



Woodbridge Practice
Patient Participation Group
"Working together"



PATIENT PARTICIPATION GROUP



Welcome to our Spring News Sheet February 2020



<https://www.facebook.com/proups/woodbridgeppg/>

Surgery Opening Times Monday to Friday
Thornaby & Ingleby Barwick 8am - 6pm
Thornaby 8am - 8pm (Tuesday only)
Weekend Closed

Thank you, to those who kept their appointments

DID NOT ATTEND !(DNA) Did you have a problem obtaining a GP appointment?

This could be one of the reasons:

Practice Hours	Appointments Lost	Equates to Clinical Hours	To those who kept their appointments (Thank You) Total appointments
October 2019	360	45	6429
November 2019	354	42	6216
December 2019	350	43	6139

Please inform the SURGERY if you cannot attend, someone else may be able to take your place. You can also make or cancel your appointment

Staff Updates

We welcome Leanne Robinson (Nurse Practitioner) and Gemma Tooke (Practice Nurse) to the Woodbridge Practice.

In keeping with the Training Practice Status, Woodbridge are hoping to attract one, possibly two GP Registrars for a period of training, and this may reduce the appointment waiting times.

GP Registrars are junior doctors training in a GP's surgery, under the supervision of an approved GP trainer.



Flu Season (Vaccine is still available until Mid February.)

Please support your NHS by having the flu vaccine at a Health Practice. Woodbridge Practice is able to offer a flu vaccine free on the NHS for:

- anyone over the age of 65
- pregnant women
- anyone who is very overweight (with a body mass index over 40)
- children and adults with an underlying health condition (particularly long-term heart or lung disease)
- children and adults with weakened immune systems.

An annual flu vaccine nasal spray is also now offered to healthy children aged two and three years old, and to children in school years one and two. If you think you might need it, contact reception to book an appointment. (A special vaccine may be available to egg intolerant patients please ask.)

If you do not wish to receive the flu vaccination this year for any reason, please let the Practice know and they will record this on your record.

Advance Booking is required for the Flu Vaccine:

To book a flu vaccine contact Woodbridge Practice on 01642 762636 (Thornaby) or 01642 765789 (Ingleby Barwick)

Antibiotics

What can be treated with antibiotics?

Antibiotics are strong medicines that treat bacterial infections. Antibiotics won't treat viral infections such as flu, because they can't kill viruses. You'll get better when the viral infection has run its course. Antibiotics are medicines used to treat a wide variety of infections or diseases caused by bacteria, such as respiratory tract infections (e.g. pneumonia and whooping cough), urinary tract infections, skin infections and infected wounds.

MMR Vaccinations

Catching up on the MMR Vaccine, adults and children who are not immune because they missed one or all MMR doses when they were younger can have the MMR Vaccine on the NHS at any age. This may include:

- Teenagers
- Adults
- People travelling
- Women preparing for pregnancy



- people exposed to measles during a measles outbreak

Please ask at reception.

NEED TO SEE A DOCTOR OUT OF HOURS?

If you are unwell and need to use the service, we advise that you should CALL 111 for an appointment with the urgent care service.

If you are unsure if you need to see your normal GP (doctor) or attend an urgent care centre then NHS 111 will advise you.

CARERS' EMERGENCY CARD

What is a Carers' Emergency Card?

It is a credit card sized card with a picture of you (the informal carer) on it plus a unique identification number and an emergency contact telephone number on it. You should carry the card with you at all times. In the event of an accident of emergency, it lets people know you have someone who relies on you for support and cannot manage without your assistance.

The card is only to be used in the case of an emergency when you are physically unable to make suitable arrangements yourself.

When you register, the details you provide will be held securely by Stockton-on-Tees Borough Council so that help and support can be arranged for the person you care for.

See the website <http://bit.ly/2sLBw6h>

or scan this QR code with your mobile phone to open up the website.



Alternatively, you can contact the Carers Support Service on

01642 524494

they will be happy to help you complete a form and arrange to take a photograph of you.

