

PATIENT NEWSLETTER



danetremedicalpractice

Working together for better healthcare

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Welcome to the Summer Edition of YOUR Patients' Newsletter. We hope you enjoy reading through and finding out what's happening within YOUR practice.

Issue Summer 2016

Goodbye To Dr Jeffers

Dr Lesley Jeffers will be retiring from the Partnership on 16th September. She joined Danetre Medical Practice in 1988 and has seen the Practice change enormously over that time.

"I will be very sad to leave after 28 years at Danetre Medical Practice- it has been a privilege to be able to look after my patients and I will miss both staff, colleagues and patients. With Dr Gareth James taking over as Senior Partner and Dr Trudy Lewis becoming a new Partner, I know that the Practice will continue to thrive"

Dr Jeffers' patients will be transferred to Dr Liz Twinn.



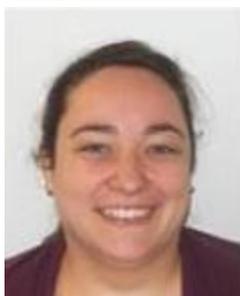
A New Partner for DMP

The Partners are very pleased to announce that as from 1st October Dr Trudy Lewis will become a Partner within the Practice. Dr Lewis has been with Danetre Medical Practice since February 2015 and only intended to stay 6 months. However before she went on maternity leave she was invited to return and is now a popular GP within the Practice. Her special medical interests are Women's Health, sexual health and mental health.



And Hello to Dr Liz Twinn

We are delighted to welcome Dr Liz Twinn who joined us earlier in the year. Dr Twinn was originally from Bristol, and initially completed an undergraduate degree in London before



completing her medical degree from Warwick in 2008. Prior to completing her GP training, Dr Twinn spent time working abroad in various developing countries and areas of conflict, supplying voluntary medical aide.

HELP US TO HELP YOU...

Do you know how our Advanced Nurse Practitioners can help you ?

We have two very experienced, qualified and knowledgeable Advanced Nurse Practitioners (ANPs) who are in every day and are able to help you with a wide range of problems.

They can prescribe and below is a list of some of the ailments they can treat you for. So why not make this your first choice when ringing in for an appointment?

What sort of problems can our ANPs help you with?

- Coughs, colds, and chest infections, hayfever, sinusitis, asthma
- Children's minor illnesses
- Minor illnesses
- Tonsillitis
- Urine infections
- Ear ache
- Head, back and neck ache
- Women's ailments
- Eyes and skins, ie conjunctivitis, insect bites, rashes, burns, shingles and eczema

How to save the NHS £2.2million

You may have seen our large wheelie bin in reception and wondered what it is all about. Well, an astonishing fact is that 7 out of 10 inhalers returned to pharmacies are not empty. These cannot be re-used and are thrown in the bin. In Northamptonshire alone, £11million per year is spent on inhalers. It is likely that



Dr Lesley Jeffers • Dr Gareth James • Dr Judith Viira • Dr Amy Butler

Managing Partner – Mrs Jo Gilford

£2.2million is wasted on unused inhalers. This could be spent on 90 extra nurses per year, or an extra 370 hip replacements every year.

So, before you order your inhalers, check to see if you need them. There may be a counter on your inhaler to show how many doses are left.

Get the most out of your GP Appointment

The average GP appointment lasts 10 minutes. Lots of people are aware of this fact; but have you ever actually stopped to think how long that actually is. The answer is not long. And don't forget that the clock starts as soon as your name is called, so the 10 minute-slot includes you walking into the doctor's room, taking off your coat, having your consultation, putting your coat back on, leaving and then the doctor writing up your notes and requesting various investigations, etc.

It's also worth mentioning that in an average surgery of 20 patients - spending just two extra minutes with each person leaves your GP well over half an hour late by the time they see their last patient.

Clearly time is tight. In order that you get as much as possible out of this small time slot, there are a few things you can do to help things go as smoothly as possible. Check out the link below for helpful advice

<http://patient.info/wellbeing/health/11-tips-to-get-the-most-out-of-your-gp-appointment>

CQC Inspection

We are very pleased to report that following our CQC inspection earlier this year, Danetre Medical Practice were awarded an 'Outstanding' for the Well-Led Services category and an Overall Rating of 'Good'. The CQC monitor, inspect and regulate health and social care services.

The full report is available on the CQC website (www.cqc.org.uk)

Friends and Family Test

The Friends and family test is an important feedback tool that supports the fundamental principle that people who use NHS services should have the opportunity to provide feedback on their experience. It asks people if they would recommend the services they have used and offers a range of responses. This kind of feedback is vital in helping us provide the services you need. So next time you are at the surgery, why not complete one

of the forms that are on Reception and let us have your comments.

Flu Clinic Dates 2016

Saturday 1st & 15th October 2016

Bookable now.

This is a reminder of the arrangements for the seasonal flu vaccine programme which is currently underway. Influenza ('flu') is significantly more dangerous if you are aged 65 years or over, or if you have another illness such as those listed below. Who is eligible?



- Age 65 years or over
- Over 6 months of age with the following conditions
- Chest problems (asthmatic on regular inhalers)
- Chronic bronchitis or COPD
- Chronic heart, kidney or liver disease
- Chronic neurological disease
- Immunosuppressed or have no Spleen
- Pregnant women
- Those in contact with people in care homes
- Carers and Healthcare professionals
- Diabetics

We have set up a lot of appointments that are available for eligible patients. You can either book into one of our flu appointments Monday – Friday OR book onto one of our two Saturdays in October – 1st and 15th. Patients are encouraged to make an appointment at reception at one of the clinics if you are eligible.

Please note we will not be able to see under 5 year old children at our Saturday clinics, these will need to be booked in Mon – Fri at our designated flu appointments.

Nasal Flu Spray

- Available to over 2yrs and under 18 in an At Risk Category
- Available to 2, 3 and 4 year olds NOT in an At Risk Category

When you book a nasal flu spray, you **must** state you are booking a nasal spray at the time of your call, so we can make arrangements to have the vaccine available.

Please note our PLT Training dates. We close at 12.30 on the dates below. Please call 111 if you require medical assistance.

14 SEPTEMBER 9 NOVEMBER
12 OCTOBER 7 DECEMBER