



BRIERLEY PARK

MEDICAL CENTRE

Spring Newsletter 2018



## WELCOME

I am hoping by the time you read this that the sun is finally shining and warmer weather is upon us. Thank you for all your patience when we battled on despite the snow. We had to close the car park due to safety reasons which I know made it more difficult to visit the surgery. A big thank you to Huthwaite plumbing for helping us to clear the snow outside the front door so people could actually get in though!

There are hopefully a few articles in here to interest you. In particular please read the information about measles if you have young children as it is important that all children who have not been vaccinated at the normal ages (The MMR is routinely given at 12 months and then again at 3 ½ years) are now vaccinated. There has been a marked increase in cases nationally. There is also an article on prostate cancer in part due to the upcoming event that our patient participation group are putting on but also in light of media coverage. I hope this will answer the common questions that we are often asked at the surgery. I have also tried to explain what is happening with the opening times of the surgeries and local arrangements for extended access.

Congratulations to Dr Louise Gardener who has scored very highly in her final GP exams! I would like to welcome back our GP trainee Dr Caroline Robertshaw who will be working 3 days a week at the surgery. Dr James Whereat will also be starting at the surgery as our new F2 & we have a new Receptionist Apprentice starting with us at the surgery, Kya Turner – who you will be seeing a lot of at Reception so please be patient and make her feel welcome. Lastly I would also like to welcome the smoking cessation advisor and the INSIGHT worker (for mental health conditions) who I'm sure will provide valuable services for many of you.

Dr Lucy Genillard



# Prostate Cancer

## Why it matters?

- Prostate cancer is the most common cancer in men
- 1 in 8 men will get prostate cancer in their lifetime
- Almost 40,000 men are diagnosed with prostate cancer every year in England
- Men aged over 50yrs, with a family history of prostate cancer and black men are all at increased risk

## What is the prostate?

- Only men have a prostate gland
- It is usually the size of a walnut but increases in size with age
- It sits beneath the bladder and surrounds the urethra (the tube men pee and ejaculate out of)
- Its main job is to make semen

## What are the symptoms?

- Often with early prostate cancer there are no signs or symptoms
- Symptoms occur once the cancer presses on the urethra and changes the way a man pees
- If you do notice changes in the way you pee the most common reason is due to a non-cancerous problem called an enlarged prostate (which often occurs naturally with age) or another health problem (for example diabetes)
- **BUT** if you notice the following symptoms it is a good idea to get checked out:-
  - Difficulty starting to pee or emptying the bladder
  - A weak flow when you pee
  - A feeling that your bladder hasn't emptied properly
  - Dribbling urine after you finish
  - Needing to pee more, especially at night
  - A sudden urge to pee—you may sometimes not make it in time
- If prostate cancer advances out of the prostate you may notice symptoms including:-
  - Back, hip or pelvis pain
  - Problems getting or keeping an erection
  - Blood in your pee or semen
  - Unexplained weight loss

## **What tests can be done?**

There is no single test for prostate cancer but if after discussion with your GP further tests are needed then these are likely to include a urine test (to exclude a urine infection), a rectal examination (to assess the size and texture of the prostate) and a blood test called the PSA (prostate specific antigen).

## **Can't everyone just have the blood test?**

**NO!!**

The PSA test measures a protein that is made by normal cells in the prostate and by prostate cancer cells. It is normal to have small amount in the blood and levels will rise with age as the prostate gets bigger. This means it can be difficult to interpret the result as a raised result does not necessarily indicate cancer. **It can be offered to men over 50years or over 45years if they have risk factors.** Having the test is a decision which should be made jointly with your GP as there are advantages and disadvantages to be considered.

The advantages of a PSA test include the fact that it can pick up prostate cancer early and hence treatment maybe more successful. It may also have a role in helping men who are at higher risk of developing prostate cancer being detected earlier. The disadvantages are however that a raised PSA level may not necessarily mean a man has prostate cancer (a false positive test will potentially lead to anxiety and further tests being performed at the hospital), approximately 1 in 7 men with a normal PSA actually have prostate cancer (so a normal test can be falsely reassuring) and some men may have a very slow growing cancer that would never cause any problems or shorten life expectancy but being diagnosed with cancer may mean they have treatments that they might not need. So in conclusion if you are worried about urinary symptoms then make a routine appointment with one of the GPs to discuss it further.

# Vaccine news

## Protect yourself & your family

**MenACWY** are you covered?

Calling all 19-21 year olds. If you were born between 01/09/1996-31/08/1998 and have not yet had this vaccine you remain eligible for it up to the age of 25 years old please contact the surgery.

**Measles** is a highly infectious viral illness that can be very unpleasant and sometimes lead to serious complications.

Anyone born after 1970 who has not had two MMR vaccines is eligible for the vaccine, it is especially important if travelling to Romania, Italy and Germany due to recent outbreaks there, there has also been recent outbreaks in Leeds, Liverpool, Birmingham, Manchester and Surrey.

