



BRIERLEY PARK

MEDICAL CENTRE

Summer Newsletter 2018



WELCOME

Hello to you all.

I hope you will find this edition helpful and informative. If you have any ideas on what you would like included in your newsletter please leave me a message at reception as we are keen to make this as useful as possible for you all.

We are trialling a new e-mail service for patients recently diagnosed with high blood pressure and this may be something we look to roll out to more of you if there is demand. When you're next in please make sure we have your up to date contact details as without these it is hard to contact you. We have an article explaining the new General Data Protection Regulations (GDPR) and how we protect your data.

We wish to send our best wishes to Dr Diana Krezelewski who has now started her maternity leave and are pleased to announce Dr Louise Gardner will be covering for her until October. We have Dr James Whereat with us until August as our new Foundation training doctor.

All that is left to say is, I hope you enjoy the summer.

Dr Lucy Genillard



Raised blood pressure



We are trialling the use of e-mail consultations and home blood pressure monitoring for patients newly identified as having raised blood pressure. This should be offered to you if you fall into this group but if not please ask the doctor or nurse you are seeing. We hope this will help to reduce the number of times you need to come into the surgery during the initial investigation phase and will make it easier for you. If this works well we may roll this service out to patients who are already known to have high blood pressure if this is something they would like to do. It does involve home blood pressure monitoring either by buying your own blood pressure machine (If you would like to buy your own for future use there is a list of reputable devices on the British Heart Foundation website www.bhf.org.uk/ - Most pharmacies can help you with this and they usually retail at around £25) or by borrowing one of our monitors (£10 deposit from reception).

So what is high blood pressure?

High blood pressure means that your blood pressure is consistently higher than it should be. This is what is known as hypertension. Blood pressure is a measure of the pressure of blood flowing around your arteries (vessels that carry blood from your heart to your brain and body). If it is consistently high it can damage these vessels contributing to the development of heart disease, stroke disease, and dementia. Put simply it increases the risk of your suffering a heart attack or stroke. BUT it isn't something you are normally aware of which is why it is so important to have it checked and monitored. Around 7 million people in the UK are living with undiagnosed high blood pressure, which is why every 5 years all patients >40yrs (who are not known to already have high blood pressure) are called in for an NHS health check.

The blood pressure reading is made up of 2 figures. The first or top one is your systolic pressure which relates to the highest level your blood pressure reaches when your heart contracts pumping blood through your arteries. For most people it should be less than 140. The second or bottom figure is your diastolic

pressure and this is the lowest level your blood pressure reaches as your heart relaxes between heart beats. This for most people should be less than 90.

What causes high blood pressure?

There isn't always a reason that can be identified but for most people it is probably due to a combination of factors such as:-

- Not doing enough physical activity
- Being overweight or obese
- Having too much salt in their diet
- Smoking
- Regularly drinking too much alcohol
- Having a family history of high blood pressure

Top Tips to Reduce your Blood Pressure

1. REGULAR PHYSICAL EXERCISE

Try to do moderate intensity (i.e. get out of breath) activity every day and build up to at least 150 minutes per week, in bouts of 10 minutes or more. Try to reduce how often you sit and get up and about. Consider joining a group such as one of the local walking groups etc.



2. KEEP TO A HEALTHY WEIGHT

If your blood pressure needs investigating this is one of the things the healthcare assistant will check and we can advise you if you are overweight. Losing weight can make the difference between needing medication and not! Try keeping a food diary to look at ways you could reduce your calorie intake. Perhaps take up a regular sport.



3. EAT A HEALTHY BALANCED DIET

There is lots of helpful advice regarding diet on the NHS Choices website www.nhs.uk/ . This looks at healthy eating and the Eat well plate.



4. CUT DOWN ON SALT

DO NOT cook with salt or add it to your food! Look at food labelling (80% salt is hidden in processed food) and try cooking with more herbs and spices instead.



5. DON'T SMOKE

Make an appointment at reception with the stop smoking advisor today. It is never too late to stop.



