

Portishead



Medical Group

NEWSLETTER JUNE 2009

Introduction

Welcome to this year's summer newsletter. I wait with interest to see what kind of summer we will have. Will we be bathed in Mediterranean sun or huddling under the umbrellas? Is swine flu going to turn out to be the biggest story that never was or will it rear its ugly head again in the autumn? I don't know the answers but as far as I can tell neither does anyone else. At present we are still preparing for the annual flu vaccination campaign in September/ October. Please look out for the clinics when advertised and sign up if you are eligible.

I am writing this whilst unable to do our usual paperwork as the computer system is off for 4 days. This is to upgrade the server to speed up the system. Hopefully when reading this all will be complete and everything will have gone smoothly. The switch-off creates a lot of extra work, especially for our computer, reception and administration staff, and I would like to thank them for their efforts. We hope it did not disrupt our service to you in any significant way and we thank you for your patience.

Later this summer you may notice some of our internal rooms are renovated and altered. This is to increase our consultation room capacity and provide more space for our Practice Nurses. More space is needed as we plan to increase the number of doctors in training we have at the practice. Drs Richard Thomson and Alex Davis have recently qualified as GP Trainers and will help teach GP Registrars alongside Drs Pemberton and Williams. Dr Pullen will also help with the supervision of Foundation Year doctors. We hope you agree that teaching keeps us on our toes, up to date and stimulated as we try to impart the knowledge we have. We thank you for helping us in this teaching capacity by happily seeing our trainees and offering feedback on them when asked.

Good News

The latest Access Survey results show a marked improvement in patients being able to book an appointment more than 2 days in advance.

November 08	March 09
50%	74%

In addition, 94% of patients are able to access non-urgent appointments within 2 days. We are very pleased with these improvements but appreciate more needs to be done. Just remember you can book in advance. Ask.

SPONSOR Dr PULLEN

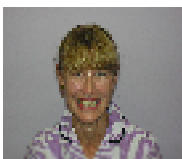


I am looking for your support and sponsorship for this year's Bristol Half Marathon. The marathon is in its 21st year and once again it is supporting St Peter's Hospice. The Hospice, celebrating its 30th year, is a local charity providing support and care of patients

and their families towards the end of their lives. As part of my training I was privileged to spend 6 months working at the Brentry Hospice. Although dealing with the end of life I found it a profoundly uplifting experience and was constantly impressed by the kindness, dedication and professionalism of the staff and volunteers. In particular, it highlighted to me what a difference good nursing care could make if nurses are given the time and resources to do what they are trained to do. This all costs money and a lot of it. Sadly, a very good friend, and father to one of my godsons, died of kidney cancer in Brentry hospice in January 2008. Rob was 38. The last few months of his life were spent in Brentry and they did everything to make it a home from home and make him comfortable to the end. The hospice still supports Jenny, his wife, and their children. The hospice is surely one of the most deserving of charities. Jenny always promised Rob she would run a half marathon and she is determined to show him she can and to raise as much money for the hospice as possible. She has set up a web page at www.justgiving.com/teamjenkerslake

Please go to this link, read a little more about Rob and St Peter's and then sponsor us for as much or as little as you can afford. If you don't have internet access please speak directly to Dr Pullen.

Thank You



New Treatment Room Nurse

Mary Edmunds has been employed as replacement for Moira who has sadly left us for a promotion. You may recognise her as she previously worked as an outpatient nurse at the medical centre with visiting consultants Mr Pentlow and Mr Smith. She continues to work with Dr Archer, consultant dermatologist, at the Spire hospital in Bristol. We would like to extend a warm welcome to Mary and hope she enjoys her time here at Portishead. Please say hello.

New Doctor

A replacement for Dr Bird is to be appointed in the next month. We are interviewing at this time. We expect the prospective candidate or candidates (if a job share) to start at the beginning of August. To ease the pressure on appointments we have decided to increase the number of sessions the doctor offers to eight a week (Dr Bird worked 5 sessions). When appointed, patients currently registered with Dr Ridd will transfer to the new doctor. We are excited at the prospect of a new doctor (or doctors) in the Practice and look forward to telling you more when the appointment is made.

