



HELLESDON MEDICAL NEWSLETTER

Dr R Stone &
Partners

Volume 1,
Autumn 2011

Newsletter Back Thanks to Patient Group

It is several years since we produced a newsletter. It used to be a quarterly production and when it fell out of production one quarter, no one said too much and it was assumed that it was no longer popular with patients. We also developed at that time the practices website www.hellesdonmedicalpractice.co.uk

If you're not already familiar with that site please take a look as it contains lots of helpful information about the practice and our services.

However at a recent meeting of the Practices newly formed Patient Reference Group one of the group members suggested that the Newsletter was missed and the group wholeheartedly agreed. So here it is hopefully reinvigorated and with a new look that we hope you find helpful and informative.

The Patient Reference Group was formed from volunteers who came forward in response to flyers and posters that were circulated around Hellesdon in the Springtime. They meet together about 4 times a year and they keep in touch with the practice manager by

E-mail & phone. For more about the work they do read on.

New Patient Group Formed

What is the purpose of a Patient Participation Group?

- To give practice staff and patients the opportunity to, where possible, share decisionmaking in the running of the practice.
- To enable patients to make positive suggestions about the practice, and be an advocate for patient preferences when appropriate.
- To provide a means for practice staff to inform patients about the reality of running a General Practice.
- To involve further patients from the wider population, and

be an advocate for the practice when appropriate.

- To encourage health education activities within the practice.
- To act as a representative group that can be called upon to influence the local provision of health and social care.

Remember! A PPG has to represent a whole practice population, not personal or individual views, and so must have a strategic and overarching focus.

The newly formed group has met twice and have been helping the practice develop a new

patient survey which will be available shortly. Once we have all the results in we will ask the group to consider the responses and help the practice to look at any changes that may be needed.

Apart from the resurrection of this newsletter the group has also suggested the provision of a hand sanitisation dispenser in the waiting room.

This is located in the arch next to the check in screen.

If you want to participate in this years survey please ask at reception. Join our e-mail group or go on line to our web site.



Inside this issue:

<i>Flu Vaccinations</i>	2
<i>All the Changes</i>	3
<i>Dr Nair</i>	4
<i>Trainees-Your Practice Needs You</i>	5
<i>Practice Information</i>	6

Special points of interest:

- New Influenza Vaccinations start soon
- Patient Group Formed
- New Newsletter what has happened since last time?
- Training Practice
- Meet our Trainee

Seasonal Flu Vaccination



“Flu is caused by viruses and not bacteria, so antibiotics won’t treat it.”

“The seasonal flu vaccine will not protect against the common cold or other winter viruses”



What Is Seasonal Flu?

Seasonal Flu occurs every year, usually in the winter. It’s a highly infectious disease caused by a number of flu viruses. The most likely viruses that will cause flu each year are identified in advance and vaccines are then produced to closely match them.

As with most seasonal flu vaccines, this year’s vaccine will protect against three types of flu virus.

Isn’t Flu Just a heavy cold?

No. Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat.

How do I know when I’ve got Flu ?

Flu symptoms hit you suddenly and sometimes severely. They include fever, chills, headaches and aching muscles, and you can often get a cough and sore throat at the same time.

Flu is caused by viruses and not bacteria, so antibiotics won’t treat it.

What Harm can Seasonal Flu do?

People sometimes think a bad cold is flu but having flu can be much worse than a cold and you may need to stay in bed for a few days if you have flu.

Some people are more susceptible to the effects of seasonal flu. For them it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse. In the worst cases, seasonal flu can result in a stay in hospital or even death.

Am I at greater risk from the effects of seasonal flu?

You should consider the free seasonal flu vaccination if you

have:-

- A heart problem
- A chest complaint or breathing difficulties, including bronchitis or emphysema
- A kidney disease
- Lowered immunity due to disease or treatment
- A liver disease
- Had a stroke or a transient ischemic attack (TIA)
- Diabetes
- A neurological condition, eg multiple sclerosis (MS)
- A problem with your spleen, or had your spleen removed

Don’t wait until there is a flu outbreak, contact us now to get your seasonal flu jab.

You should also have your flu vaccination if you are:

- Aged 65 or over
- Living in a residential or nursing home
- The main carer of an older or disabled person
- A frontline health or social care worker (contact your employer)
- Or pregnant

All pregnant women, at any stage of pregnancy should be offered the flu vaccine.

If you belong to one of the groups mentioned it’s important that you have your flu vaccination. The vaccines are available from the beginning of October.

If you are a frontline healthworker

or social care worker contact your employer.

Will I get any side effects?

There are some fairly common but mild side effects. Some people get a slight temperature and aching muscles for a couple of days afterwards, and your arm may feel a bit sore where you were injected. Any other reactions are rare. The seasonal flu vaccine will not protect against the common cold or other winter viruses

I had the seasonal flu vaccination last year. Do I need another flu jab this year?

