

Kings Corner Surgery

Spring Newsletter 2019



Welcome to our Spring Newsletter 2019.

We hope you find the content informative and enjoyable to read.

Content:

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Cervical Screening

Bowel Screening

Long Term Conditions

Changes to Prescriptions for over the counter meds

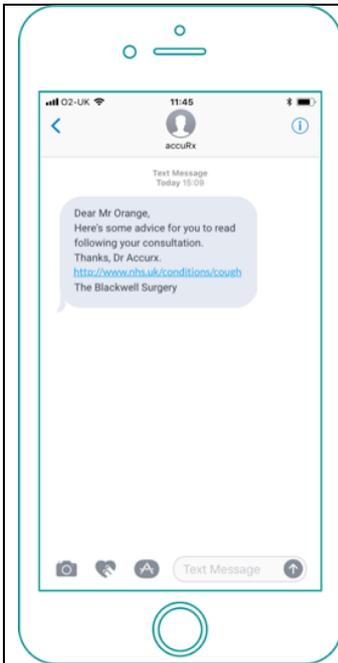
Hayfever

Carers Week 10th – 16th June

Cervical Screening Week 10th-16th June

Health Information Evening 5th June-

The Problems with Prostate and Ovaries at Lynwood.



Chain SMS To Contact Patients

Chain SMS is a system which allows us to easily send text messages to patients. It means we can be much more proactive about some communications, messaging you quickly and securely, so you are not waiting around to hear from us! Some examples of how we might use it and reminders or notifications (e.g. prescription ready)

- Responding to simple queries (e.g. if you had a quick question about your medication)
- Letting you know we tried to call
- Sending you advice at the end of a consultation

The practice name will always be at the bottom of the message. You won't be able to reply to them. Please help us to help you by keeping your number up to date. If you don't want us to contact you in this way please let us know.



Clinical Pharmacists

We are a team of two clinical pharmacists working at Kings Corner Practice. Mitta Bathia and Sarah Tull . This is part of a wider expansion of the general practice workforce by NHS England so that patients have better local access to a range of highly trained health professionals for their needs.

This means that 1,834 surgeries in the country – a patient population of more than 15 million – now have access to clinical pharmacists in patient-facing roles as part of the multidisciplinary team.

Clinical pharmacists in general practice have a positive impact on patients, providing clinical assessment and treatments, expert knowledge of medicines for long-term conditions, as well as lifestyle advice, and contributing to patient safety.

Sarah and Mitta will work as part of the Kings Corner general practice team to improve value and outcomes from medicines and consult with and treat patients directly. This includes

	<p>providing extra help to manage long-term conditions, advice for those on multiple medicines and better access to health checks.</p> <p>The role is pivotal to improving the quality of care and ensuring patient safety.</p> <p>Having clinical pharmacists in GP practices means that GPs can focus their skills where they are most needed, for example on diagnosing and treating patients with more complex conditions. This helps GPs to manage the demands on their time.</p> <p>Should you have any medication related questions please contact the pharmacists on a Tuesday when they will be present at the practice.</p>
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 <p><i>Feel empowered and improve your health and wellbeing</i></p>	<p>Social Prescribing Service is live at Kings Corner Surgery:</p> <p>Over the past year East Berkshire Clinical Commissioning Group and the Royal Borough have developed a Social Prescribing Service. The service enables GPs and other healthcare professionals to refer patients to a Wellbeing Prescriber who arranges an appointment to see the patient in practice, in the community or at home if necessary. This ensures that patients with social, emotional or practical needs are empowered to find solutions which will improve their health and wellbeing, often using services provided by the voluntary and community sector.</p> <p>Together you will be able to:</p> <ol style="list-style-type: none"> 1. Explore what is important for your life and wellbeing. 2. Identify the local activities and services from which you can benefit. 3. Gain support and encouragement to start using services that can help you. <p><i>The Wellbeing Prescriber is:</i></p> <ul style="list-style-type: none"> • Someone to talk to confidentially • Someone who is practical and helpful and who will not judge you • Someone who can help you decide what you'd like to do to feel healthier • Someone who can find you activities that will suit you and, if you want, who can go along with you to start with, so that you don't have to go on your own
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Someone who can advise you on how to arrange appointments with medical services at times that suit you and someone who can give you support along the way
Currently the service supports carers, those at risk of falls and people who are mild or moderately frail. Upon referral the Wellbeing Prescriber will contact you by telephone to discuss the referral with you. This will usually be between 5 and 7 working days after referral. **Please speak to the practice reception team for more information or to provide feedback.**



Cervical Screening
Cervical Screening is offered to all women between 25 and 64 years old. We know Cervical Screening Saves Lives but unfortunately the response to cervical screening invites is at a 20 year low. At Kings Corner Surgery only 66.9% of women age 25-49 years and 77.5% of women aged 50-64 years take up the opportunity to be screened. Please call the surgery if you want to check when your screening is due or when your last one was.