**Travelling abroad?** If you're planning on travelling abroad this year please pick up a travel form and return to us at least 8 weeks prior to travel to ensure you allow plenty of time to have the recommended vaccinations, travelling to exotic destinations or backpacking you may need to also book an appointment with the travel clinic so allow even longer.

**Shingles-** If you were born after 1<sup>st</sup> September 1942 or 79 years old up until your 80<sup>th</sup> Birthday, have you had your Shingles vaccine?

Shingles is an infection of the nerve and skin around it, you are more at risk of this over the age of 70 and this can be quite painful so make sure you get vaccinated.



# **Measles**

**Measles is a serious illness that can be unpleasant and lead to complications, especially in vulnerable, immuno-compromised or pregnant patients**

**Measles is highly infectious to anyone who is not immune—being in the same room as someone with measles for more than 15 minutes is a significant exposure**

**Measles symptoms can include:**

- **High fever**
- **Sore, red, watery eyes**
- **Coughing and/or runny nose**
- **Small red spots with bluish-white centres inside the mouth**
- **A red-brown blotchy rash, which appears after several days**

**Anyone phoning the surgery with any of these symptoms should be told not to come into the surgery or go into a walk-in centre or hospital A&E department where they could infect others.**

**Arrangements should be made for them to receive clinical advice by telephone**

**Anyone presenting in the surgery with any of the above symptoms (the rash may not be present in the initial stages) should be assessed and isolated away from the main waiting area if there is any suspicion they could have measles.**

**This sounds alarming but remember most people will be immune to measles—either because they have had two doses of MMR vaccination or generally healthy people born before 1970 are likely to have developed natural immunity. However, any immunocompromised patients, unvaccinated children and young people or pregnant are at risk.**

# Services available within the practice

The following services are available  
to access at the surgery

## Smoking Cessation

If you want to quit smoking you can make an appointment to see a smoking cessation advisor at the surgery. SmokeFreeLife is available

The logo for SmokeFreeLife, featuring the text "smokefree" in white on a dark blue background and "life" in green on a white background.

Tuesday mornings at the surgery and can also be contacted via telephone: 0800 246 5343, 0115 772 2515 or you can text QUIT to 66777 and an advisor will contact you.

## Lets Talk/IAPT

If you need help or counselling; you can be seen by a professionally trained counsellor at the surgery. You can also self-refer to this service. Please ask at Reception for more information.



## Ultrasound

If your GP advises you need an ultrasound, ask if you can have an appointment at the surgery instead of going to the local hospital.

Global diagnostics & HealthHarmonie are available here at the practice and can save you a trip to the hospital. This service is available on selected dates.

**HealthHarmonie**  
Quality and safety first.



## AAA

Abdominal Aortic Aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your stomach. In England, screening for AAA is offered to men during the year they turn 65.



Men aged 65 or over are most at risk of AAAs. Screening can help spot a swelling in the aorta early on when it can be treated.

Screening for AAA isn't routinely offered to:

- Women
- Men under 65
- People who've already been treated for an AAA

This is because the risk of an AAA is much smaller in these groups.

If you are eligible, you will be sent an appointment and can attend the surgery for this.

You can ask for a scan to check for an AAA if you think you might need one but haven't been offered a screening test by calling 0115 9249924 ext – 62394 or 62378.

## **Breast Screening (not at the surgery)**

For those of you who are eligible for the breast screening programme, you will be getting an appointment through this year to attend the Welcome Centre at Kings Mill.



**Breast  
Screening**

## Physiotherapy Self-Referral



**Musculoskeletal physiotherapy treatment can be helpful if you are suffering from**  
**Shoulder pain, Back pain, Hip pain, Knee pain, Neck pain, Elbow pain, Hand pain, Foot pain, Sprains or any Joint and Muscular pain.**

**You can now refer yourself for Physiotherapy for muscle and joint problems without needing to see your GP first.**

### **3 EASY STEPS**

**Forms are available at your GP practice**



Please post, email or deliver in person to:

**MSK Physiotherapy Department**  
Ashfield Health & Wellbeing Centre  
Portland Street  
Kirkby in Ashfield, NG17 7AE

**Email:**  
not-tr.mska-mphysiotherapy@nhs.net

**1) Get the form**

**2) Fill the form**

**3) Submit the form**

### **What happens next?**

**You will be contacted by the MSK Together service either by telephone or letter.**

# **Message from the HIP**

## **Group – Prostate Cancer**

### **Event**

Many of you, like me, will have read Stephen Fry's and Bill Turnbull's accounts of how they dealt with the realisation of having prostate cancer. Their public profile and willingness to speak openly about their condition will hopefully help to raise awareness further of what is the most common cancer in men in the UK.

Around 40,000 men are diagnosed with prostate cancer every year and 1 in 8 men will get prostate cancer in their lifetime. Sadly, over 11,000 men will die every year from prostate cancer, but on a more positive note, over 330,000 men are living with and after prostate cancer.

In order to inform our patients on aspects of care, support and treatment of prostate cancer, we have organised an awareness event at the Medical Centre on the evening of 5 April 2018, from 7.00pm to 8.30pm. There will be talks and information stands at the event, so please come along and support us and find out more about prostate cancer.

