

Selsey Medical Practice Newsletter

The latest news and information from your local surgery

Summer 2019

Welcome to our Summer edition! Like our recent resident seals, we hope you are enjoying the weather and all that Selsey has to offer. With this in mind, we revisit some sensible hot weather advice on pages 4-5. We hope you find the information and articles in our newsletters useful and informative. If you have any suggestions for future topics or advice, we welcome your comments.



Excellent NHS App

When you have a chance, we really recommend that you try this new NHS App. If you're a patient at our practice you can now use this versatile, new NHS App, which is a simple and secure way to access a range of NHS services on your smart phone or tablet. You can use the NHS App to check your symptoms and get instant advice. You can also book appointments, order repeat prescriptions, view your GP medical records and much more. If you already use our online service you can still continue to do so, but you can access the additional features of the NHS App as well. For more information please visit www.nhs.uk/nhsapp



Making Blood Tests Easier

It is important to drink water before your blood test. Proper hydration allows the blood to be taken more easily. The more hydrated you are, the more visible your veins are and the blood flows better.

Top Tip!



HPV Vaccine now for boys as well as girls

We mentioned this in our Autumn 2018 Newsletter so we are very pleased to announce that the HPV vaccine is now being offered to year 8 boys in school. Girls in year 8 have been offered the vaccine for over ten years. The evidence is clear that the HPV vaccine helps protect both boys and girls from HPV-related cancers. School Immunisation Services will be offering the HPV universal programme in all schools for September 2019. The first dose will be given in Year 8 and the second dose will be given in Year 9. Please note that the HPV vaccination will only be available in schools - GPs practices will only provide a "catch-up" service for older girls.

This "catch-up" vaccination is for older girls who have missed the vaccination at school, however there will not be a similar programme for boys in the older year groups - only boys in Year 8 from September 2019 will be eligible for the HPV vaccination.



In England, we have already seen a significant decrease in infections with the two main HPV types that can cause cancer (types 16 and 18). The number of precancerous lesions in the cervix has already fallen by over 50% since the programme began in Australia, Denmark and Scotland.

More information can be found on the Public Health England website: <https://www.gov.uk/government/organisations/public-health-england>



Patient Participation Group



Here at Selsey Medical Practice we have a thriving Patient Group which was set up about 6 years ago. Since 2015 it has been a requirement for all GP practices to have such a group. The primary purpose of the Group is to enable easy two-way communication between the Practice and the local community, so that the thoughts and views of Practice users at service level can be heard and, where practicable, taken into account by the Practice.

The Group's role also includes :

- Encouraging patients to take greater responsibility for their own and their family's health. We organise 3 or 4 free evening seminars each year for the community on specific health topics. This year we held a Women's Health evening back in March and we are hoping that our next event will be a Cardiology session at Selsey Town Hall on Thursday 12 September.
- Carrying out research into the individual views of those who use the Practice, and the service that they receive on a personal basis. We plan and staff an annual survey which is normally conducted over a number of weeks during June each year. If you've visited the surgery recently you've undoubtedly met some of the Patient Group members who have been busy helping patients with the survey.

Currently, there are 7 community members of the Selsey Patient Group but, ideally, we would like this number to be a little higher so, if you fancy joining us, please speak to Reception at the surgery. We meet about 5 times a year so it's certainly not an onerous task!

Bob Arnold, Chair, Selsey Patient Group

Patient survey update

We have recently undertaken our 2019 Patient survey.

A huge thanks to all our patients who took the time to complete this year's patient survey. We know how busy everyone is so with input from our patient group we revamped the design of the survey this year in an attempt to make it simpler to complete.

Members of the patient group gave up their time to come in and encourage our patients to complete one of these new design surveys and thanks to their efforts we have had around 700 surveys completed. We would like to say thank you to the patient group for all their help and support.

Getting feedback from our patients is really important to us and achieving these sorts of numbers of completed surveys would simply not have been possible without them.

We now have the mammoth task of collating these and hope to have this done by mid-August when we will meet with our patient group to discuss the results and work on any arising actions.

Appointments update

In our previous newsletter we highlighted ways that you can access services and get advice without making an appointment to see a GP. This is all part of our drive to free up more appointments for those who need them and also to direct you to the right service, quickly. We are pleased that many patients are now supporting us in this way but we would like to draw your attention to two areas which commonly arise.

- **Pregnancy related queries Telephone 01903285269**- the hospital provides a 7 day a week maternity advice line between 7.30 a.m. and 8.30 p.m. to advise on problems from early pregnancy right through to full term. To book your pregnancy with the hospital search on line for 'book my pregnancy in West Sussex' and follow the links.
- **Dental problems.** Our GP's are not insured to see patients regarding dental problems; patients should see their own dentist for any dental problem. In an emergency, you can contact The Jubilee Dental Centre at St Richards Hospital on **01243 831790**. Phone lines are open from 5.30pm Monday to Friday and from 8.30am Saturdays and Sundays.

