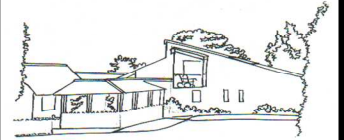




# Laurel Bank Surgery NEWS

Malpas, Cheshire SY14 8PS  
Tel: 01948 860205 Fax: 01948 860

Autumn 2010



## Comings and Goings at Laurel Bank

As September fast approaches and we all start to look forward (or not!) to the new academic year, so changes are afoot at Laurel Bank.

We say goodbye to Dr Andrew Greenwood who joined us as a locum in 2009 and has been an integral part of the clinical team providing much needed help to all. Dr Greenwood leaves us at the end of August; we thank him for all his excellent work and help in the smooth running of the Practice and wish him well for the future.

At the beginning of September we will be joined by Dr Mark Edney who is currently based at a practice in Ellesmere Port. Mark is a keen rower and member of the Chester Rowing Club and we all look forward to his arrival.

After many years of dedicated service to the practice, Mrs Val Clarke retired and we wish her all the very best. Mrs Ruth Hislop, joins us from City Walls Medical Centre in Chester as our new Dispensary Manager.



Mrs Ruth Hislop and Mrs Julie Williams

Mrs Hislop will be the first port of call for anyone with a dispensing or prescription query. Although Ruth has joined us from a non-dispensing practice she brings a wealth of experience and is already making a valuable contribution to the smooth running of the dispensary.

We also welcome back Mrs Julie Williams from maternity leave. Julie, who was previously on the reception desk, has now joined our secretarial team.

To those who leave us, we say **THANK YOU** and **GOOD LUCK** with your future endeavours. To those who join us, we say **WELCOME!**

## Chlamydia Testing

Chlamydial infection is invisible, serious and easily spread and is most common in young people under 25 years of age. For women, infection peaks at age 17 to 20. For men, it increases to age 19 then plateaus. It is important that all sexually active under-25s should be annually tested for Chlamydia. The tests are simple and painless: a urine test

for men and a self-swab or urine test for women.

Testing is a normal part of remaining healthy and not a comment on your lifestyle choice. Please ask the Practice Nurse, in confidence, for more details.



**Surgery Opening Times:**

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

**Dispensary Opening Times:**

**Monday to Friday  
8:00am to 6:30pm  
(CLOSED EACH DAY  
from 1pm to 3pm)**

Please allow 2 working days for repeat prescriptions, which can be ordered by using EMIS Access via our website:

[www.malpassurgery.co.uk](http://www.malpassurgery.co.uk)  
(please ask for details),  
by fax on 01948 860142  
or by letter.

As a last resort, you can order by telephone on 01948 860506 between **8am and 9am** Mon to Fri.

Prescriptions can be collected in person, sent by post on receipt of an SAE, or sent directly to P Williams the Chemist in Malpas.

## STOP PRESS!

### INSULIN ORDERING

Please be advised that the Dispensary **DOES NOT** hold a stock of Insulin. Patients requiring this medication must request it 2 weeks in advance so that it can be ordered in.

*(Many Pharmacies have the same policy.)*

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☺ ☺ in distributing this newsletter since we started in September 2005! ☺ ☺



## Vaccination Update: Flu, Pneumo & Children

**Influenza and Pneumonia:** These vaccines are recommended for all people aged 65 years and over AND those who are considered to be *At Risk*, i.e. those with chronic respiratory and heart disease, diabetes, serious kidney or liver disease, on repeat steroid medication or lowered immunity due to disease or treatment. Flu vaccines are also recommended for pregnant ladies and main carers of the elderly or disabled who may be at risk if their carer falls ill.

This year the Flu vaccine is combined with the Swine Flu vaccine, so only one injection is required. Children between 6mths and 5yrs in the *At Risk* groups and all immunosuppressed people who have not previously had a Swine Flu vaccination will need 2 vaccines this year to build up their immunity.