**Steve Wright – Chair of the HIP Group (Patients Participation Group  
for BPMCG)**

# **Text Messaging Service**

As you are aware the surgery has a new SMS text messaging service which enhances the service we have been using for the past few years. You still get confirmation and reminder messages regarding your appointments but with the new service there is also the option to text back and cancel your appointment.



We will also be using this service to run health campaigns, such as annual flu clinics, smoking cessation clinics to name but a few.

You may also be aware of the Friends and Family test which hospitals, doctors and dentists have been using for quite some time. Now when you have attended your appointment you will receive a Friends & Family message, asking you to rate your experience with the practice. We actively encourage you to reply to this so that we can monitor how well we are doing.

**One thing we have noticed is that we do not have most patient's up to date mobile number. Please ensure we have your correct mobile number and also let us have your email address.**

# On-line services

On-line services are not new to Brierley Park Medical Centre and we are actively encouraging patients to sign up. The service is available 24 hours a day, 365 days of the year and it enables you to book appointments with a GP up to 4 weeks in advance and if you are on regular medication you can request this as well, saving you the trouble of having to come down to the surgery. We also hope that it will help to reduce our "Did Not Attend" (DNA) rate as it is available 24/7 so you can cancel your appointment, even if it is with the nurse or Health Care Assistant at any time of the day or night. Please help us to help you improve the services we offer to you our patients of Brierley Park Medical Centre.

If you would like to sign up for this service please visit our website at [www.bpmcgp.co.uk](http://www.bpmcgp.co.uk) and follow the links on the home page to download the application forms and patient information leaflet.

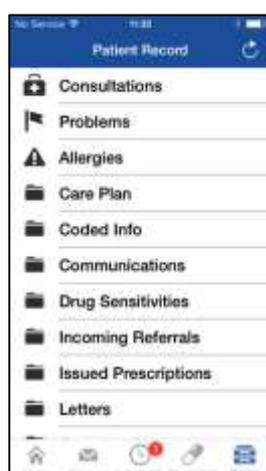
Once we have received your forms you will be issued with a username and password within 48 hours; please ensure that you consent to text messaging or e-mail and we can get this information to you sooner.

The online service enables patients to view their electronic medical record. **SystemOnline** also allows patients to:

- **Manage your appointments**
- **Request repeat medication**
- **Update demographic details**
- **Access your medical records**

**Remember you are personally responsible for the security of your information.**

**Download the app today – search 'SystemOnline'**



# **Electronic Prescription Service (EPS)**

**If you get regular prescriptions, the Electronic Prescription Service (EPS) may be able to save you time by avoiding unnecessary trips to your GP.**

**EPS makes it possible for your prescriptions to be sent electronically to the pharmacy or dispenser of your choice.**

**Choosing a pharmacy or dispensing appliance contractor to process your EPS prescription is called nomination.**

**This means you'll no longer have to collect a paper repeat prescription from your GP practice – instead, you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.**

**Because your pharmacist has already received your electronic prescription, they may be able to prepare your items in advance, so you just have to pick it up with no extra wait. However, this depends on the capacity of pharmacists on the day, and may not be possible all the time.**

**You'll need to nominate the place you'd like to pick up your prescription medicines or appliances from in the future.**

**You can choose the most convenient place for you, such as near your home, where you shop, or where you work. This is flexible and can be changed at any time – just let your doctor or pharmacy know.**

**You can choose one of the following:**

- a pharmacy**
- a dispensing appliance contractor (if you use one)**

**For full details please visit [www.nhs.uk](http://www.nhs.uk)**

# **Extended Hours**

**Monday - Friday 6:30pm - 8:00pm**

**Saturday morning 9:00am - 12 noon**

**Ashfield North Federation of practices includes, Willowbrook Medical Practice, Woodlands Medical Practice, Harwood Close Surgery, Brierley Park Medical Centre, Skegby Family Medical Centre and Ashfield Medical Centre. We are a group of practices who are working together to offer our patients access to GP pre-booked appointments from 6:30pm until 8:00pm during the week and on Saturday Mornings.**

**These appointments can only be booked through your own GP practice. There will be a GP and sometimes a nurse on duty at each surgery. Your appointment will be 15 minutes long. There are no emergency appointments available during extended GP Access Surgeries. Should the GP you see like to refer you for further investigations or procedures, this information will be passed on to your usual GP practice to process.**



# **Protected Learning Time**

## **2018 DATES**

**Important staff training and continuing professional development activities take place on a Wednesday afternoon of each month except August & December. On these days the surgery will close at 12:00 and re-open the following morning.**

**If you require emergency assistance during this time please ring 111.**

**Dates are as follows:**

<b>28<sup>th</sup> February</b>	<b>21<sup>st</sup> March</b>
<b>25<sup>th</sup> April</b>	<b>23<sup>rd</sup> May</b>
<b>27<sup>th</sup> June</b>	<b>25<sup>th</sup> July</b>
<b>26<sup>th</sup> September</b>	<b>24<sup>th</sup> October</b>
<b>28<sup>th</sup> November</b>	