

York Medical Practice Patient Group

Patient Newsletter – No 7

October 2018



The York Medical Practice Patient Group.

The York Medical Practice Patient Group (PG) was set up to represent patients' views about the Surgery to the Practice doctors.

- We meet with a senior GP, the Practice Manager and a senior nurse every two months,
- Publish minutes of our meetings on the PG part of the York Medical Practice website,
- Set up and run events on particular health concerns of patients
- Organise health walks from the Surgery for patients, and
- Publish a twice-yearly newsletter.

With the arrival of the General Data Protection Regulations the PG cannot contact patients unless the patient has given approval to use their email address. If you would like to receive copies of our newsletters and information about forthcoming events please send your email address to patientgroup.yorkpractice@nhs.net and we will add your name to the list of other patients who receive these publications. Alternatively fill in the slip at the end of this newsletter and hand it to Reception at the Surgery. The newsletters and information about forthcoming events are the only communications you will get from us. Thank you.



NHS CHOICES

NHS Choices is the main NHS website for all aspects of our health.

- It is a comprehensive guide to conditions, symptoms and treatments, including what to do and when and how to get help.
- In the section on medicines you will find out how your medicine works, how and when to take it, possible side effects and answers to your questions.
- A section on living well, giving advice tips and tools to help you make the best choices about your health and well-being. It allows you to check your ideal weight range and builds programs for exercise. In addition there is a guide on social care and support.
- If you or someone you know needs help with day-to-day living because of illness or disability, the social care and support guide provides information on all your options and where you can get support.
- The section on “Behind the Headlines” is your guide to the science that makes the news and explains the background research behind the stories.
- There is a section on services near you. All the services are contained in one directory listed in alphabetical order. You can search by service name, service type, condition or surgical procedure.
- Finally, if you search for a service, select the service you want and then there is an option to ‘rate it yourself’ including rating the York Medical Practice

All of this information and much more is available if you click on the links at the top of, or scroll down, the home page on www.nhs.uk



Flu Jabs 2018

The Practice is now inviting all eligible patients to book an appointment for a flu vaccination. People aged over 65 or in one of the “at risk” groups are strongly advised to have the jab.

There is a big change to how the vaccinations are being delivered nationally this year, as the delivery dates are being spread over September, October and November. This meant that GP Practices received 40% of their stock in September, and will get 20% October and 40% in November. As well as at the Surgery, the vaccination will also be available at local pharmacies. This may be a more convenient option for some patients, but the Practice does encourage you to have your vaccination done at the Practice who order enough vaccinations for every over 65 and “at risk” patient. There will be a financial loss to the Practice if there are unused vaccinations. During your flu appointment, unlike in other places, other important information about you including your blood pressure, height and weight may be measured.



Prescriptions

If you are puzzled about the different types of prescription you can be given after you have seen the Doctor the following explanation may help:

One-off prescriptions – these are for drugs – e.g. a course of anti-biotics which will not be repeated.

Repeat prescriptions – these are authorised on the patient record by the GP for items which the patient needs but will not be used regularly – e.g. inhalers, emollients. The patient will need to ask at the Surgery or online for a prescription but will not need to see the GP

Batch prescriptions – for patients who are on regular, stable medication regimes. These are authorised by the GP and taken by the patient or sent electronically to the patient’s nominated pharmacy where the patient will collect the items direct.

Caring for carers

Earlier this year the Patient Group (PG) held an event for carers. The aim of the event was to emphasise that carers have a life beyond caring. The first speaker was Paul Leonard of the PG who explained about caring for two children with complex medical conditions. The second speaker was Margaret Dangoor who is a local ambassador for Carers UK. She cared for both her mother and her husband. She emphasised the need for carers to make time for themselves despite the challenges. She also said that carers should not feel guilty about taking time off from their caring duties. She recommended two national charities – Independent Age and Carers UK who publishes a leaflet 'Making life better for carers'.

YMP Patient Health Walks

Maggie, who is on the Patient Group, has been organising health walks for patients since June 2017. We are letting you know about the dates for the next two walks:

1. Friday 7th December 2018 at 10.30 from the Practice
2. Friday 1st February 2019 at 10.30 from the Practice



ARRIVALS AND DEPARTURES

Olivia Mitchell – has successfully finished her GP Registrar training and her placement at the practice. She has now moved to Yorkshire and recently got married.

James Coventry – has successfully finished his GP Registrar training and his placement at the practice. He is now working at a practice in Stanwell but is doing some locum shifts for us!

Sophie Lipscomb - has started her GP Registrar training at our practice. Sophie will be going on maternity leave at the end of October. Sophie's working days are Monday-Friday.

Yvette McGovern - has started her six month training placement at our Practice. Her working days are Monday – Friday.

Dorota Kucharczyk - has started her six month training placement at our Practice. Her working days are Monday – Friday.

Name

Email address.....

By giving us your name and email address you agree to receive Patient Group newsletters and information about forthcoming health events organised by the Patient Group at the Surgery