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Our reception staff are trained to help you to find the right service, so please help them by outlining your problem, if you can, when you call to make an appointment.





Friends of Selsey Medical Centre



The Friends of Selsey Medical Centre is a valued and dedicated group who are really appreciated by the doctors, medical team and practice staff. In this article their Chairman, David Webber gives some insight into their work and explains how to become involved.

Many patients of the surgery may be unaware of the “Friends of the Selsey Medical Centre” and of the role we play. Our membership scheme raises funds to buy equipment that the NHS do not normally supply (or if they do, they may be limited to single items). We therefore supply extra equipment requested by the doctors and nurses to make life easier and better for us all.

The surgery was built 20 years ago to cater for a population of around 6000 at that time. Now the practice has over 12,500 registered patients and it also deals with the large number of holidaymakers in Selsey who may require medical attention.

From a population of over 12000, we have just over 400 members. At some time we all need to use the medical centre and the equipment in it, so it is great to have such support.

Selsey is a lovely place to live and I believe we should all care about the community and the facilities and amenities afforded to us. As such, I deeply care about our medical centre and I would ask you to consider joining the Friends, if you haven't already done so. There is no requirement on you to participate other than to subscribe to the membership which is £4.00 per person per year.

By joining, you can help us to continue to make the surgery a even better place to visit and to provide medical equipment which means we do not have to travel further afield. As a member you will receive our yearly AGM booklet, which informs our members how the money is spent and lists some of the equipment purchased.

Last year we spent approximately just over £12,000 on the surgery. Membership brings in just over £4000, so we rely on legacies - money that patients that have left to the Friends of Selsey Medical Centre in their wills.

If you are not a member please consider joining. If you are a member thank you so much, I know it is really appreciated by us, the Friends and by all at the surgery.

Membership forms to join the Friends are available at the surgery. We have a notice board just inside the entrance to the medical centre where you will find forms and more information about events and meetings.



If you would like to become an active member or to join our committee you will be more than welcome. David Webber, Chair, Friends of Selsey Medical Practice.

Minor Ailments? Visit your local Pharmacist



In our last edition we looked at the issue of self-care. Please remember that if you have a mild common condition such as a cold, sore throat, indigestion, acne, sprains/strains, constipation, migraine, back pain or dermatitis please visit the NHS website (Search “how to treat common ailments at home”) or talk to your pharmacist for help and advice on managing your symptoms and about their range of over-the-counter medicines.

If your symptoms persist or worsen, call the surgery to ask for an appointment.

Telephone **01243 608201** during normal surgery hours.

Heat Wave Advice

Most of us welcome hot weather, but when it's too hot for too long there are health risks. As we are experiencing more hot weather this summer, we are repeating last year's advice.

It's fun to visit the beach and enjoy the sea but make sure the hot weather doesn't harm you or anyone you know.



Who is most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people, especially those over 75
- babies and young children
- people with a serious chronic condition, especially heart or breathing problems
- people with mobility problems – e.g. people with Parkinson's disease or who have had a stroke
- people with serious mental health problems
- people on certain medications, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active – for example, labourers or those doing sports

Top
Tips!

Tips for coping in hot weather

1. Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
2. Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
3. Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
4. Have cool baths or showers, and splash yourself with cool water.
5. Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
6. Identify the coolest room in the house so you know where to go to keep cool.
7. Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
8. Check up on friends, relatives and neighbours who may be less able to look after themselves.

Sun Protection

Although sunny days make for beautiful weather, it's important to protect ourselves from sun exposure while enjoying the outdoors. Sunlight contains harmful UV radiation which can cause sunburn and eye irritation. In the long term, exposure to the sun's UV rays increases the chances of developing skin cancers, as well as premature ageing of the skin.



Sun safety

1. Always wear high factor sunscreen (at least SPF30) during the day.
2. Wear protective clothing to reduce the amount of skin exposed to the sun.
3. Seek the shade and especially avoid the sun between 11AM and 3PM, when it is strongest.
4. Wear UV protective sunglasses outside.
5. Take extra care to ensure that babies and young children are protected from the sun.

Sunburn

Sunburn is caused by exposure to UV radiation from the sun – it can be very painful. If you get burnt in the sun, make sure to find shade as soon as possible:

- Having a cold shower or bath can help to cool down the skin.
- Use aloe vera lotion to soothe the burnt area.
- Over the counter painkillers such as paracetamol may also be useful.
- Take extra care to protect the affected area from the sun until it has fully healed.

Top
Tips!

Though a light tan is often associated with a healthy, 'sun-kissed' glow, bear in mind that tanning is the skin's attempt to protect itself, meaning that any amount of tanning indicates that the skin has been damaged.

