



Cherrymead Chat



Winter 2017

e-mail : prgcherrymead@gmail.com



Where to get help when the Surgery is closed

Everyone

Call 999, if a person is unconscious, has difficulty breathing, or a serious head injury.

Also Call 999, if they have any of the following:

- Heart attack, severe chest pain, stroke
- Obvious broken bones, deep cuts that won't stop bleeding
- Rash that doesn't disappear when pressed with glass
- Severe burns and scalds
- Fitting or concussion
- Severe allergic reactions with swollen face, tongue, and breathing difficulties
- Broken hips.

Children under 5

Telephone your Health Visitor on

01494 426703

Leave a message if the answer phone is on

- Growth and development concerns
- Childhood conditions, allergies, infections
- Breast and bottle-feeding, weaning, or teething issues
- Postnatal depression, parent mental/physical health concerns
- Sleeping, eating, or tantrum behaviour issues.

Adults and children over 2

Visit the Minor Injuries Unit, Wycombe Hospital for:

- Cuts, bruises, infected wounds, splinters, minor burns and scalds
- Sprains, strains, injuries to back, shoulder or chest
- Suspected broken limbs (not hips)
- Foreign object in eye(s).

Minor Issues

Visit your local Pharmacy first for:

- Aches and pains
- Coughs, colds, sore throats, flu
- Skin rashes, athlete's foot
- Thrush, cystitis
- Stomach upsets
- Hay fever
- Cold sores and mouth ulcers
- Morning after pill
- Stopping smoking
- Discomfort in eyes.

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Christmas Opening

Cherrymead Surgery will be closed from 6:30pm on December 22nd. We will re-open as usual on Wednesday 27th December.

- Mon 18th December 08:00 – 18.30
- Tue 19th December 08:00 – 18:30
- Wed 20th December 08:00 – 18.30
- Thu 21st December 08.00 – 18.30
- Fri 22nd December 08:00 - 18:30

Sat 23rd December CLOSED

Sun 24th December CLOSED

Mon 25th December CLOSED

Tue 26th December CLOSED

Wed 27th December 08:00 – 18.30

Thu 28th December 08:00 – 18.30

Fri 29th December 08:00 – 18.30

Sat 30th December CLOSED

Sun 31st December CLOSED

Mon 1st January CLOSED

Tue 2nd January 08:00 – 18.30

Please will you ensure you have enough medication to last over the Christmas weekend and that any routine medical issues you have are dealt with before 1pm on Friday 22nd December

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next.

Get the best out of your appointment

A normal GP appointment is ten minutes long. Here are some great tips on how to use the time well.

- **Take notes to help you.**
Think about what worries you most. Make a list of your symptoms and any questions you have.
- **Lots of problems?**
If you know you want to talk about more than one thing, mention them all when you speak to the GP on the phone. This means they can give you more time with a double appointment.
- **Take a list of your medicines – prescribed or otherwise.**
Bring a list of any medication you are taking. That includes over-the-counter and/or alternative medicines, and anything prescribed after a hospital visit/stay. This includes tablets, liquids and creams. Your GP needs to know about everything you are taking.
- **Discuss important things first and stick to the point.**
Make sure you tell the doctor about the important things first and try to get to the point. Do not leave your main concern to the end.
- **Not clear on your treatment plan? Ask again.**
Make sure you fully understand the next steps before you leave the room. If you don't, ask your GP to go through the plan again.



- **Ask who to contact if you have any more questions.**
You may think of questions that you would like to ask after your appointment. Find out who you can contact to ask questions. Also find details of any support groups that can provide reliable information.
- **If you need support, take a relative, carer or friend.**
If you feel your situation needs it, take a relative or friend for support. They can help you understand, explain and ask questions.
- **Unhappy? Ask to see another GP.**
If you're not happy, you can ask to see another GP in the Practice. You can also change your GP practice. As a first step, discuss your concerns with a Practice staff member.
- **Could the practice nurse deal with your problem?**
In many cases, a Practice Nurse could deal with your concern. Consider this as an alternative to making an appointment with a GP. The Surgery may also run special clinics such as for asthma and diabetes. Make sure you know about these.

Practice News

This autumn has seen several changes to our staff.