The Pneumonia vaccine can be given at the same time to all considered *At Risk*. Please note that you only need one Pneumonia vaccination in your lifetime unless you have had your spleen removed.

The flu vaccines will be **available from 1st October**. Please call to make a 5 minute appointment in one of our Flu clinics during our regular working day. The District Nurses will continue to visit patients who are not able to attend the surgery for an appointment.

We are not able to give a vaccine to those patients who are under 65 and who do not fall into the *At Risk* groups during the campaign. However, you can ask to be put on the waiting list for a vaccine. Later on in the season, we will contact you to offer a vaccine if there any available following the campaign.

**Childhood Immunisations:** There has been a recent change to the Childhood Immunisation schedule based on advice from the Joint Committee on Vaccination and Immunisation which is the national expert body. Children will be invited at 54 weeks of age to attend for their Hib/Men C, MMR and Pneumococcal vaccines. This means that they only attend once which will reduce the burden on parents and immunisers and help increase the uptake rate. This change can be discussed further with our Health Visitors, please see page 3 for their contact details.

## "New Doctor, New Rules" so with a New Government! by Dr CC Hulbert

"The Coalition, despite saying that it would not reorganise the NHS, has put forward major changes to the working of the NHS with a very tight timetable for implementation.

Amongst other changes two layers of management are to go to be replaced by a central Commission Authority and local GP Commissioning Consortia. The local bodies will be responsible for "purchasing" health care for defined geographical areas and local populations.

The NHS is a state-funded service and despite talk of "choice" and "excellence" what is available is limited but averagely good. The costs of health

care are forever rising due to increasing expectations, the increasing number of older people and new drugs and techniques.

In this country we can be justly proud of providing adequate health care for the vast majority, but this does mean that some individual patients will miss out on what is the very best for them individually. However, as a nation we also seem to ignore our responsibility both for ourselves and our neighbours. To square this circle is an impossible task and governments knows this, so what better than hand over these responsibilities to doctors!

Regrettably the local PCT is in a

real financial mess with millions having to be saved (not spent) each year for the next few years just to balance the books. In this context, it is difficult to see how the GPs in the Chester, Ellesmere Port and the Rural Area can really do anything but attempt to keep a rather rickety car on the road.

The GPs in Malpas will do their best to stand up for our patients and do their very best for you as an individual but its going to be more difficult as the years pass, the more you can do for yourself the better as well!



## How Things Have Changed Here



Our new political masters are keen for more work to be done in primary care; for the hospital to move closer to the community. The surgery at Laurel Bank has always prided itself as being 'the NHS in South Cheshire' and we feel well placed to accept the challenges ahead.

Over the past 15 years, the role of our Practice Nurses has changed out of all recognition. There was a time when Nurse was there to bandage scraped knees, give injections and take occasional blood samples. The Practice Nurse now has so much more to give and is a vital member of the surgery team. She will still bandage a scraped knee, stick a needle in your arm for the 'flu jab but she has much more to offer.

**Well-Women Clinics** have long been accessible for our female patients but now the men no longer need to feel left out as **Well Man Clinics** are provided. Nurse can also help you **stop smoking, reduce your level of alcohol intake, help you lose weight, give general life style advice and help to**

**monitor your blood pressure.** Our Practice Nurses run **Travel Clinics**, where an in-depth analysis of your health needs and disease prevention options can be decided and appropriate vaccination schedules determined. Nurse can also give advice about **contraception, screening for sexually transmitted diseases** and can also treat suitable cases in her **cryotherapy sessions.**

Those of our patients taking **Warfarin** no longer need to wait one or two days for their dosages to be worked out by a hospital clinic. It is literally at their fingertips here at the surgery.

We are always striving to improve the service available for our patients and it may well be that an appointment with the Practice Nurse will serve your need just as well as seeing your doctor. If nurse is ever concerned, she always has immediate access to one of the GPs for further advice.