Hay Fever

Hay fever is an allergic reaction to pollen – a fine powder released into the air by plants and trees. Hay fever is most prevalent during the warmer months when the amount of pollen in the air is highest.

The symptoms of hay fever often include: sneezing and coughing, runny or blocked nose, itchy / red eyes, itchy ears, nose, mouth and throat and headaches.

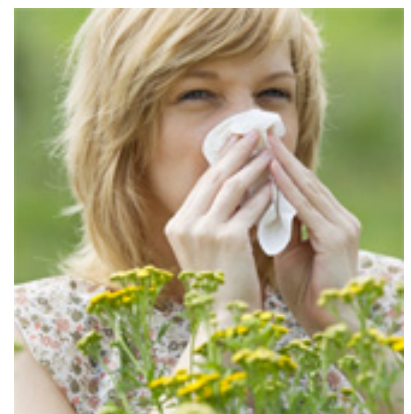
If you suffer from hay fever, try to avoid activities that bring you into contact with pollen, such as: cutting the grass; keeping cut flowers indoors; drying your laundry outside; allowing animals inside the house as they may bring pollen in with them. You should also avoid smoking and second-hand smoke as this can make your symptoms worse.

You can use techniques to reduce your symptoms, such as: applying Vaseline inside the nostrils to catch pollen; wearing wrap-around sunglasses to stop pollen getting in your eyes; showering and changing clothes after spending time outside; and vacuuming and damp dusting regularly.

You may also benefit from eye drops and nasal sprays. Antihistamine medications such as Cetirizine and Loratadine are available as tablets, and all these can be purchased over the counter without a prescription at most pharmacies and supermarkets.

Using this advice, you can treat hay fever yourself, and you shouldn't need to see a doctor in most cases.

For more information about how you can treat hay fever, visit: www.nhs.uk/



Medication Reviews

If you are on repeat medications you should have an annual medication review. Help us to help you: Complete and cut out the slip below and hand it into reception before your medication review

Why are medication reviews important?

- To ensure the medication is still important to your health.
- To do important monitoring checks, e.g., blood pressure measurement and blood tests.
- To ensure the medication is being taken correctly.
- To check that you are still agreeable to taking the medication.
- To check that you are not experiencing unacceptable side effects from the medication.
- To ensure that waste is not a problem - this can happen when the Practice and the chemist continue to issue medication that you are not taking or needing, e.g., 'as needed' items that you have plenty of and you don't know how to stop them being dispensed.

New Process for Medication Reviews

Our long term aim is for all long term conditions check ups (asthma, COPD, Diabetes, Heart disease etc.) and medication reviews to be done in the month of your birthday.

We are trying to improve the efficiency of our medication review appointments by inviting you in for the blood tests in advance and requesting that you have a BP check before speaking to the doctor.

Options for having a blood pressure check

- Using your own BP machine at home.
- Using our automated BP machine, discretely hidden behind screens in the downstairs right hand waiting room.
- By appointment with our Health Care Assistant (HCA).

Medication Review appointments:

These are often done over the phone; the doctor is only given five minutes so review appointments are not suitable for discussing complex issues or other health problems.

If you have more to discuss please make another appointment.



Medication Review Form		Today's date:	
Full name:			
Date of birth:		Blood pressure:	/
<i>Enter the following optional information to assist the doctor in reviewing your medication</i>			
Height:		Weight:	
Smoking status: (circle one)	never smoked	ex-smoker (date quit: _____)	current smoker
Alcohol consumption:	average units alcohol consumed per week: _____		



PCN Information

All GP practices across England had to join a primary care network (PCN) by July 2019. Selsey Medical Practice joined 7 other Chichester practices to form a PCN on 1st July 2019. PCN's are expected to provide support to member practices, benefiting from economies of scale as they collaborate to provide services and with an expanded primary care team - including shared staff across the networks.

The 8 practices are being led by a Clinical Director – Dr Sandeep Mtharu who is a GP Partner at Parklands surgery in Chichester. We hope in the future to increase the work which we do together and to bring together services for the benefit of all our patients.

MMR reminder

MMR vaccine is a combined vaccine providing protection against three illnesses: measles, mumps, and rubella.



Without vaccination, these illnesses may lead to serious complications which can even be fatal. In pregnant women, these illnesses can lead to serious birth defects in the unborn child, or miscarriage. The full course of MMR vaccine is given in two doses. According to the routine vaccination schedule, babies should receive the first dose within a month of their first birthday. The second dose is usually given at around 3 years and 4 months of age (just before starting school). Children and adults who have missed all or part of their MMR vaccine course should make an appointment to receive a catch-up vaccination – provided by the NHS

If in doubt, make an appointment and get the vaccine. If you can't remember whether you've had it, there's no harm in receiving more than one course of the MMR vaccine. Take extra care to ensure you're vaccinated with MMR if you are travelling abroad, as these illnesses may be more common in other countries.