HOT Topic Dry January (see next page)

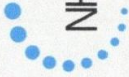
PAYING THE PRICE OF ALCOHOL



DRY JANUARY



Alcohol Concern
The charity making sense of alcohol



NHS Employers

IMPACT ON THE UK

- 1.6M PEOPLE ALCOHOL DEPENDENT
- 9,930 DRINK DRIVING ACCIDENTS PA
- 917,000 VIOLENT INCIDENTS PA
- 24% OF DRINKERS CONSUME ALCOHOL IN A HARMFUL WAY
- 7.7 LITRES OF ALCOHOL ARE CONSUMED PER HEAD ON AVERAGE
- £ COSTS TO EACH TAX PAYER £125 PA
- £ ANNUAL COST OF MISUSE £21BN
- £ ANNUAL COST OF ALCOHOL-RELATED CRIME £11 BN

IMPACT ON THE NHS

- 1.2M ALCOHOL RELATED ADMISSIONS PA
- 69% ADMISSIONS FOR LIVER DISEASE PA
- 117% INCREASE IN UNDER 30s ADMISSIONS PA
- 13,299 UNDER 18s RECEIVE SPECIALIST HELP FOR ALCOHOL PROBLEMS PA
- 160% INCREASE IN ADMISSIONS 60-74 AGE GROUP
- £ ANNUAL COST £3.5BN

IMPACT ON HEALTH

- 3RD BIGGEST LIFESTYLE RISK FACTOR AFTER SMOKING AND OBESITY
- ALCOHOL CAN BE THE CAUSE OF MORE THAN 60 MEDICAL CONDITIONS

RISKS

- HIGH BLOOD PRESSURE
- CIRRHOSIS OF THE LIVER
- STOMACH CANCER
- DEPRESSION
- MOUTH CANCER
- THROAT CANCER
- BREAST CANCER
- LIVER CANCER



IMPACT ON MORTALITY

- 6,490 ALCOHOL-RELATED RIP DEATHS PER YEAR
- 63% OF LIVER DISEASE DEATHS DUE TO ALCOHOL
- 230 RIP DRIVING DEATHS
- 10% ALCOHOL CONTRIBUTES 10% TO THE BURDEN OF DEATH AND DISEASE IN ENGLAND



BENEFITS OF CUTTING DOWN

- SLEEP BETTER
- SAVE MONEY
- LOSE WEIGHT
- NO HANGOVERS
- IMPROVED SKIN & HAIR
- LOWER STRESS LEVELS
- LOWER BLOOD PRESSURE
- MORE ENERGY
- FEEL HEALTHIER

RECOMMENDED UNITS PER DAY

MEN AND WOMEN ADVISED NOT TO DRINK MORE THAN 14 UNITS PER WEEK SPREAD OVER 3 DAYS OR MORE

10 UNITS IN A BOTTLE OF WINE
2.3 UNITS IN A GLASS OF WINE OR PINT OF BEER
1 UNIT IN A SINGLE SPIRIT



34% OF THE POPULATION DRINK MORE THAN THE RECOMMENDED UNITS

ALCOHOL CONTAINS 7 CALORIES PER GRAM, ALMOST THE SAME AS PURE FAT

1 GLASS OF WINE = 1 SLICE OF CAKE (SIMILAR AMOUNT OF CALORIES)


IT IS RECOMMENDED TO HAVE NO ALCOHOL AT LEAST 2 OR 3 DAYS PER WEEK

SOURCE: ALCOHOL CONCERN (WWW.ALCOHOLCONCERN.ORG.UK)

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Why does the receptionist need to ask what's wrong with me?

It is not a case of the receptionists being nosey!

The reception staff are members of the practice team and it has been agreed they should ask patients 'why they need to be seen'. Reception staff are trained to ask certain questions in order to ensure that you receive:


- the most appropriate medical care,
- from the most appropriate health professional,
- at the most appropriate time.

Receptionists are asked to collect brief information from patients:

1. To help doctors prioritise house visits and phone calls
2. To ensure that all patients receive the appropriate level of care
3. To direct patients to see the nurse or other health professional rather than a doctor where appropriate.