We also host the NHS chiropract, dietician, mental health worker and alcohol worker. Please contact Reception or access further information concerning all these services from our website at [www.malpassurgery.co.uk](http://www.malpassurgery.co.uk)

## Telephones

The surgery is slowly creeping into the 21<sup>st</sup> Century with the automated check-in facility and online ordering of repeat prescriptions.

We are yet to embrace e-mail communication with our patients as there remain some data security issues.

However, there are still occasions when the telephone remains the best means of contacting the surgery:

**Patient's results:** call 01948 860205 **after 11am** for blood, scan and other test results.

**To speak to a Doctor or a Nurse:** please telephone 01948 860205 to request a visit (before 10am if possible), to book a telephone consultation or to leave a message.

**District Nurses:** please telephone 01948 860038 and leave a message. They will call back on return from their rounds.

**Health Visitor:** please telephone 01829 771823 and leave a message. They are now based in Tattenhall but continue to cover our area and attend the surgery daily.

**Midwife:** please 'phone the Community Midwives Office on 01244 365166 and leave a message. You can also leave non-urgent messages at the surgery on 01948 860205 which she will pick up weekly.



## Lost Property



Have you ever wondered what happened to those reading glasses you cannot find? Or the car keys, photo album, sunglasses, rain jacket, fleece, scarves, children's toys or mittens? Perhaps they are in our lost property box waiting

patiently to be reclaimed by their owners.



If you have mislaid some unlabeled personal items recently, please call us on 01948 860 205 to speak with the Reception staff: perhaps we can reunite you with your property!

## Drug Budget



Credit crunch. LibCon coalition. Double-dip recessions. Is any of this going to have an impact on services provided by the surgery?

The short answer is 'no' but there is a rider attached to that answer. All practices in Western Cheshire are being scrutinised as never before. Although NHS spending has been 'ring-fenced' by the new LibCon coalition, the service has still been given savings targets which all regions, PCTs and by default all GP practices have to aspire to.

Western Cheshire PCT have targeted the drug budget as an area where savings can be made, particularly in the areas

known as 'Better Care, Better Value' i.e. using drugs which are evidence-based and at the lowest price available.

Some of you will already have encountered this in the area of 'statin' medication. These are drugs used to lower cholesterol and are primarily of benefit to patients who have already experienced an arterial event such as heart attack, angina and stroke. This is known as 'secondary prevention'.

In cases where patients have not had one of these diseases but who have an elevated cholesterol and in whom the risk of developing an arterial problem is high, there is also a benefit from 'statin' medication. This is known as Primary Prevention. However, this has only been proven with two specific 'statin' drugs to date.

As a result, the PCT will only support the prescription of these drugs for Primary Prevention.

Other areas being targeted are the various drugs used in the management of stomach acid problems and some medications for high blood pressure.

The work done by our medicine management teams in these various areas have already resulted in savings of at least £40,000. But a word of warning – there may be more changes to come in the drugs you collect from the chemist or dispensary.

Please be assured that any changes that do occur do so after rigid scrutiny by your GP and following relevant communication with all concerned.



## Carers Update

At Laurel Bank Surgery we recognise that carers have a key role to play in supporting the care provided and in helping the practice to understand the needs of the person they care for.

We also recognise that many carers find their health suffers as a consequence of the strains of caring.

Information sharing with carers is essential for the successful delivery of care.

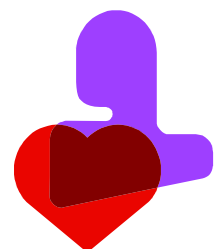
A carers notice board is provided in the reception area with a range of publicity materials.

An Carers Information Pack is available on request from reception. It consists of leaflets, including information on access to additional services, benefits, disability law etc.

Our point of contact at the practice for carers is Mrs Helen Mountjoy.

Further information can be gained from the Cheshire Carers Centre which is open Monday to Friday from 10am to 4pm.

They provide information, advice and support for Carers across Cheshire and can be contacted on the Carers Helpline 0800 0850307.



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