Visit our website WWW.PMG.ORG.UK



Dr Gerwyn Owen and his wife Linda are celebrating their 25th Wedding Anniversary later this summer. As a practice we would like to pass on our warm congratulations and wish them all the very best for the future. Gerwyn and Linda have contributed hugely, both professionally and socially, to the life of Portishead. I am sure you will join with me in thanking them both for all their efforts. Three Cheers!!



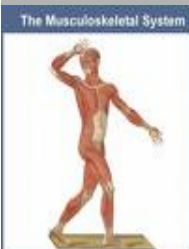
Services Available

There has been a lot of media coverage about the opening of the new Marina Health Centre. At times this has been confusing and there has been a suggestion that some of the services provided would only be available to Harbourside Practice patients. This is emphatically not the case. The new building is leased by the PCT and any services provided from it will be freely available to all residents regardless of where they are registered. We are pleased there is now more capacity in Portishead which will allow more services to be provided locally. The Health Visitors have relocated to the new building and Podiatry will do so at the end of June. This has given us the opportunity to upgrade our own building to create additional consultation and training rooms. This work will be done in the summer and will provide more flexibility in how we use the building.

Please note, the services below continue to be available at the Health Centre

- Health Visitor Baby Clinics and Immunisations
- Midwives and Dating Scans
- Family Planning (including Coils and Long acting Contraceptives)
- Smears
- Minor Surgery and Liquid Nitrogen Clinics
- Travel Clinic and Vaccinations

Advanced Notification



Dr Jonathan Williams has successfully applied to do a year long MSc in Sport & Exercise Medicine at Queen Mary's College, University of London. He will be taking sabbatical leave from September 2009 and be returning in September 2010. We are very fortunate that Dr Richard Reed, one of our excellent Registrars, has agreed to cover Jonathan's locum whilst he is away. Many of you will be aware of Jonathan's keen interest in sport, especially running and triathlon. More recently he has provided medical services at organised running camps and written the odd article for running magazines. He is very keen to formalise and enhance his skills, hence the MSc. This is a highly regarded course and he has worked hard to gain a place. It will be a challenging year and we wish Jonathan all the best. Musculoskeletal problems are an increasing part of our work and we look forward to him bringing his enhanced skills to the practice.....Now, about my neck!

Sunburn and Insect Bites

Despite our best intentions we all have a tendency to forget or ignore the power of the sun. Short term consequences can be painful and embarrassing. Longer term, we are prematurely aging our skin and putting ourselves at increased risk of skin cancer. Remember the very young are particularly susceptible and need special precautions. The key to prevention of sun damage is avoidance followed by protection. Stay out of the midday sun and wear a wide brimmed hat (for those with a previous skin cancer this applies from May to October). Wear a high factor sun cream and apply it regularly. Read the application information carefully, we don't put enough on and it should always be reapplied after swimming, even water resistant types. If you do burn, remember to keep well hydrated and avoid alcohol. Paracetamol and ibuprofen can be used for pain relief; a cool shower or a chilled flannel can help. Aftersun or simple moisturisers should be applied liberally and regularly. Cool them in the fridge for extra soothing effect. See a pharmacist or GP if severe symptoms develop or occur in the very young.



Insect bites are common and usually can be managed without seeing a doctor. Although very rare, and almost exclusively linked to bee or wasp stings, anyone who experiences breathing difficulties such as wheezing or tongue swelling immediately after being bitten should dial 999 in case of an anaphylactic reaction. Slowly developing localised swelling is less of a concern and is usually your body's immune response to the bite. The swelling may or may not be red and hot. It is not usually infected and treatment is with regular oral antihistamines (i.e. Piriton), purchased from the chemist. Always elevate any swollen limb and apply an icepack regularly (frozen peas, wrapped in a tea towel, for 10 minutes at a time). If the lesion is rapidly expanding in size, hot and you feel generally unwell there is a chance the bite is infected. At this point discuss with a pharmacist or GP. Lyme disease is a tick borne bacteria that can present with a variety of symptoms if not treated early.

Remember it is still a rare condition, not all ticks are carriers and fortunately is not endemic in the immediate local area. If bitten by a tick grab it as close to the skin as possible, pull directly upwards, do not twist, and ensure all body parts are removed. Wash thoroughly. If an expanding red rash develops from the bite then consult your GP for testing and treatment.

Visit our website WWW.PMG.ORG.UK