Reception staff, like all members of the team, are bound by confidentiality rules

- Any information given by you is treated strictly confidentially.
- The Practice would take any breach of confidentiality very seriously and deal with accordingly.
- You can ask to speak to a receptionist in private away from reception.
- However if you feel an issue is very private and do not wish to say what this is then this will be respected.



Thank you for your support

Prescribing of over the counter medicines has changed.

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter (OTC) medicines for a range of minor health conditions. Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need.

Find out more about this change to prescription policy at [nhs.uk/OTCmedicines](https://www.nhs.uk/OTCmedicines)



This applies to treatments for these conditions:

Acute sore throat	Minor burns and scalds
Conjunctivitis	Mild cystitis
Coughs, colds and nasal congestion	Mild dry skin
Cradle cap	Mild irritant dermatitis
Dandruff	Mild to moderate hay fever
Diarrhoea (adults)	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
Dry eyes/ sore tired eyes	Mouth ulcers
Earwax	Nappy rash
Excessive sweating	Oral thrush
Haemorrhoids	Prevention of tooth decay
Head lice	Ringworm/ athletes foot
Indigestion and heartburn	Sunburn
Infant colic	Sun protection
Infrequent cold sores of the lip	Teething/ mild toothache
Infrequent constipation	Threadworms
Infrequent migraine	Travel sickness
Insect bites and stings	Warts and verrucae
Mild acne	

Something new online - Public Health England

<https://nhs.uk/oneyou/how-are-you-quiz>

ABOUT ONE YOU
One You is here to help you make small changes that fit your life, so you feel better and healthier, every day.

Modern life makes it hard to be healthy

Without knowing it, by the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. Whether we are eating the wrong things, drinking more than we should, continuing to smoke despite everything we know, or just not being active enough, all of these small things can add up to an unhealthy you.

But, it's not always easy to make a change in our busy lives – tempting treats in easy reach, bigger portions for everything we eat and technology that allows us to shop, stay in touch and be entertained without ever having to leave the sofa. Modern life is ganging up on us.

The good news is we can fight back



Make simple changes with One You

Make a change now

[Take our free One You health quiz](#) to see how you score and start the fight back to a healthier you.

[400-600-600 campaign](#)

Public Health England (PHE's) One You - campaign encourages adults, particularly those in middle age, to make changes to improve their health. The [400-600-600 campaign](#) promotes healthier eating in particular when eating out of home. It provides a simple tip to help keep calories on track and aim for around 400 calories for breakfast, 600 for lunch and 600 for dinner. This allows for a couple of healthier snacks as part of a balanced diet of 2000 calories for women and 2500 for men each day.

This campaign is designed to provide a rule of thumb and is not a weight loss programme. The advice is aimed at the general population.

It does not apply to those who are underweight. One You is unable to give individual dietary advice. If you have or care for those with special dietary requirements, medical needs, eating disorders or require specialised nutrition advice, for example if you are underweight or very overweight, we recommend that you seek guidance from a registered health-care professional.

The Role of the Social Prescriber

The group were pleased to welcome Marie Robertson, who gave a talk about her new role. Marie is a Social Prescriber and Link Worker, serving 7 Practices in Stockton South. She said that there were 'champions' in each Practice, who could refer patients to her. The champions for Woodbridge are the two senior reception staff – Vicky Halliday and Sue Arslan.

She explained how the role of the social prescriber was there to listen to patients and put them in touch with the people and activities that might help them to feel better. They have a wide remit, which might involve community groups, local clubs, debt counselling. She said that studies show that people get better and feel better faster than those treated with medicine alone and that it is happening more and more, with this area being ahead of the curve.

More information can be found at:-

www.england.nhs.uk/personalised-care/social-prescribing/





Managing your appointments using SystmOnline. (Internet required)

This can be done through your SystmOnline login. To register for SystmOnline please collect a registration form from the reception team. You will need to take identification with you. They will supply you with a login ID and password.

