

Burney Street Practice Newsletter

www.burneystreetpractice.co.uk

We welcome you to the summer edition of our practice newsletter!

Staff Changes

We would like to inform you of some staff changes that will affect the coming months.

Dr Trinh joined us as a Locum in May and will be here to October 2015 and Dr Corbett who also joined in May as a Locum finished with us on 16th July 2015.

Dr Barber will be rejoining the practice for his last year of training from August.

On a sadder note, Dr Helen Phillips will be retiring in September 2015, after 23 years of being a leading force behind the practice. There will be a book to sign in reception for anyone who would like to leave a farewell message.

Dr Komal Gill will be leaving us in September for an exciting new challenge. She has been a great part of our team and will be missed by both patients and staff. We wish her all the best.

As a result, we will be looking to appoint new partners in April 2016.

Patient Participation Group

The dates of the future meeting of the patient participation group are Wednesday 14th October.

We are keen to have more patients join our PPG so that the views of patients are fully represented.

Contact Lucy Davis at: lucy.davis6@nhs.net to find out more.

Baby News!!

Dr Cheytna Mitra will be on maternity leave until June 2016. She had a baby girl and all is well with both of them. We wish them all the best and look forward to Dr Mitra returning next year!

Dr John Monach & his wife had a baby girl and all is well with him and his family also.

Your Pharmacist can assist with:

- Hay fever and allergies
- Cough and sore throat
- Earache and backache
- Period pain and thrush
- Cold sores, warts, verrucas and mouth ulcers
- Nappy rash and teething
- Head lice
- Constipation and diarrhoea
- Eczema and allergies



A day in the life of... a Practice Nurse

Practice nursing..... What do we do?

Our role is to provide a nursing service to everyone registered at the practice. The difference between hospital and primary care nursing is that most of our work is about health promotion and supporting you to maintain good health.

We are a team of nurses and healthcare assistants so we do dressings, stitch removals, ear syringing for wax (did you know that sodium bicarbonate ear drops are now thought to be more effective?), blood pressure checks diabetes care health checks, asthma checks, COPD checks and contraception. In case you have not heard of them, I've summarised some of the main ones below with all the name of the person who you will see.

Childhood vaccinations — Each child needs 14 vaccinations up to the age of 3yrs 4 mths so we're pretty busy and planning more with the Meningitis B Vaccine for newborns that starts in September. We'll be publishing more information on this but in the meantime, check out NHS choices for more details.

<http://www.nhs.uk/conditions/vaccinations/pages/meningitis-b-vaccine.aspx>

Contraception—the practice does all types of contraception from pills, patches, rings, injections, coils and implants. The nursing team can advise on any type and options for you and if you choose an implant or coil, prepare you for the procedure. Prudence, Caroline, Jane and Becky can all do this.

Diabetes—we now know that if you have diabetes and see a specialist clinician once a year, your knowledge and ability to manage your diabetes will increase. This means you are less likely to get complications from diabetes. Becky is our diabetic expert and is always happy to see people even if they simply want a chat. Please book yourself in.

Asthma—we also now know that if you see an asthma clinician once a year you are less likely to have a bad asthma attacks and the outcome will be better—even if you only use a blue inhaler a few times a year, we would love to see you. Just book an annual review with Jane.

Sexual health - we offer Chlamydia and HIV testing for anyone who thinks they might be at risk. Please feel free to make an appointment with a nurse or for Chlamydia testing ask for a swab, for women, or a urine bottle, for men (sample should be early morning) and we can process your test. Don't forget that you need to contact us in a weeks time for the results and of course leave a mobile phone number with reception

Cervical screens— the service is offered to all women from 25—65 years old. We have an excellent take up on this service, we currently have around 80% of eligible women coming forward. but would like more. If you are getting letters from the NHS inviting you for a screen, that means you are now due, please call to make your appointment.

Calling all smokers—if you're thinking about quitting, we'd love to see you. Sharon, our Healthcare Assistant offers flexible and very supportive smoking cessation service. If you're over 35 and smoke, we can offer a simple lung function test (spirometry) to see if you are developing any smoking related damage to the lungs. Please call or come in make your appointment.

Meningitis B – Immunisation

The Meningitis B vaccine will be offered as a free immunisation to infants on the NHS as of Autumn 2015.

If you require Meningitis B for your child before this Autumn you can still receive it privately from The Hospital of St John & St Elizabeth.

Did you know? In April we received 8090 calls— that's over 400 calls a day! We offered 4884 appointments in April, with 308 patients not attending.

Did you know? GP practices are only funded for 2 consultations per patient per year—the average patient consults 6 times a year