.

Last year we were joined by two paramedic practitioners in the shape of Barney Strange and Judith Duffy. They were recruited in response to the increasing pressure on GPs and the decline in the number of GPs available, meaning waiting times are increasing and the amount of GP appointments available is reducing. They are different from Drs, but it is also important to realise that they are not nurses. Paramedic Practitioners are somewhere in between, doing the acute work and taking the pressure off GPs. They have become a

valuable addition to the surgery team, mainly dealing with acute patients who want to see someone the same day but may not need the expertise of a GP. This fits perfectly as they are used to dealing with on-the-day emergencies as that was their role in previous positions. They are also able to offer self care advice to patients. This allows the GPs to focus on more complex care patients and frees up their much needed time. Plus it's meant that we have more GP appointments to offer over both sites.

Paramedics are not currently

a prescribing profession, but they work around that by working closely with the GPs, who are able offer advice when needed. In the future there is a hope that the paramedic role will be able to prescribe.



Some Paramedics are leaving the ambulance behind and joining GP practice. Both Adelaide Street and Harris Medical are proud to have them as part of our clinical team.

Awareness Months

Each month each surgery has a full poster board dedicated to a different health related topic in order to help raise public awareness and education. This September brings us sexual health week and know your numbers week, which is a national campaign with a focus on

high blood pressure. In October we will be focussing on arthritis across both surgeries as it is national arthritis week 12th–19th October, and in November you will find information on alcohol and men's health in celebration of Movember.

For further information you can visit the following websites:

www.brook.org.uk
www.tht.org.uk

www.bloodpressureuk.org

www.arthritiscare.org.uk
www.nras.org.uk

www.alcoholconcern.org.uk
uk.movember.com

Flu, pneumococcal & shingles vaccinations

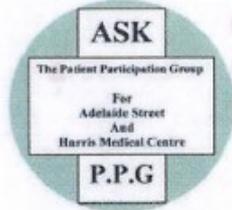
From the first week in October we will be running flu vaccination clinics in both surgeries. All who are entitled to this vaccination should receive an invitation in the post prior to this. If you are unsure of your eligibility, then please check with reception. The pneumococcal vaccination will be offered to those 65

and over who have not had one previously. The vaccine protects against serious and potentially fatal pneumococcal infections. The surgery will also be vaccinating those who are eligible for the shingles vaccination. You are eligible for the vaccination if you are aged 70 or 78.

In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. It is not available on the NHS if you are 80 or over.



Patient Participation Group (PPG)



Since the Summer of 2010, a small group of patients, GP's, Nurses and Managers of the practice have been meeting to discuss how patients can get more involved in making decisions on how the practice is run. The group calls itself ASK PPG (Adelaide Street & Kentmere Patient Participation Group).

The next PPG meeting is scheduled for Wednesday 20th September, 12pm at Harris Medical Centre.

Practice Manager, Luan Stewart, would like to extend an invitation for anyone interested in joining the PPG to attend this meeting.

Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



Harris Medical Centre has had a make-over

If you have visited Harris Medical Centre since the 24th July you will have noticed a distinct change in appearance. A whole weekend was devoted to updating the surgery with new flooring and lighting. We are very pleased with the results, and we hope that you agree that it gives the surgery a brighter and more modern look. Photos of the change can be found on our website or on our facebook page.

My Health UK App

We now have a new app available for all our patients to use. The app has been designed by health professionals to help face the demands on the NHS and primary care by understanding the needs of patients. The app gives you the patient control to engage with the practice. You will no longer have to use patient access to order your medication or make appointments as

this is integrated into the myhealth app. It will also provide you with appointment reminders and invitations to book health checks and reviews when you are due, as well as providing information on other health services available to you within the community.

The app is available to download on iPhone/iPad, Android 4.1.2 (Jellybean) and above and android tablets.



Follow these steps to get the app:

Search for "My Health UK" on Google Play or the App Store and download to your device

Register your details
(Review terms & conditions)

Select location

Select your GP surgery
(Review surgery terms & conditions)

Await approval

A Healthy Recipe To Try...

Chicken Chow Mein

Ingredients

- ◆ Dash sunflower oil
- ◆ 1 onion, halved, thinly sliced
- ◆ 2 chicken breasts, shredded into 4cm long strips
- ◆ 1 carrot, cut into 2cm-long matchsticks
- ◆ 125g shiitake mushrooms
- ◆ 1 courgette, cut into sticks
- ◆ 100g frozen soya beans, defrosted
- ◆ 2 tsp Chinese five-spice
- ◆ 2 tsp reduced-salt soy sauce
- ◆ 2 cloves garlic, crushed
- ◆ 300g pack ready cooked egg noodles

Method:

1. Add the sunflower oil to a large pan or wok, add the onion and cook for 2 minutes
2. Add the chicken and stir constantly for 3-4 minutes, making sure the pieces don't stick together.
3. Add carrots, mushrooms & courgette. Cook for a further 3-4 minutes.
4. Next, add the soya beans, Chinese five spice, soy sauce, garlic & noodles
5. Mix well for another 3-4 minutes until the noodles are hot through.

Nutritional Information:

- ◆ Calories - 417
- ◆ Protein - 38.1g
- ◆ Fat - 8.9g
- ◆ Fibre - 7.9g
- ◆ Carbohydrates - 42.3g



Hep B Vaccs

We have been advised that there is currently a national shortage of hepatitis B vaccinations. We will therefore be unable to offer this service to our patients for the time being.



New Service

A new service that will enable us to offer appointments with GPs on evenings and at weekends is due to be put into operation late September. We are currently unaware of the finer points of how this system will operate at the moment, but we will be sure to inform you as soon as we know any further details.

