



Budleigh Salterton Medical Centre

Patient Group

NEWSLETTER: SUMMER 2017 – ISSUE 49

OPENING HOURS: Monday to Friday, 8.30am to 6.00pm, Tel: 01395 441212

OUT OF HOURS: Dial **999** for life-threatening problems and Dial **111** for non-urgent advice

WEBSITE: www.budleighsaltertonmedicalcentre.co.uk

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CHAIRPERSON'S NEWS

We are pleased to announce that we have a new logo for the PPG and so we will have this on future editions of the newsletter. This lovely drawing was made by a pupil from St Peters School, there was tough competition amongst the children and they came up with some really good pictures. To choose the finalist was not easy!

Our winner, Alida Sutera, aged 9, wished to show how the surgery puts itself around you and is there to care for you and we felt she got it just right.

Although it is still meant to be summer you will see in this edition of the newsletter an important note about 'flu jabs. The weeks fly by and it will soon be time for a change of the seasons, so if you are 65 or over please take advantage of this important health aid and make a booking with the surgery.

You will also find some helpful information about getting fit for surgery and the things that we can all do to help optimise the results of surgery.

The Budleigh Community Hospital Health and Wellbeing Hub will be opening shortly so please look out for the next edition of this newsletter which will contain some important details of what the Hub will provide for our community.

Sue Lake
Chairperson, Budleigh Salterton PPG

PATIENT GROUP COMMITTEE

Sue Lake
Chairperson

Maureen Tregurtha
Vice Chairperson

Peter Frean
Robert Harland
Chris Kitson
Mark McGlade
Lynette Oram
Michael Rice
Richard Waller
Veronica White

Trudy Carter
Richard Mejnzer

Deborah Mitchell
(Secretary)

CONTACT US

Either by post to:
Budleigh Salterton
Medical Centre, 1 The
Lawn, Budleigh
Salterton, EX9 6LS

Or by hand to:
Patient Participation
Group post-box in the
Medical Centre

ANNUAL FLU CLINICS

These are available to everyone over 65. Those who are under 65 but may be at increased risk from flu will receive an invitation from the practice. Bookings can be made at reception or call 01395 441212 after 10am from Tuesday 5th September 2017.

The dates for the annual Flu Clinics are:

- Saturday 30th September 2017 8.30am – 10.30am
- Saturday 7th October 2017 8.30am – 10.30am
- Saturday 21st October 2017 8.30am – 10.30am



IN SHAPE FOR SURGERY

The healthier people are before surgery, the fewer complications they may have and the better their outcomes can be. Eating healthily, being active and stopping smoking all make a real difference to health and people who are in good general health usually recover better from surgery and have fewer complications.

What is “In Shape for Surgery”?

Throughout Devon, from 1 August 2017, the NEW Devon CCG will be implementing a health improvement programme for people with specific risk factors, so that they can access support to improve their health prior to surgery. This programme is designed for patients undergoing non-urgent, elective surgery. It **does not** affect emergency or urgent surgery or diagnostic procedures.

It will be rolled out in a phased approach, beginning with hip, knee and hernia, followed by hand and wrist and plastics, with more procedures being introduced over the coming months.

How will people be supported?

The pathway recommends early detection and management of risk factors, with GPs working with patients to improve their health before a referral for surgery where the additional benefit of primary care treatment can be had.

This could mean helping the patient to manage their diabetes or blood pressure or it could mean helping them to stop smoking. In some more complex cases, patients will be referred into secondary care to help them improve their medical health, prior to being referred for surgery.

There is support available to help people improve their health. Patients will be signposted to healthy lifestyle services by their GP and by secondary care clinicians.

An important feature of this work is consistent messages from all healthcare professionals and consistent access to support services. It is believed by NEW Devon CCG that we all have a responsibility to promote healthy behaviours and integrate prevention of ill-health into our services and that we should be encouraging people to take a greater level of personal responsibility for their health and wellbeing and this is also an important priority of the NHS Five Year Forward View.

What are the criteria?

Criteria have been developed by primary and secondary care clinicians in Devon. These criteria cover blood pressure, anaemia, irregular heart rate, heart murmurs, diabetes and smoking status.

The criteria define the level at which a patient’s risk in surgery may be increased and are based on best practice.

What are the benefits to patients?

This is a comprehensive attempt at improving the safety, effectiveness, experience and value for money of surgery.

There are clear benefits as it will help us reduce the risk of complications and the resulting length of stay in hospital and achieve improvements in surgical outcomes.

There are also longer-term positive impacts of controlling chronic disease and avoiding risky health behaviour. These are significant for individual patients and their families and they are also important for the NHS and for social care.



