

Selsey Medical Practice Newsletter

The latest news and information from your local surgery

Summer 2024

Access Your Medical Information Online

Selsey Medical Practice are big fans of the NHS App and we are recommending it to all of our patients. It's a great way to access information and GP services including; appointments, prescriptions & results.

Do more with the NHS App!



The App works on the browser of your computer, tablet, or smartphone.

Find out more about the NHS App and how you can download it on **page 4** in this issue.

Please Record your Height, Weight and Blood Pressure.

Please measure Your Height & Weight and check your Blood Pressure before your appointment with a GP, Nurse or Paramedic.

Your clinician will record this information in your clinical record and use it to inform their advice and your future care.

You can use our 'all-in-one' machine in the waiting room to easily record these values (it's on the left when you enter reception). The process is quick and easy and there are instructions on the front of the machine (It also tells you what to do!). Please take the printout of your recordings into your appointment when you are called.

You can use this machine and the older machine located in the other end of the waiting room (blood pressure only), at any time when the surgery is open.



An inexpensive blood pressure machine

Many of our patients have purchased their own inexpensive blood pressure machines (Boots online currently sell these for £31.99). If you use your own machine it is a good idea to record a number of results during the day, and calculate the average of the two readings it gives you (if you can remember your maths lessons!). You can submit readings to reception at any time and the results will be added to your notes.



Our waiting room machine

Men's Health - Find out about Prostate Cancer and PSA tests, page 6



Patient Group

If you have any feedback that you think could help us to do better, we welcome your suggestions and also respond promptly to any complaints. There are links on our the practice website for contacting us, or you can write to us at the practice.

During the past few months, volunteers from the Selsey Patient Group have maintained a presence in the surgery for an hour most days. We have been there to assist you with checking in on the computer screens, encouraging you to measure your height, weight and blood pressure (page 1), directing you to the appropriate receptionist or just generally talking to you. Hopefully, you have found this helpful. We will not have much presence in August as so many will be away on holiday, but hope to be back soon!

Patient Survey

June saw us encouraging patients to complete the annual patient survey. This information gives patients the opportunity to say how we think our Practice is performing and where we think it needs improvement. We are currently processing the results and the figures and comments will be discussed at our next meeting with the Practice to see where any improvements can be made (details of the outcomes will be shared in the next newsletter). So, a big thank you to all who took part in the survey. We had 141 replies in total – not as many as last year, but it will still reflect the Practice's performance level.

Evening Talk

The Patient Group, Selsey Medical Practice and Nuffield Health are holding an evening talk on: Urogynaecology at The Selsey Centre on Tuesday 17th September at 7.00 p.m..
The speaker is Miss Georgina Fraser, Consultant Obstetrician and Gynaecologist with advanced certification in Urogynaecology. She is the Consultant Urogynaecology lead at St Richard's Hospital. Free refreshments will be available and there will be an opportunity to ask questions. Please do join us.

Despite the financial constraints the NHS is experiencing, let's be grateful Selsey is one of the few surgeries who still offer earwax removal free...and we are the only Chichester GP Practice to have a diabetic retinopathy machine, which means that our diabetic patients do not have to travel to St. Richard's Hospital. There are many positives and we hope to keep working together to bring you the best possible care.
Enjoy the summer!

If you would like to join the group or find out more about their role, you can visit their page on our website www.selseymedicalpractice.co.uk/patient-group

Rebuild General Practice Campaign

General practice should be at the heart of every community – keeping patients safe and providing strong foundations for the rest of the NHS.

Unfortunately decades of neglect has broken the entire system. We don't have enough family doctors to treat our patients, GPs are leaving the profession in droves, and practices are closing all over the UK.

Patients should be able to see a GP when they need to.

Our colleagues across the NHS should be able to work closely with us to provide the right care, at the right time. A strong general practice keeps people healthy and gives them the care they need in their community. It also takes the pressure off hospitals and specialist services, saving money in the longer term.

We have a new Government but reform takes time and these problems are immediate and real. Rebuild General Practice is an organisation which represents GPs from across England, Scotland, and Wales, who are calling for support to Rebuild General Practice.

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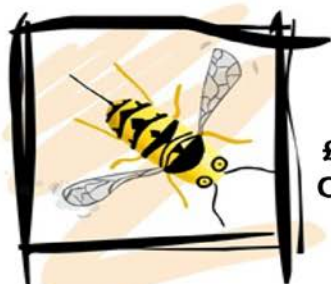
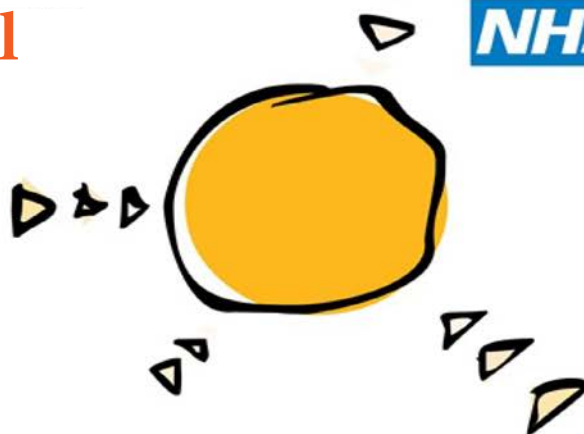
To find out more about their campaign visit <https://rebuildgp.co.uk>



Last Year Selsey Medical Practice Spent...