Anne Hewitt has moved to Cornwall to help develop GP surgeries there. She has been replaced as Practice Manager by Peter Watt. Many of you will know Peter as he has assisted Anne for the last two years. Maria Cullen, who has a hospital background, is our new Assistant Practice Manager.

In Reception, we wished a happy retirement to Lynne who has been with us for ten years and to Jenny after thirty years. We welcomed Anne, Jackie and Gill who have been busy. They are learning the huge range of services provided by Reception. We look forward to working with them serving our patients.

MEET THE PRG

The PRG will be at the surgery Tuesday and Wednesday 5th and 6th December from 10 am to 12 noon. Please feel free to have a chat with us and find out about our role within the Surgery.

Pre-Diabetes and Diabetes

The PRG held a Health information Meeting at the Surgery on 25th October. It covered Pre-Diabetes and Diabetes. The Meeting was led by Tracey Sandy. She manages the Surgery's nursing team and has a special interest in Diabetes. She helps our patients to manage their conditions. The Meeting helped those with the conditions and also those with concerns about Diabetes.

Tracey urged those who would like more information to contact her via the Surgery.

Future Health Information Meetings

The PRG aims to hold Health Information Meetings four times a year. Subjects covered recently include Prostate Cancer, Dementia, and the role of Carers Bucks. Anyone is welcome to attend these Meetings.

The next Health Information Evening will be on Wednesday March 14th 2018 at 7.00 pm at Cherrymead Surgery. The subject will be Audiology.

Do you have contacts with any agency or group that could host a Health Information Meeting? If so, please contact the PRG via the Surgery or at our email address.

Who are physician associates?

Physician Associates:

Who Are They and What Do They Do?

Cherrymead Surgery has been working with Physician Associates (PAs) to deliver general medical services to its patients. Ms Samira Esmailifar has been working with us for over a year. Also, we were recently joined by Ms Claire Alajooz. You might have noticed that they aren't referred to as Doctor. This is because they have a different training background. They support, and need the support of a registered doctor.



PAs have an undergraduate degree in a life science and/or significant background in healthcare. They then have two years of intensive training. It is closely supervised and involves assessed postgraduate university training in medical science. They spend over 1,400 hours in hospital or community settings. University and UK exams need to be passed. They are followed by 50 hours of professional study and a recertification exam every six years. PAs have a voluntary register. At present, there is not a PA regulatory body like the GMC or NMC. Work is in progress to set one up through Parliament. The Royal College of Physicians develops and represents the profession as a whole.

Our PAs are able to carry out most of the activities of a GP. The exceptions are authorising prescriptions and requesting ionising radiation (x-rays). These are done by a GP. Like all doctors and nurses, PAs must work within their competency. This means they will refer people to another member of the practice staff if needed, or seek advice. PAs also develop interests in certain specialties. They include elderly care, dermatology or minor surgery.

PA training was first developed in North America. They are well established there, where they can also work as Prescribers. The NHS is now working with Universities to expand and develop training. We are very proud to be one of the first practices in Buckinghamshire to have experience of working with PAs. We are especially lucky to have Samira and Claire who have brought their wide range of skills to share with us.

Help With Recovery from Drugs and Alcohol

Are you 18 years old or over? Do you have a problem with drugs or alcohol? Do you know someone who does? You can now ring a single number for help. One Recovery Bucks has been set up to give free easy access to confidential, high quality care and support during recovery. The service operates from bases across the county, including High Wycombe. It has a team of recovery workers, nurses, doctors, community connectors and administrators. They work with you to help identify your health and wider wellbeing issues. They give you access to the best therapies from a wide range.