6. DON'T DRINK TOO MUCH

If you drink alcohol do not drink more than 3-4 units a day for men and 2-3 for women. Try to have alcohol free days too.



How we keep your records confidential

Everyone working for the NHS has a legal duty to keep information about you confidential.

We have a duty to

- Maintain full and accurate records of the care we provide to you
- Keep records about you confidential, secure and accurate
- Provide information in a format that is accessible to you (i.e., in large type if you are partially sighted).

We **will not** share information that identifies you for any reason, unless:

- you ask us to do so;
- we ask and you give us specific permission;
- we have to do this by law;
- we have special permission for health or research purposes or
- we have special permission because the interests of the public are thought to be of greater importance than your confidentiality



Our guiding principle is that we are holding your records in

STRICT CONFIDENCE

A full copy of this leaflet is available at Reception if you require more information & our privacy policy is available on our website www.bpmcgp.co.uk

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

It is not a case of the receptionist 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 professionals 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 that will be respected.

Thank you for your support.

Changes to cervical screening

CHANGES TO THE WAY CERVICAL SAMPLES ARE TESTED IN THE NHS CERVICAL SCREENING PROGRAMME IN NOTTINGHAMSHIRE AND DERBYSHIRE from 1st June 2018

From the 1st June 2018 there will be a change in the way cervical samples are tested in Nottinghamshire and Derbyshire.

Currently all samples are put on a laboratory slide to look for abnormal or any changes in the cells of the cervix called **Cytology**.

From the 1st June 2018 all samples taken at the surgery will be tested for **HPV** (Human Papillomavirus) this is called **HPV Primary Screening**.

HPV is a very common virus. Most women get it at some point in their lives. HPV can be easily passed on during sexual activity and very close contact with partners.

Some types of HPV can cause abnormal cells in the cervix.

From the 1st of June 2018 each cervical sample will first be tested for HPV.

If HPV is **not** found on the sample it is extremely unlikely there will be any abnormal cells and **no** further tests will be done and the next cervical smear will be done as a "routine recall". This means the next smear will be due in 3 years in women aged between 24 ½ to 49 years and 5 years for all women over the age of 50 up to 65 years.

If HPV **is** found the sample **will be** tested for abnormal cells, if **no** abnormal cells are found the result will say HPV **is** present but **no** abnormal cells found and another cervical screening test will be requested for 12 months' time so a check can be made to see if the immune system has cleared the HPV (this

happens in most cases). If the HPV hasn't cleared there is a greater risk of developing abnormal cervical cells and if the HPV infection continues a **colposcopy** referral will be sent.

If HPV is found on the sample **and** abnormal cells are found a **colposcopy** referral will be sent.

Colposcopy is a closer examination of the cervix at the colposcopy clinic at the hospital and is carried out in a similar way to cervical screening. A leaflet is sent with all colposcopy invitations explaining what will happen.

This new HPV Primary Screening test should benefit women because more abnormal cells will be picked up. Women without HPV can be reassured that they are at extremely low risk of developing cervical cancer and the information gathered from HPV screening will help to improve the screening programme. If you would like any more information about HPV screening or anything else to do with cervical screening in general please talk to the nurses in surgery or online at: www.gov.uk/government/collections/cervical/screening-information-leaflets.

Urine samples for over the counter dipping

If a clinician requests you to bring a urine sample in for dipping, they should give you a blue form with a pre-printed label with your details on, with a note 'for dipping' on the form. When you have collected your sample, you will need to hand the sample to the receptionist on the desk. Please **DO NOT** put it in the box. Any sample brought in without a form will not be tested.

Minor Illness Clinic

Within the Surgery the Nurse Practitioner/Prescriber Sue Percival runs a Minor illness Clinic Monday to Thursday for same day appointments. If you have any of the following problems please book an appointment

- Sore Throat
- Earache
- Coughs/colds
- Urine infections
- Abdominal pain
- Eye problems
- New headaches and dizziness
- Neck pain
- Constipation
- Back pain
- Animal and insect bites
- Diarrhoea and vomiting
- Emergency Contraception
- Fever
- Minor Injuries , sprains, strains , lacerations, wounds,



Please also be aware that some of these problems can also be dealt with by the Pharmacist at your local chemist.