We do not know how long last year’s vaccination will last and for this reason we strongly recommend that even if you were vaccinated last year you should be vaccinated this again this year.



Janet Waters
Senior Nurse
Flu Campaign Coordinator

What Has Changed

Our last Newsletter was published in June 2007. Since then there have been a few changes to the things we do and the people who work here.

We welcomed Dr Prabhakar to the surgery in October 2007 as a new partner to replace Dr Fiona Thornton who left us to work in Canterbury.

In February 2010 we started helping to train General Practitioners and our first Trainee was Dr Hadinapola. Since then we have had Dr Anna Krupa Dr Helena Potts Dr Carolyn Pegg and our current trainee Dr Nair.

In October last year Bev Jenkins who was our first Nurse Practitioner moved

on to new challenges and we have since then be looking for a replacement for her on a permanent basis.

Over the last four years we have welcomed many new staff to the team including Lisa Blake, Tracy Savage, Anne Richards Rachel McCormick Jane Warrren and Belinda Howes. Many of these people joined us in 2007 so it was quite a year for changes.

It was also in 2007 that our Midwife Anita Osborne retired and eventually her replacement arrived in the form of Lesley. Holden

Another innovation was that we also started training medical students from the UEA and during term time we welcome around 10 year

3 students in to the practice and from next year we will also be looking after some year 5 students. (see below re Patients helping)

In the last newsletter we published the results of our patient survey for 2007 and the headline was that 85% thought we were good or excellent at what we do. We will soon be sending out a new survey to find out how we are doing.

Another big change has been to our opening hours as since 2009 we have been putting on additional clinics on Tuesday evenings and Saturday mornings. These are principally for people, who due to work or other commitments, find it difficult to see a Doctor .



“If you would be interested in helping us to train the doctors of the future and could spare an hour of your time one Tuesday then please contact us to discuss this further and find out more without commitment.”

Dr Aparna Nair

We welcomed Dr Nair to the practice on the 4th August this year. Dr Nair is our most recent GP trainee and she will be with us for a 6 month period.

I started a six month training post as a GP trainee doctor at Hellesdon in August this year. I completed medical school in London in 2009 and worked there for two years, before fate brought me to Norwich for my GP training! I have really

enjoyed my time in this city so far and am looking forward to getting it well over the next few years. The team at Hellesdon have been very welcoming and supportive and I feel fortunate to have the opportunity to work with them. Outside of work, I enjoy running and yoga, as well as Latin dancing (despite having two left feet!). I have recently discovered Zumba and highly recommend this as a great combination of music, dance and fitness!

Your Practice needs you

For the last year we have been playing host to medical students from the UEA and each week one of our Doctors teaches them on a particular subject. As part of the planned day the students then get the opportunity to talk to patients who are suffering from the illnesses that they are learning about.

Many of our patients have already volunteered to help and have found the experience both interesting and rewarding.

If you would be interested in helping us to train the doctors of the future and could spare an hour of your time one Tuesday then please contact us to discuss this further and find out more

without commitment.

In particular we need people who suffer from Diabetes , Gastro-Intestinal problems or Kidney problems. We also teach about problems with the liver , eyes, ears, and neurological issues.

Why not phone Debbie or Simon to see if you can help?

01603 486602



343 Reepham Road
Hellesdon
Norwich

Phone: 01603 486602

Fax: 01603 401389

E-mail:

repeats@hellesdonmedicalpractice.nhs.net

Please only use the e mail to order repeat medication as we can not accept any other messages

OPENING HOURS

8.30am to 6pm Monday to Friday

6.30pm to 8.30pm Tuesdays

8.30am to 11.30am Saturdays

Please check with reception for evenings and Saturdays as booked appointments only allowed.

We're on the web:
www.hellesdonmedicalpractice.co.uk



PRACTICE INFORMATION

Doctors

Dr R Stone

Dr K Mathews

Dr IP Tolley

Dr GN Duncan

Dr N R Prabhakar

Nursing Team

Petra Dixon

Janet Waters

Judith Roper

Sue Southgate

Cheryl Turmaine

Practice Manager

Mr Simon Farrow

Deputy Manager

Mrs Debbie Moore

NHS SERVICES

Child Hood Immunisation

General Medical Services

Near Patient Testing

Phlebotomy

Diabetic Clinics

COPD & Asthma clinics

ECGs

Hearing Tests Screening

Anti Coagulation Clinic

24 hour Blood Pressure

Wound Dressing

Suture removal

Travel Advice

Cervical Cancer Screening

Atrial Fibrillation Screening

Cardio Vascular Disease Screening

Learning Disabilities Clinics

Ear Irrigation

Contraception Service

Minor Surgery

Counselling

Post Natal & Ante Natal Services

Non NHS

Osteopath

Acupuncture

Foot Health Specialist

Citizens Advice Bureau Clinic