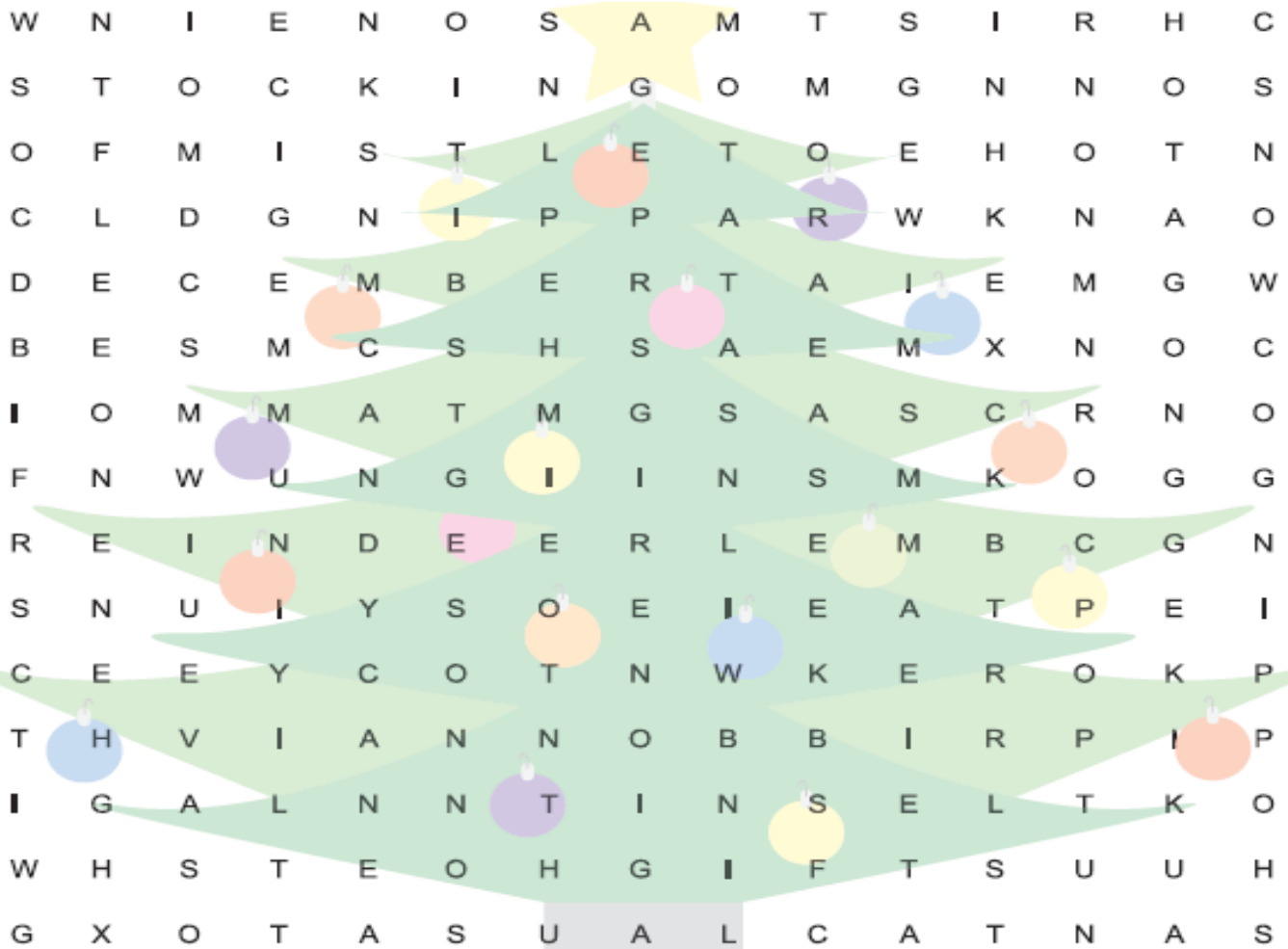
To find out more, visit the website

<https://onerecoverybucks.org/>

or telephone 0300 772 9672.



Word Search



Find these words:

- | | | | |
|------------|-----------|-------------|----------|
| Bow | Eggnog | Popcorn | Snow |
| Candy Cane | Elves | Reindeer | Stocking |
| Christmas | Gifts | Ribbon | Tinsel |
| Cookies | Mistletoe | Santa Claus | Tree |
| December | Ornaments | Shopping | Wrapping |

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NOTICEBOARDS

Next time you are in the Surgery please take a moment to have a look at the Practice notice boards.

The PRG have worked closely with the Surgery and Stretton Graphics on our new look boards.

Merry Christmas

*From everyone at
Cherrymead Surgery*

For more information on how you can get involved with the Cherrymead Surgery Patient Reference Group:

Cherrymead Surgery Patient Reference Group
prgcherrymead@gmail.com