

PRACTICE PRESS

Flu Clinics

We are currently holding flu clinics for patients over 65 years old and at risk as follows:

Wednesday 12th October 2016 – 4:00-6:00pm
at GOXHILL

Wednesday 19th October 2016 – 1:00-3:00pm
at BARTON

NO APPOINTMENT NEEDED

NB: Nasal Spray vaccine will not be administered in these clinics

Nasal Flu Clinics

The nasal flu spray for 2016/17 will be offered routinely on the NHS to all children who were aged two, three and four on 31st August 2016 (date of birth between 1st September 2011 and 31st August 2014). Children at risk aged five to seventeen can also be offered the nasal spray. If your child is eligible, please ring the surgery to make an appointment with the nurse. We can only offer allocated clinics at this stage to able us to monitor the demand.

Tuesday 1st November 10.00am - 2.30pm
Tuesday 8th November 10.00am - 2.30pm
Friday 25th November 1.00pm - 6.00pm

APPOINTMENTS ONLY

More nasal spray clinics will be allocated in December if demand is high on the above clinics.

Vaccinations

Pneumococcal Vaccination

If you are a patient over 65 and have never had a Pneumococcal Vaccination; please speak to Reception who will book you in for one.

Shingles Vaccination

You are eligible for a Shingles vaccination if you was born between 02/09/1936 to 01/09/1938 or 02/09/1942 to 01/09/1946. Please contact the surgery to make an appointment with a Nurse.

Meningitis ACWY

You are eligible for a Meningitis ACWY vaccination if you are born between 1 September 1997 and 31 August 1998.

Central Surgery Patient Participation Group

Central Surgery's Patient Participation Group consists of ten patients who meet bi-monthly to discuss issues and events going on within the practice. They are in place to act as advocates for patients and to ask those all important questions that need asking!

If you would like to make contact with the Patient Participation Group please write to:

Ursula Vickerton (Chairperson) C/O Central Surgery.

Ursula will then raise any matters on your behalf.

Travel Clinic

Travel Clinics are usually held on a Wednesday at Barton. Travel appointments should be preferably made 6-8 weeks before you travel. Patients need to fill out a travel form before attending, this is then passed to the Travel Nurse for her to contact you. Travel forms are now available from Reception and on-line on our website:

www.centralsurgery-barton.co.uk

Please try to register your trip well in advance.

It is not compulsory for the Surgery to offer a travel clinic; it is a complimentary service.

Friends and Family

Since December 2014 we have been collecting information from our Friends and Family Test.

The Friends & Family Test is about giving patients the opportunity to provide quick feedback on their care and treatment experience. It's already in use in many parts of the NHS and is expanding to a lot more.

You can say what is going well and what could be improved so people who make decisions about local health care can take your views into account. It doesn't take long and you don't need to give your details on your feedback form.

Look for details in Reception or the waiting room. Alternatively please visit:

<http://www.centralsurgery-barton.co.uk/friends-family.asp>

Visits

Visits are for housebound patients and are at the discretion of the clinician. Wherever possible the clinical assessment of a patient is preferable within the Surgery where investigations and nursing assistance are all readily available. Please contact the Surgery as soon as possible after 8.00 am to discuss the possibility of a visit. Visit requests, unless urgent, may be delayed if requests are left later in the day.

Missed Appointments

Doctors

May - 55 (equivalent to just over 10 hours lost Doctors time)

June - 75 (equivalent to just over 14 hours lost Doctors time).

July - 83 (equivalent to just over 15 hours lost Doctors time).

August - 69 (equivalent to just over 13 hours lost Doctors time).

Nurses

May - 172 (equivalent to just over 33.5 hours lost Nurses time)

June - 203 (equivalent to just over 45 hours lost Nurses time)

July - 197 (equivalent to just over 40 hours lost Nurses time).

August - 205 (equivalent to just over 42 hours lost Nurses time).

Please remember to cancel your appointment if you are unable to attend for any reason.

Breast Cancer Bra Bank

The W.I. Committee at Barrow upon Humber are raising money for Breast Cancer by holding a Bra Bank Amnesty. A Bra Bank has been displayed in Reception at our Surgery in Barton upon Humber. Please give all your old bras a new lease of life and help raise money for breast cancer research. You can deposit your unwanted wearable bras in the Bra Bank and they will be whisked away to Africa where there is a short supply of affordable bras. Against Cancer will receive a donation based on the weight of bras we collect - so every bra counts! Thank you in anticipation.

New Website and GPs Photographs

Please take a look at our upgraded website!

www.centralsurgery-barton.co.uk

All Practice information, recent updates and news and notices are displayed here. We have recently displayed photographs of the GPs at the Practice to assist patients in remembering which doctor they have seen.