If you have an ongoing medical problem or have already been seen before by Sue you will need to make an appointment to see the GP

If you require a sick note or need a medication review an appointment with the GP will be required.

Protecting yourself from severe heat



Whenever we experience a heat wave in this country there is an increase in emergency admissions. This is multifactorial but in part is due to people being underprepared for this eventuality. Please consider the following and also try to look out for your neighbours who may be frail and elderly (and who are more susceptible to experiencing difficulties). The following guidance is taken from the National Heat wave Plan:-

Stay out of the heat:-

- Keep out of the sun between 11.00am - 3.00pm
- If you must go out in the heat, walk in the shade, apply sunscreen and wear a hat
- Avoid extreme physical exertion
- Wear light loose-fitting cotton clothes

Cool yourself down:-

- Have plenty of cold drinks and avoid excessive alcohol, caffeine and hot drinks
- Eat cold food (especially salad and fruit which have higher water content)
- Take a cool shower, bath or body wash
- Sprinkle water over the skin or clothing



Keep your environment cool:-

- Keep windows that are exposed to the sun closed during the day and open windows at night when the temperature has dropped
- Close curtains that receive morning or afternoon sun.
- Turn off non-essential lights and electrical equipment (these generate heat)
- Keep indoor plants and bowls of water in the house as evaporation helps cool the air
- If possible move into a cooler room, especially for sleeping
- Electric fans can provide relief if temperatures are below 35 degrees

Sunburn



The best way to prevent sunburn is to stay out of the sun at peak times between 11am-3pm. If you are going to be out in the sun ensure you are wearing sunscreen with a sun protection factor (SPF) of at least 15. Ensure your sunscreen protects against harmful UVA and UVB rays and check the expiry date. Most sunscreens have a shelf life of 2-3 years. Apply sunscreen 15-30minutes before going out into the sun and reapply at least every 2 hours. Remember to always reapply sunscreen after swimming and that children are more susceptible to sunburn.

What is sunburn?

Sunburn is damage to the skin from ultraviolet (UV) rays and causes the skin to become red, sore, warm and itchy for about a week. The skin will often flake and peel after a few days and is often fairly short lived and mild. The problem with sunburn is that it increases the chance of developing skin cancer in later life.

What to do if you're sunburnt

- Get out of the sun as soon as possible
- Cool the skin by sponging cold water or have a cold bath/shower
- Drink plenty of fluids to prevent dehydration
- Apply a water based emollient or petroleum jelly (Vaseline)
- Take painkillers if needed
- Avoid further sunlight
- Seek medical advice if you feel unwell or have signs of severe sunburn (blistering or swelling of the skin, a high temperature (>38 or 37.5 in the under 5s), dizziness, headache or feeling sick).

A message from the PPG

Hearing you loud and clear!

One of the main functions of your Patient Participation Group (or the HIP Group as we are better known), is to help organise health events at the Medical Centre. We have had some excellent speakers at these events, who have given highly informative presentations. The weak link has been the acoustics of the reception area of the Medical Centre, and there have been several complaints from event audiences about being unable to hear the presenters. Fortunately this should now be a thing of the past, as the HIP Group have managed to obtain funding (through the generosity of the Sutton in Ashfield Rotary Club) to purchase a portable Public Address system. This will be used at all of the future HIP events held at the Medical Centre and should address the problems of the acoustics of the reception area. This should also enhance further the presentations by the health professionals who give up their evenings to come along and inform us about the developments in their area of expertise.

I hope that you will attend these events in future (we had 65 attendees at the recent Prostate Cancer Awareness Event in April), and if there is any health event that you feel would be of benefit to the patients of Brierley Park, then please contact Lorraine Walton (Assistant Manager BPMC).

Kind regards,

Steve Wright Chair of the HIP Group (the Patient Participation Group for the BPMC)



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:

27 th June	25 th July
26 th September	24 th October
28 th November	