PLEASE EXTEND A WARM WELCOME TO OUR NEW STAFF

Sam Horne, Practice Nurse, who will be specialising in chronic disease management started with the practice in July, having been a locum nurse at Budleigh for some months.

"I have been a local resident for 16 years and have previously worked with the district nurse team and in the old Budleigh hospital rehabilitation unit. You may have seen me as a blue streak on my bike getting to and from work, obviously wearing her helmet, goggles and a big grin! In my free time you may see me running along a few of the local trails, rivers and paths, and even cooling off in the sea after a few miles!

I am passionate about my health and yours and look forward to seeing you if needed in the future"

Bindu Antony, Practice Nurse started in July having worked with our doctors previously at Budleigh Hospital and then Exmouth Hospital.

"I have been a nurse for over 20 years, practicing in India, Saudi Arabia and then England for the last 12 years. You may remember me from the Budleigh Hospital? Since its closure I have been working on the wards at Exmouth Hospital.

I am excited to be taking up the post of practice nurse at Budleigh whilst continuing to work at the hospital and look forward to looking after you here in Budleigh.

In my limited free-time I enjoy reading and a good film! I live in Budleigh with my husband and daughter".

Dr Joe Bailey, GP Registrar started in August and will be with the practice until October 2018.

"I previously trained as an Engineer in Southampton and worked in Bristol as a Rehabilitation Engineer prior to starting medical school aged 28 as a "mature student"! I qualified as a doctor at Exeter Medical School in 2012. Junior doctor training at Royal Devon & Exeter Hospital including placements in paediatrics, A&E, ENT, ophthalmology, stroke medicine, infectious diseases, elderly care, orthopaedics, obstetrics and gynaecology, gastrointestinal surgery and intensive care.

My personal interests include rock-climbing and water-sports. I have lived in Exmouth for 12 years with my wife Deborah and our 2 children.



Manage your healthcare provision on line and sign up to SystemOnline today!

SystemOnline provides interaction with our practice using the internet at your convenience, even when we are closed. This facility will enable you to book and cancel appointments, order repeat prescriptions and view your Summary Care Record (SCR) using a computer, tablet or smartphone rather than having to phone or visit the practice. There is also the facility to view your blood test results.

If you are interested in this service please visit the practice and see the receptionist on duty who will be happy to print off the information required in order to create your username and password. Please note, as this enables you to view your medical records, you will need to provide proof of ID for the receptionist prior to receiving this information.

SELF-MONITORING BLOOD PRESSURE MACHINE

There is a blood pressure monitor situated in the surgery foyer which any patient can use to check and record their blood pressure.

If you suffer from high blood pressure you may receive a letter from the Practice asking you to either supply a home reading or to use the monitor in the waiting room. This saves appointments with our doctors / nurses, but you can of course still ask for an appointment to have your blood pressure taken and to discuss the results.

If you have Atrial Fibrillation (AF) please arrange for a nurse to check your blood pressure, as the machine may not be accurate.

Directions for use:

- Remove outer garments – the machine will not be accurate through clothing
- Sit down in the chair provided
- Insert arm into the machine, up to your shoulder
- Press the START / STOP button
- The cuff will be pressurised – try to hold still
- After a few moments your BP measurement will be displayed and printed
- If the “♥” symbol is shown on your printout then it may indicate an irregular pulse. Please make an appointment to discuss this with a nurse.



PUBLIC DEFRIBILATORS



Defibrillator

Budleigh Salterton now has the benefit of three defibrillator units for public use in case of emergencies. They are located at Steamer Steps outside the public toilets, the toilets beyond the Longboat cafe and at the rear wall of the Public Hall in Station Road.

The Town Council managed the provision of these units which were joint funded by them, the Lions Club and Budleigh in Business, using their funds on the organisation being recently disbanded.

BUDLEIGH SALTERTON MEDICAL CENTRE'S MEMORY CAFÉ

If you are you worried about your memory or you care for someone with memory problems then please come to our Memory Café – new members welcome

It is a great opportunity to meet new people in a relaxed and friendly atmosphere where you can take part in quizzes and games, listen to guest speakers and receive information and support.

Time: 10.30am – 12.30pm (every other Friday)

Venue: Budleigh Salterton Football Club (Free Parking)

Dates: 1st, 15th and 29th September 2017; 13th and 27th October 2017; 10th and 24th November 2017
8th December 2017 for Christmas Party (by invitation only)

The memory café is funded by the medical centre with the help of volunteers.
If you could spare a Friday morning twice a month and would like to volunteer please contact Jo Keeler (Tel: 01395 441212) for further information