June 10th – 16th we will see Cervical Screening Awareness Week which aims to raise awareness and increase our screening rates as Cervical Screening Saves Lives. Please contact reception at the surgery to book in for a smear test if you are due one or contact Boundary House in Bracknell on 01344 483900 to book an evening or weekend appointment if surgery times are not convenient for you.

Bowel Screening
Bowel Screening is offered to all patients from the age of 60 years until 75 years. It is completely painless and involves sending off a stool (poo) sample to be checked for blood. The aim is simple, to screen healthy people, pick up cancer early and save lives. At Kings Corner Surgery only 71.7% of eligible patients responded to the screening invitation.

Faecal Immunochemical Test (FIT) kits are important for spotting the signs of bowel cancer.

When you receive a FIT kit, it is important that you use it and is a very simple process.

April was Bowel Cancer Awareness Month. If you missed your invitation to have a screening test, please call 0800 707 6060 to order a free screening test.

Please remember you can't die from embarrassment but you may miss a chance to save your life.



Long term conditions

Long term conditions

You are the best person to make sure you have your regular medical reviews. Don't just rely upon the surgery to invite you.

Make a note in your diary when the next review is due and then simply make an appointment ensuring the receptionist knows what the appointment is for. These reviews are important to monitor your condition and the medication you might need to treat it, often needing regular blood tests to check for any potential adverse effects. Make sure you have your reviews.

Freeing up funding for other NHS treatments and services

Changes to Prescriptions for Over the Counter Medicines

NHS England has issued guidance and lists 35 minor health conditions for which it recommends OTC (Over the Counter) medicines and not prescribed medicines. This is being driven by East Berkshire CCG.

The NHS in East Berkshire spent over £3.7 million last year on products that can be bought without prescription. We would like to spend less on medicines so as to free up funds for other valuable NHS treatments and services.

This is the link:

<https://www.england.nhs.uk/medicines/over-the-counter-items-which-should-not-routinely-be-prescribed/>



Hayfever

Antihistamines and eye drops for hayfever - You don't need a prescription for these, they can be purchased at low cost from shops and pharmacies. NHS England would appreciate your support in helping to save money by buying these if you are able to, rather than having it on prescription.



10th - 16th June 2019

A carer is someone who provides unpaid help and support to family or friends. You could be caring for a partner, child, relative, friend or a neighbour who is ill, frail, disabled or who has mental health or substance misuse problems, anyone can become a carer at any age.

Recognising yourself as a carer can be a way of acknowledging that you have an important role. Your role may be rewarding but one which can also be stressful and demanding. As a carer it is important that you are aware of the range of services available to support you in your caring role and to help you manage the impact caring has on your own health and wellbeing.

SIGNAL provides free signposting, information, guidance, networking, advice and learning to unpaid (non-professional) carers who care for someone in Bracknell Forest. They also give advice for those outside of Bracknell Forest.

For more information and support

Contact SIGNAL on: 01344 266088 email:

info@signal4carers.org.uk

Website: www.signal4carers.org.uk.

Postal address: The Space, 20/21 Market Street, Bracknell, Berkshire, RG12 1JG.

Kings Corner Surgery will be supporting Carers Week by raising awareness of where there is help and support. We will be doing this via posters and leaflet drops locally, social media, and advertising in local magazines. The team at KCS, as always, will be on hand to give advice and support in this area.

YOUR HEALTH MATTERS



The Problems with Prostate and Ovaries

A talk by:

Dr. Anant Sachdev

Clinical Lead for Cancer
East Berkshire CCG
Thames Valley Cancer Lead
CRUK Clinical Lead

Dr. Sachdev will cover:

How to spot problems with your prostate or ovaries and the risk factors associated with cancer.

The talk will take place on:

Wednesday 5th June 2019 at 7.30pm – 8.30pm

at

The Berkshire Suite, Lynwood Village,
Kings Road, Sunninghill, Berkshire, SL5 0FG.

Free of charge

Everyone welcome

There is plenty of parking available in the Staff Car Park further down Kings Road.

Thank you for reading our Newsletter.

If you have any feedback we would love to hear from you.

Please email: kings.corner1@nhs.net or leave a note with Reception.

With kind regards,

Sally, Diana, Jess, Lindy, Philip & Sonya.
Kings Corner Surgery PPG