£2,406
On sunburn and sun protection.



£63
On insect bites and stings.

Over the last year we spent **£12,686** on treatments for summer health for which a prescription is not needed.



£1,677
On travel sickness.

Choose self care.
Speak to your pharmacist for help and advice on managing your summer health symptoms.



£8,539
On mild hayfever.



Your GP, Nurse or Pharmacist will not generally give you a prescription for over-the-counter medicines for short-term, minor health concerns. Instead, over-the-counter medicines are available to buy in a pharmacy or supermarket in your local community. A 37p packet of paracetamol from Asda would cost the NHS over £8.00 to dispense!

Speak to your pharmacist today about how they can help you with your common condition. You do not normally need to make an appointment to see the pharmacist, just pop in and they will help you and answer any questions. Pharmacists have the knowledge and skills to help and advise you on how to use the medicines they sell and those which you may have at home already.

By keeping a selection of essential medicines at home you can treat common conditions easily and avoid unnecessary trips to see your doctor.

Access Your Medical Information Online

What is the NHS App?

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.



The App works on the browser of your computer, tablet, or smartphone.

Appointments

- **book appointments with your GP Surgery**
book, view and cancel appointments
- **book and manage hospital appointments in one place**
you can choose your treatment provider from a list provided by your GP/referrer, and see information on most of them, including who to contact, waiting times, distance and booking details
- **manage vaccination appointments**
book, amend or cancel vaccination appointments

Advice and information

- **search symptoms, conditions, and treatments**
use the health A-Z to check symptoms and treatments, and get advice on what to do next
- **get health advice through 111 online**
check if you need urgent help and find out what to do next
- **find NHS services**
search for services near you
- **check your NHS number**
check your NHS number and manage your contact details within the NHS App

Your health

- **view your GP health record**
view your medical history, test results, allergies, and medicines
- **register your organ donation decision**
choose to donate some or all of your organs and check your registered decision
- **take part in health research**
register with Be Part of Research to help us provide better care and treatment

Prescriptions

- **order repeat prescriptions**
request repeat prescriptions without having to contact your GP surgery
- **nominate a pharmacy**
choose a pharmacy where your prescriptions will be sent to

To download the NHS App, scan here



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You can find out more and also download the NHS App from the NHS website here: <https://www.nhs.uk/nhs-app/>

Hospital Waiting Times

Unfortunately, hospital waiting times for procedures and appointments have continued to increase and are currently at a record high.

SUSSEX COMMUNITY NHS FOUNDATION TRUST figures show that about 30% of patients are currently waiting longer than 18 weeks to be seen for their first hospital appointment. You can check specific times here <https://www.myplannedcare.nhs.uk/seast/brighton-sussex/>

We understand how frustrating and worrying this can be, especially if you haven't heard any news about an upcoming appointment to see a specialist. If you are waiting for a procedure or appointment at the hospital please do not contact the GP surgery about this, as we do not have access to the hospital appointment or waiting list system. If your condition has worsened please contact the hospital outpatient department to enquire when your appointment will be.

The details of the outpatient department should be on any correspondence that you have received from the hospital. You could also visit the Trust website and find contact numbers here:

<https://www.sussexcommunity.nhs.uk/patients-and-visitors/locations>

If you feel that your symptoms are more severe and that the appointment waiting time is too long, then please contact the specialist's secretary and ask them to request that the specialist review your referral in light of your new symptoms. The number and email for the specialist secretary should be on the correspondence which you have received from them. If you are unable to make contact with outpatients or the specialist secretary then please contact:

The Patient Advice and Liaison Service (PALS)

Monday to Friday 10:00 am to 3:00 p.m..

Tel: 01243 831822

<https://www.uhsussex.palschichester@nhs.net>

If you are concerned that your new symptoms may not be related to your original condition then you should let your GP know, and they can assess, advise, and manage your new condition.



MMR Vaccinations

In response to the recent Midlands/London Measles outbreak, NHS Sussex is reminding parents of the importance of taking up the MMR vaccine. The free Measles, Mumps and Rubella (MMR) vaccine is a safe and effective way of protecting people against measles as well as mumps and rubella.

It's important for parents to take up the offer of MMR vaccination for their children when offered at one year of age and as a pre-school booster at three years, four months of age, not only to protect themselves but others as well.

If children and young adults have missed these vaccinations in the past, it's important to take up the vaccine now from GPs, particularly in light of the recent cases across England.

If you're unsure that you, or your child has had the MMR vaccine you can check on the NHS App or with your GP Surgery. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too. It's never too late to catch up, and you can get the MMR vaccine for free on the NHS whatever your age.



Measles is highly infectious and can spread very quickly.