Termination of Gmail account

Please be aware that as of 31 May 2016 this email account was terminated. Therefore you will need to contact the surgery via telephone or via the SystemOnline Messaging Service. If you are not registered for online services please contact Reception to register.

Qualifications Achieved

Congratulations to Dr Rauf who has completed her Diabetes Diploma and will join the diabetes specialist team of the surgery to help with management of diabetic patients.

Well done Dr Rauf!

Clinician Room Renovations

We have recently invested in our Clinician rooms to allow for increased accessibility for minor surgeries etc.

Starters and Leavers

Starters

We would like to welcome Chloe Brannon as Receptionist and John Frost as Practice Nurse.

Leavers

Dr Al-Hadithi and Nurse Sarah Waldron have now left the surgery.

We are sad to see them leave and we wish them the best of luck for the future.

CENTRAL SURGERY - THE APPOINTMENT SYSTEM

Over the years we have tried many appointment systems and have found that our current system is the most favourable to the majority of our patients. The GP and Nurse Practitioners appointments are available every day from 8am, allowing you to see a GP as soon as it is needed. If the routine appointments are taken for the day, or you feel you may not need to see a GP and just need some advice, we offer a triage service. Our highly skilled Nurses will then assess your need and either book an appointment with our Duty GP, arrange for a prescription or indeed give advice as required. By using this system it ensures that every patient is consulted within 48 hours regardless of their level of need. The triage system allows us to prioritise medically urgent problems to fully ensure the safety of our service.

We allow an absolute minimum of 300 appointments with a GP on a Monday, 180 appointments on a Tuesday and 160 every other day. In order to utilise these appointments appropriately we ask that appointments are booked only if needed. We also ask that you please inform us if you are no longer able to attend.

Blood tests and other results are available by contacting the Reception team who will then advise accordingly. We ask for a few days from your test before you contact us to allow time for the results to be processed. Please contact the Reception team after 10am for results on option 4, to allow for the busiest period to pass.

Repeat prescriptions can be ordered online or a message may be left on the answer machine. To speak with a Receptionist to order your prescription please contact us after 10am. The Dispensary team are available from 8am.

Alongside the GPs we have three Nurse Practitioners from very different backgrounds. Emma Tomlinson worked previously in A&E, Pauline Thirtle previously worked in a Practice in Grimsby and Linda Norris has worked at our Practice for many years as a Nurse and has now trained to be a Nurse Practitioner. All three Nurse Practitioners are available to assess and manage acute problems.

Non-urgent appointments such as coil insertions, medication reviews, injections, cryotherapy etc. can be forward booked. If you see a GP and they need to see you again they will also forward book your appointment, to allow for continuity and to ensure safe practice. This allows the Practice to have a balance of on the day appointments left available.

For those that work we offer appointments that are bookable online from 6.30am. We often reserve the first and last couple of appointments to try and fit around the working day. If these are not taken they are then released back into the system at 8am. The demand for these appointments is monitored regularly. We also pre-book the early appointments with the Nurse Practitioners each day, if it is something that can be seen within their criteria. If these options do not suit you due to exceptional circumstances, please discuss this with the Receptionists so that we are more able to accommodate your needs. We do ask that any flexibility allowed is not abused, as it then makes it harder for patients that need to be seen on the day.

Our Nurse appointments are all pre-bookable clinics. We have four Healthcare Assistants who can take bloods, provide ECGs, 24 hour blood pressure monitoring, health checks and diabetes foot checks. If you are having your bloods taken for a chronic disease clinic then the Receptionist will often offer you an appointment approximately a week before your chronic disease appointment. This allows the results to be relevant and available when you see the chronic disease Nurse.

We have four skilled Nurses who run chronic disease clinics (asthma, COPD and diabetic), in our very busy treatment rooms (alongside the Healthcare Assistants); travel and child surveillance clinics. The chronic disease clinics are by invitation when needed, however it is an open service so should you need to be seen sooner than initially planned our nurses are always happy to help and advise. We have two modern and well equipped treatment rooms for which appointments are pre-bookable and consist of cervical screening appointments, dressings, injections and vaccinations etc. They will also see minor injuries as walk in appointments if needed. For the travel clinic, we ask that you collect a form from Reception (or from the surgery website) to complete and return. The Travel Nurse will then contact you to either book a consultation (for an appropriate length of time, as it is determined by the need) or to simply advise what vaccinations are needed and then book you in. Finally, the child surveillance clinics are by invitation.

