

MUSTERS

MEDICAL PRACTICE

Newsletter Autumn 2017

INFLUENZA VACCINATIONS

Please support your local practice by having this years influenza vaccination done by the practice rather than at a pharmacy. We will be running two main clinics on **SATURDAY 23 SEPTEMBER AND SATURDAY 7 OCTOBER 2017 BETWEEN 9AM - 3PM** with bookable slots or the ability to 'drop in'.

It is recommended for all the following groups:

- everyone aged 65 and over
- everyone under 65 years of age who has a chronic medical condition (particularly long-term heart or respiratory disease) including children and babies over six months of age
- all pregnant women, at any stage of pregnancy
- children over the age of six months with a long-term health condition
- children aged two and three, in reception class and school years one, two, three and four
- everyone living in a residential or nursing home
- everyone who cares for an older or disabled person
- household contacts of anyone who is immunocompromised
- all frontline health and social care workers.



GP REGISTRARS

Dr Laura Turnbull and Dr Hayleigh Peachey have both returned from maternity leave and are working in the practice part-time. Dr Nyla Abassi is currently on maternity leave and will be returning to us in 2018. They are fully qualified doctors, gaining extra experience to become general practitioners.



ATRIAL FIBRILLATION SCREENING



Atrial Fibrillation is a particular type of irregularity of the heartbeat and can sometimes go unrecognised. If present it increases the risk of stroke, particularly in the elderly. There is a local campaign to try to identify cases by checking pulses and using a **Kardia** device. This simple electronic device measures the heartbeats when thumbs are placed on two sensors. Some may have used this already and we will be offering a test during the 'flu' clinics.

PATIENT PARTICIPATION GROUP

The practice PPG provides an important link between staff and patients. It has many roles including providing a patient's perspective, influencing local health care services, communication, feedback and representation. The group is keen to attract young new members. Meetings are usually every two months. Please contact us if you are interested.



ACCIDENT & EMERGENCY

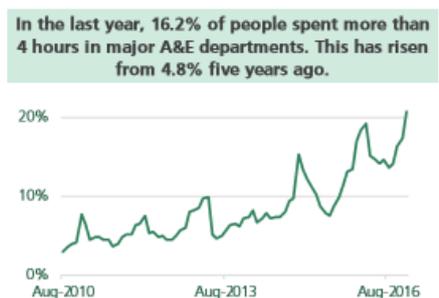
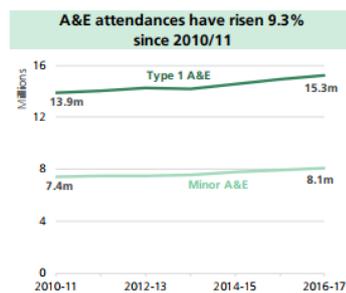


In the UK it is reassuring to know that if you are seriously ill and in need of urgent medical attention, help is at hand via 999 and the ambulance service or the local Accident & Emergency Department. These services are free to the user and the provision is national. So who pays for these services? Well in South

Nottingham, Rushcliffe CCG does. There is a fee for all ambulance call outs, journeys to hospital and casualty attendances. With costs in mind we should think carefully about our use of 999 ambulance and A&E. It costs on average £7.81 per 999 call, to be reviewed on the telephone by a clinician costs £64.59, to receive an ambulance and be treated at home is £155.30, and to receive an ambulance and be taken to hospital costs £254.5 For the UK the cost of ambulances was £1.7 billion and the cost of A&E attendances for 2016 was £2.7 billion. East Midlands Ambulance Service provides emergency 999 care and telephone clinical assessment services for a population of 4.8 million people. On average there are new 999 calls every 34 seconds - around 2,500 a day.

The CCG contracts these services on our behalf, but has a finite budget. Money also has to be found for all hospital stays, operations, drug budgets and local primary care services.

For genuine emergencies such as chest pain or suspected stroke then 999 is the correct choice. In other instances, consider whether 999 and A&E are the most appropriate service.



OVER THE COUNTER TREATMENT

Health commissioners in South Nottinghamshire have approved plans to limit prescriptions for over the counter medicines (such as antihistamines, ibuprofen and paracetamol) for minor ailments, coming into effect from Wednesday 1 March 2017. Such treatments will no longer be prescribed for short-term, self-limiting conditions. In these instances, patients will be encouraged to buy their own from their local chemist or supermarket. Paracetamol can cost as little as 20p per packet in some supermarkets - paracetamol on prescription costs the NHS a minimum of FIVE times as much as average supermarket costs.