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

More information about Measles is on the NHS website:
<https://www.nhs.uk/conditions/measles/>

PSA Testing and Prostate Cancer

The prostate is a small gland in the pelvis and is part of the male reproductive system. About the size of a walnut, it's located between the penis and the bladder, and surrounds the urethra. The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

Prostate cancer is the most common cancer in males in the UK, with around 55,100 new cases every year. That's around 150 every day, accounting for 28% of all new cancer cases. You have a higher risk of prostate cancer if you have a family history of prostate cancer, or you are of black ethnic origin. Your risk also increases if you are overweight or obese.

Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra).

When this happens, you may notice things like:

- An increased need to pee
- Straining while you pee
- A feeling that your bladder has not fully emptied



These symptoms should not be ignored, but they do not mean you have prostate cancer. It's more likely they're caused by something else, such as prostate enlargement.

There's no single test for prostate cancer.

The most commonly used tests for prostate cancer are:

- Blood tests
- A physical examination of your prostate (known as a digital rectal examination, or DRE)
- An MRI scan
- A biopsy

PSA Tests

The blood test is called a prostate-specific antigen (PSA) test. This measures the level of PSA and may help detect early prostate cancer. **If you are over 50, you can ask your GP for a PSA test.**

- PSA tests are not routinely used to screen for prostate cancer, as results can be unreliable.
- Your PSA level can also be raised by other, non-cancerous conditions.
- Raised PSA levels also cannot tell a doctor whether you have life-threatening prostate cancer or not.
- If you have a raised PSA level, you may be offered an MRI scan of the prostate to help doctors decide if you need further tests and treatment.

If you have any of the symptoms please don't ignore them like so many men do; make an appointment with us to see a clinician.



Vaccinations: Whooping Cough, Mothers and Babies

Whooping cough (also called pertussis) is a serious disease that can lead to pneumonia and permanent brain damage. There has been a sharp rise in whooping cough cases recently. In England this year, there were 7,599 laboratory confirmed cases of whooping cough reported between January and May. This compares with just 858 cases reported in the whole of 2023.

Most young babies with whooping cough will be admitted to hospital because they are at risk of dying from the disease. They remain vulnerable until they can be vaccinated against whooping cough from 8 weeks of age.



Since 2012 mothers can help protect their unborn babies against whooping cough in their first weeks by having the whooping cough vaccination themselves while they are pregnant. You should have the vaccination even if you've been vaccinated before or have had whooping cough yourself. The best time to get vaccinated to protect your baby is from week 16 up to 32 weeks of pregnancy. You can have the vaccine anytime from 16 weeks but if you have it after 38 weeks it may be less effective. Calculated maternal vaccine effectiveness against infant death is very high at around 92%.

Uptake of the vaccine amongst pregnant women has been very encouraging and the vaccination programme has been very effective in protecting young babies against whooping cough. Talk to your midwife or GP practice and make an appointment to get vaccinated. Your baby will still need to be vaccinated as normal when he or she reaches 8 weeks of age.

Respiratory Syncytial Virus (RSV) is a common respiratory virus that can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults and in small babies. It has a considerable impact on individuals and NHS services during the winter months.

There is a new RSV vaccination available this year. The rollout, which will start from 1 September 2024 in England, includes a vaccine for pregnant women over 28 weeks to help protect their newborn babies. A routine programme is also planned for those over 75, and a one-off campaign for people aged 75 to 79.



HELP YOUR SURGERY! JOIN THE FRIENDS



**The Friends of Selsey Medical Centre
help fund necessary equipment and services
not provided by the NHS.**

**Recently we have contributed in whole or partially
to the following:**

**DEMENTIA TRAINING FOR SURGERY STAFF
PERSONAL ADVICE AT CARE SHOP AND SURGERY
BUDDY TRANSPORT SCHEME (low cost taxi for those who
need help from home to surgery and local hospitals)
RECENT SURGERY BUILDING IMPROVEMENTS**

**If you use the surgery, please become a Friend with an
annual donation. Membership costs from £5 per
person. Signup forms available at the Medical Centre
or phone our Membership Secretary on 01243 606328.**

The **FRIENDS OF SELSEY MEDICAL CENTRE**
Registered Charity No 1013456

Recent New Status for Selsey Medical Practice!



Armed Forces veteran friendly accredited GP practice



We are an Armed Forces veteran friendly accredited GP practice.



This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

To find out more, ask your nurse or GP.

GPs are On Your Side!

Did you know... 

The Government gives this practice just £107.57 a year for each patient, whatever their health needs. That's less than the cost of a TV licence.

This means we're only given 30p a day for every patient registered with us – less than the cost of an apple.



30p

GPs want the same things that you do.

We believe nobody should struggle to see their family doctor.

We believe general practice deserves a **bigger slice** of NHS funding so we can train and hire more GPs, deliver the services you require and make it easier to get appointments to see your GP and practice team.

We know you deserve better than this. GPs Are On Your Side.

bma.org.uk/GPsonYourSide

Selsey's Hidden Gem!

Many of the staff at the surgery have been visiting Selsey's Hidden Garden, which is a fantastic community project located behind the library in School Lane.

We hope to share more about the opportunities and projects that this brilliant organisation carries out in future editions, but in the meantime we recommend that you pop in for a look around and maybe talk to the staff and learn more about what they do.



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