
Surgery Newsletter



Waterside Medical Centre - Winter 2009

www.watersidemc.co.uk

Staff News

Waterside Medical Centre is seeking individuals who are able to help on a flexible, part-time basis with clinical coding and other administrative duties. This role would ideally suit medical / nursing students looking for part-time work to fit around their studies whilst allowing them to gain clinical experience in a modern general practice working with experienced GPs and nurses.

If you are interested in this position please leave your details at reception for the practice manager who will get in touch with further information or e-mail admin@watersidemc.nhs.uk

Swine Flu Vaccination

The practice has now administered over 800 swine flu vaccinations and is pleased to announce that the vaccination has been well tolerated with no significant side effects reported.

The NHS are vaccinating all patients deemed to be clinically at risk from the swine flu and a recent press release from the chief medical officer, Sir Liam Donaldson, makes it clear why the vaccination campaign is so important to public health:

The second wave of the flu pandemic is under way. There is an opportunity to get a vaccination programme in place to counteract later surges of cases. The number of people in intensive care is still relatively high. Every death is the loss of a person, not just a statistic. All this emphasises the public health importance of vaccination.

Sir Liam Donaldson, NHS Chief Medical Officer

Do you have chronic asthma, COPD, diabetes, heart disease, kidney disease, liver disease, stroke or any other condition that causes you to be immunocompromised? If so the GPs **highly recommend** you protect yourself with a swine flu vaccination.

The practice has limited stocks of the vaccine available and vaccination is available **by appointment** - please ask at reception.

Seasons Greetings and Christmas Hours

Christmas is fast approaching and the doctors would like to take this opportunity to wish all of our patients, staff and colleagues seasons greetings and a very happy New Year.

SURGERY OPENING HOURS - CHRISTMAS AND NEW YEAR 2009/10:

CHRISTMAS EVE THUR 24/12/09	8am - 1pm	NEW YEAR'S EVE THUS 31/12/09	8am - 1pm
CHRISTMAS DAY FRI 25/12/09	CLOSED	NEW YEAR'S DAY FRI 1/1/10	CLOSED
BANK HOLIDAY MON 28/12/09	CLOSED		

Patient Participation Group

Waterside Medical Centre has a patient participation group which meets on a quarterly basis providing a forum for patient involvement and feedback. The practice takes patient involvement very seriously and values the feedback provided from the patient participation group. This group is heavily involved in the planning and allocation of resources at the practice and are consulted with regarding any major plans the practice may have to develop its services.

Sadly over the past twelve months active membership of this group has dwindled and we are now appealing for new patient participation group members. The group meets for one hour once a quarter and the next meeting is scheduled for Wednesday 13th January 2010 at 6pm.

The practice would like to extend an **open invitation** to any patient who has an interest in this patient participation group to attend the meeting without obligation. If, after this meeting, you would like to become a permanent member you can then enrol.

The patient participation group is particularly under-represented by patients of working age, students and from ethnic minorities.

Remember you can book your next appointment online - simply visit www.watersidemc.co.uk to find out more...

Charity Success at 2009 Seasonal Flu Clinics

This year the practice held a total of six open seasonal flu vaccination clinics and at each clinic held a charity coffee morning. The practice is delighted to announce that this year a grand total of **£1,441.65** was raised for local charities.

The money is to be shared equally between the following five charities:

- Myton Hospice
- Macmillan Cancer Support
- The Childhood Eye Cancer Trust
- The Warwickshire Air Ambulance
- Warwick Hospital Special Care Baby Unit

The practice would like to take this opportunity to thank all patients who worked so hard to make these charity coffee mornings such a success and also thank all patients who donated so generously to help such worthwhile local causes.

Winter Health - Keep Warm Keep Well



Keep Warm Keep Well is a national campaign to reduce cold-related illness and deaths during winter. We are more likely to catch a cold or flu during winter. Cold weather can also cause other serious health problems like pneumonia. It is essential to keep warm in winter and there are some simple things you can do to keep warm and stay healthy. There is information and advice available about how to stay well in winter by keeping warm and what financial support is available.

For a benefit entitlement check available in confidence and free of charge call 0800 072 9006 and speak to the Benefit Entitlement Team. There are grants available for insulation and heating improvements from the Warm Front Team on 0800 316 2805

Further information is also available at a special 'Keep Warm Keep Well' website - <http://keepwarmkeepwell.direct.gov.uk/>

Have you been for your annual review yet?

All patients who are prescribed regular, long term medication should receive an annual review of their condition to ensure that they are being prescribed the most appropriate medication and that their condition is well controlled.

The range of medicines available to treat long term conditions is constantly evolving and improving so it is important that you attend for regular reviews to provide us with the opportunity to check that you are still receiving the most appropriate medication.

The practice writes to patients suffering from long term conditions such as asthma, diabetes, heart disease and stroke inviting them to attend for their annual review. It is important that you respond to this invitation as soon as possible as your GP will not be able to safely reauthorize your medication until you have had your annual check up. The practice calls for patients evenly over the course of the year so if you attend late for your review then this has a knock on effect on other patients who are due for review that month.

If it has been some time since your condition was last reviewed at the practice please get in touch with us and we will arrange for review of your condition.

GP appointments in focus...

The government has conducted a survey on GP consultation rates commissioned from an organisation called QRESEARCH. The full results of which are available on their website www.qresearch.org. This study represents the largest longitudinal study of trends in consultations undertaken in primary care and draws comparison between consultation rates in 1995 and 2007 and recently updated for 2008 figures.

The key finding of this study was that the number of consultations for a typical practice in England rose from 21,100 in 1995 to 33,900 in 2007, rising further to 34,200 in 2008! The average patient had 3.9 consultations each year in 1995 rising to 5.4 consultations each year by 2007. The survey shows that the number of consultations in general practice has therefore risen by over **62%** from 1995 to 2008. A more recent comparison shows that GP practices in England conducted an estimated 12 million more consultations in 2008/9 than the previous year.

Did you know Waterside Medical Centre has 9,800 registered patients and typically sees over **1,000 patients per week!**

We work extremely hard to provide high levels of patient care with increasingly finite NHS resources. We operate an appointments system carefully designed and evolved to meet the needs of our patient population. Our appointments system is designed so that:

- You are able to book routinely with the **GP of your choice** up to **four weeks ahead**
- You can see a GP **within 48 hours** as appointments release each day at 8.15am to allow patients to be seen within 48 hours

Winter is a very busy time of year for the NHS and the practice asks all patients to consider - **do I need to see a doctor for this?**

Health advice can be obtained from NHS Direct on 0845 46 47 or online at www.nhsdirect.nhs.uk

Minor ailment advice can be obtained from your local pharmacy with over the counter remedies suitable for many conditions.

Remember you can book your next appointment online - simply visit www.watersidemc.co.uk to find out more...