Once registered for SystmOnline you can book appointments, cancel appointments, order prescriptions and view your summary care records. Go to the practice website at <http://www.woodbridge-practice.org.uk> and from the menu click on Appointments, from the drop down box click "Book appointment online". Then from the box that is displayed click on the systmonline logo. You will be taken to the SystmOnline login screen. Please enter the user name and password provided to you by the practice when you registered.

SystmOnline allows couples/families to see each other's details and manage appointments, and prescriptions if required. This must be authorised by all parties, forms can be obtained from reception.

After logging in, the Select user screen will be displayed, if there are multiple family members. Select the individual patient whose appointments or prescriptions you wish to manage.

Having selected the patient account (if applicable) their account will be displayed, if there are no multiple patients this will be the screen you see after you have logged in. The options that you have are fairly self-explanatory, you are advised to change your password to something memorable. Most of the screens you select from the above list have a "back" button that will take you back to the above list; where this is not the case, use your browsers back button. Please don't forget to Logout when you are finished.

The Patient Participation Group produce this News Sheet quarterly, to provide patients with information on current events within the practice. Your feedback is always welcome, please leave it with reception or post online.

Email the group - WoodbridgePPG@gmail.com

***Next Patient Participation Group Meeting 31st March 2020
10.00hrs at the Thornaby practice. New members always
welcome.***

Please refer to Page 9 for WHO SHOULD I SEE?



WHO SHOULD I SEE?

It's not always clear who the best person is to deal with your problem or requirement. This quick guide might help.

If you need further advice or clarification, please just ask for help at reception.

Health Care Assistant	Practice Nurse	Nurse Practitioner	Doctor
Hypertension Review Checks, Blood pressure	Chronic Disease Clinics: Asthma, COPD, Diabetes, Heart Disease, stroke / TIA, Hypertension	Minor illnesses: coughs, colds, sore throats, chest infections etc.	Complex, Multiple or On-going illnesses: inc breathing difficulties, severe headaches, vague symptoms, chest pain
Cardiovascular Disease (CVD) Risk Assessments initial & Yearly	Mens Health	Minor Injuries: Falls, upper / lower limb injuries, Head Injuries, Lower limb injuries* (* depending on nurse)	Follow Up's from Initial Assessment with Nurse Practitioner
New Patient checks	Cardiovascular Disease Risk Assessments	Blood Pressure problems	Sick Notes
ECG (Heart Tracing)	Baby Clinics/ Vaccinations	New Contraception and Implant Fitting without GP (if clinic available)	Smears (female GPs only)
Flu, Pneumonia and Shingles Injections/ Vaccinations	Smears Tests & Swabs	Sexual Health Advice	Complex Contraception & Coil Fitting
Repeat Vitamin B12 Injections	Cancer Care reviews	Skin Problems (eczema and rashes)	Pregnancy-Related Problems
Rheumatoid Arthritis Reviews	Contraception/ Pill	Water Infections / Cystitis Abdominal Pain	Breast Lumps
Smoking Cessation Advice Follow Up	Flu, Pneumonia & Shingles Injections/ Vaccinations	Basic Women's Health	Menopause
Dressings, Follow up Dressing including 4 Layer Bandaging	First time Vitamin B12 Injections	Acute Asthma & COPD Problems	Women's Health- Gynaecological Problems
Suture & Clip Removal	Dressings- First time & follow up	Ear & Eye Infections	Men's Health Concerns
Coil Fits with GP	4 Layer Bandaging	Simple Medication Reviews	Medicals
Minor Operations with GP	Sexual Health Advice	Sick Notes (but then need to be signed by GP)	Complex Medication Reviews Anxiety & Depression
Lung Health Checks	Smoking Cessation Advice	Acute Anxiety / Depression that cannot wait to see a GP	Onward Referrals to Specialist Teams
Breathing Test (Spirometry)	ECG (Heart Tracing)	Acute Asthma & COPD Problems	
Well Person Checks	Travel Vaccines		
Weight Management	Ear Syringing		