Are you a Carer?

If you are a patient and you care for someone, either formally or informally, please let us know. Notifying us that you care for someone can help us to make sure that you access the healthcare you are entitled to. It's also beneficial for us to know who you care for just in case anything were to happen that requires additional support.

Selsey has a fantastic carers group; information can be found on the Selsey Community Forum website www.selseycommunityforum.uk or from leaflets available at the practice. You can also pop into the Selsey Care Shop in the High Street and find out how they can support you and discover what's happening with other local community groups.

Mike Nicholls' Award

We have a real local "hero" here in Selsey – Mike Nicholls. Mike is one of the many amazing people in Selsey involved with community groups and individuals who are willing to give up their time to make someone else's life a bit better. It's great that the community has been able to have one of its own recognised for all the hard work which they put in for others.

Mike was awarded the British Empire Medal in the Queen's June Birthday Honours list 2019. The award is for "Services to the community in Selsey, West Sussex".

We can't think of anyone more worthy to receive such an award. Mike's work involves projects to support all age groups – he is the current Chair of Selsey Carers, he was instrumental in developing Youth Dream to support young people, and he founded the Selsey U3A (University of the third age).

Mike instigated services such as "Good Morning Selsey", established the Selsey Information Exchange, and was at the forefront of the development of Selsey Community Forum and is the king-pin of much of the charity work within Selsey.

Of all his work over the years, Mike has said he is most proud of the creation of the Selsey Care Shop and the Bridge support centre, which offers mental health support to young people. Those of us who are fortunate to have worked with Mike would agree that without his drive and commitment Selsey would not be the place it is today.



Mike Nicholls with his wife, Di

Think Twice about Joint Injections!

When a joint becomes stiff and painful through injury, overuse or wear and tear, the symptoms can be very unpleasant, have an awful impact on day to day activities and even disturb sleep. Hot and cold packs, simple pain killers, time (often months) and exercises to mobilise the joint and build up the strength of the muscles around the joint are by far the best way to recover. Patience and fortitude are often required!



Steroid (cortisone) injections are sometimes recommended if the pain is intolerable but this is a short-term fix and although it can be successful it may not always work and there is no long-term benefit. Steroids weaken muscles, tendons and joint surfaces making future damage more likely, this is especially significant from middle age onwards. Repeated injections should definitely be avoided where possible.

Before making an appointment to discuss a painful joint please have a look at the excellent advice available on line by searching the national resource “**Versus Arthritis**”.

There is a fantastic A-Z of physio leaflets - search for “**Physiotherapy Patient leaflets-Oxford University Hospitals**”

If you have followed all this advice and still want a steroid injection, make the appointment with the appropriate GP who has the correct training to inject the joint that is affected. Doctors not listed in this table do not inject any joints.

	Shoulder	Knee	Tennis elbow	Hip bursitis	Trigger finger	Carpal tunnel	Thumb base
Dr Lacey	yes	yes	yes	yes	yes	yes	
Dr Parrish	yes		yes	yes			
Dr Jameson	yes			yes			
Dr Ford	yes	yes	yes	yes			
Dr Poole	yes		yes		yes	yes	yes
Dr Claros	yes	yes					
Dr Adams	yes	yes		yes		yes	

Medication started/requested by hospital

Have you sometimes felt frustrated by a lengthy wait for a new medication after a visit to the hospital? During hospital appointments it is not uncommon for consultants and specialists to request changes in medication, sometimes adding new ones or advising that others should be stopped. The consultant will sometimes issue a prescription at the time - this is what they should do because it is contracted as part of the service which they provide for patients. They should also make sure that they have provided you with all the information about the medication and consider any side effects. Unfortunately this does not always happen. Consultants often write to the Practice asking us to issue medication and it can take several weeks for their letter to reach us. We receive approximately 200 documents each day which require reading, actioning and filing. New medications requests are dealt with by the GP and will be prescribed, providing they are happy to do so and if the medication is not one which can only be prescribed by a specialist. All this can regrettably cause a delay in you getting the medicine you need.

We understand that delays can cause unnecessary worry and frustration but there are a couple of things you can do to try and help us to avoid this happening:

- If your consultant or specialist advises that you need to start a medication immediately, request that the consultant prescribes this - **it is something they should do for you.**
- Ask the consultant to copy you in on all correspondence and keep your documents safely - this doesn't always happen automatically so make sure you ask. This will mean you will be able to keep track of appointments and any changes in the management of long-term conditions and medications.

If you haven't received your medication within a reasonable length of time, or you have any issues, please call the surgery and let us know so that we can look into it.

The NHS is a wonderful service but, as you know, the system is extremely stressed at times. We can help you more if you help us by taking an active role in the management of your condition.

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