If you are housebound and require a home visit, please contact the triage nurse so she can prioritise your need and arrange for a GP to attend. It helps the Practice a lot if this is done sooner rather than later in the day as the GPs can then plan their routes accordingly to make the most of their time.

We are a large Practice with nearly 17000 patients. However by working together we can ensure that we can provide an accessible and efficient service.

DISPENSING SERVICES

The Practice undertakes dispensing of medicines for those patients who live outside the boundaries of Barton and Barrow. Patients are signed up for dispensing services when they register with the Practice or if they move to an address where dispensing services can be provided.

We employ a full team of trained dispensers here at the Central Surgery in Barton and operate a Pharmacy from our Goxhill Surgery. Our opening hours at Barton are Monday to Friday 8.00 am to 6.30 pm. We are closed on Saturdays, Sundays and Public Holidays.

Our opening hours at Goxhill Pharmacy are Monday to Friday 8.30 am to 6.00 pm, closed for lunch 1.00 pm to 2.00 pm, and open 9.00 am to 1.00 pm on a Saturday.

We aim to process repeat prescriptions within 72 working hours of ordering (excluding weekends and bank holidays) and prescriptions issued directly by the GP are processed whilst you wait. We are now able to arrange a home delivery service for repeat medicines. Please contact the surgery for more information.

If you require medication urgently then please contact a member of the Surgery's Dispensing team, who can then arrange for this to be dispensed. However, if the urgent medication is required out of hours then the contact number is **111** (Out-of-Hours Centre).

REPEAT PRESCRIPTIONS

If your doctor agrees, you may obtain repeat prescriptions by written request over the counter. Alternatively, if you have a computer counterfoil please hand it in to your usual Dispensary at Barton or Goxhill. Please ensure that you 'tick' the medication you require on your slip and allow 3 working days for processing. We aim to process repeat prescription requests within 72 hours of ordering (excluding weekends and bank holidays).

Repeat prescriptions can be ordered online or a message may be left on the answer machine. If you wish to talk to a Receptionist to order your prescription please contact us after 10.00 am but we point out that Mondays are busy and best avoided. The Dispensary team are available from 8.00 am. The numbers to phone are:

Residents of Barton Upon Humber 01652 636600 Option 2

Residents of outlying villages 01652 636600 Option 3

Residents of Goxhill 01469 532617

If extra medication is required due to going on holiday, please enquire at the time of ordering your usual repeat prescription; you do not need to see a doctor specifically for this.

NOW OPEN Saturday 9 am to 1.00 pm

The Village
PHARMACY
Goxhill



LOCAL DELIVERY SERVICE

NEW MEDICINES SERVICES

PATIENT MEDICINES REVIEW

MONITORED DOSAGE SYSTEMS

NHS & PRIVATE PRESCRIPTIONS

PRIVATE CONSULTATION ROOM

NHS MINOR AILMENTS SCHEME

OVER THE COUNTER MEDICINES

MONDAY TO FRIDAY 8.30AM TO 6.00PM CLOSED 1.00PM TO 2.00PM SATURDAY 9AM TO 1.00PM

Howe Lane, Goxhill, North Lincolnshire, DN19 7JD (01469) 532560

NUMARK 
Your local community pharmacy



Tips for a Healthy Halloween

Fill up before trick-or-treating

If kids are full before they go trick-or-treating, then they will eat fewer sweets afterwards. Consider having your kids eat something healthy before they go out so they aren't tempted to eat the sweets along the way.

Trick-or-Treat and Exercise

Encourage your child to walk from house to house instead of driving them. Parents can even encourage siblings or friends to wear pedometers or activity meters and start a friendly competition for who can be the most active while they are collecting sweets.

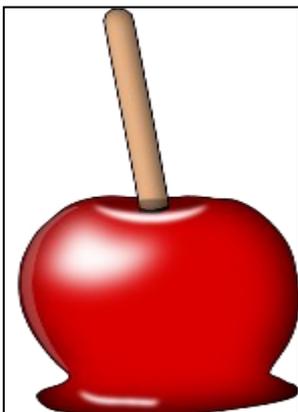
...Or give it away

When children get back home from trick-or-treating, have them make two piles: one for the sweets they want to keep, another for the sweets they will not eat. Consider donating the second pile to a local senior citizens home or children's hospital.

A toffee apple can count towards your five a day. True or False?

True - Eating a raw apple helps clean your teeth and mouth and can count towards your five a day portion, however dipping them in toffee adds several grams of added sugar as well as calories. Biting into hard foods might also break a tooth or crown so be careful.

While the occasional toffee apple won't harm your health, don't forget to clean your teeth after eating the apple so that tooth decay doesn't become a problem.



“Happy Halloween”

From all the staff at Central Surgery