

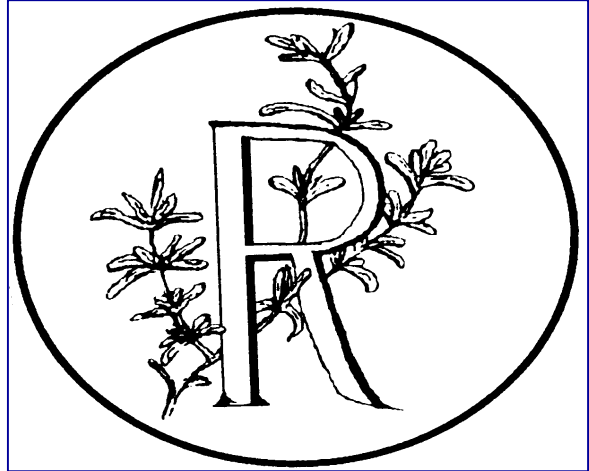
Patient Newsletter

Issue 2
February 2009

Rosemary Medical Centre 2 Rosemary Gardens, Parkstone, Poole BH12 3HF Tel: 0844 477 3101

The Practice Team comprises 5 GP Partners lead by our Senior Partner, Dr Steve Warlow and Dr Colin Pugh, Dr Jo Wisely, Dr Sue Garland and Dr Alex Johnstone. They are supported by our Nurse Practitioner (in training) Sarah and Sister Debbie and Sister Sandy and our Health Care Assistant, Jackie. The Reception team is lead by the Reception Manager, Karen, and 6 other part-time receptionists. Four other admin / support staff, plus our Practice Manager, Mike Mimms, go to make up the full compliment of Rosemary Medical Centre employees.

We are also fortunate enough to have our own team of District Nurses and Health Visitors, plus a visiting Midwife, Physiotherapist and Counsellor. Although these teams specifically support and care for our patients and work out of our building they are in fact paid employees of Bournemouth & Poole Teaching Primary Care Trust.



Farewell to Dr Lovejoy.....

Dr Lovejoy retired from medical practice on the 31st December 2008. Dr Lovejoy served the local community for over 28 years and will be sorely missed by his friends and colleagues and, I am sure, by all of his patients.

Anyone wishing to make a donation should see our receptionists. Dr Lovejoy has stipulated that any donations received will be reinvested back into the practice, to assist patients.

Welcome to Dr Johnstone.....

We are very pleased to announce that Dr Alexander (Alex) Johnstone joined the partnership at the beginning of January 2009. Dr Johnstone previously worked as a salaried GP in a practice Wiltshire, although he lives locally in Parkstone. He is an experienced GP who has a passion for teaching medical students. He is married and has 2 young daughters.



SATURDAY CLINIC NOW AVAILABLE

It has been widely reported in the media that the government is attempting to force GP surgeries to stay open longer in the evenings or on Saturday mornings. The governments' strategy has been to significantly cut surgery funding and invite them to "earn" this funding back if they agree to their terms. Unfortunately, the revenues we could expect would not be sufficient for us to pay the additional overheads we would incur if we were to open our doors for longer; it would mean, therefore, that we would have to cut other services we offer in the practice. In addition, the governments' requirement is that surgeries need only offer a cut-down version of their usual services; for example, patients would not be able to telephone the surgery, make emergency appointments or request home visits.

The Partners at Rosemary Medical Centre decided not to participate in this cut-down version of extended opening or to compromise existing services at the practice.

Instead, we have joined forces with our colleagues at the Heatherview Medical Centre, Madeira Medical Centre and Herbert Avenue Medical Centre. Together we have formed a limited partnership call **Healthstone Medical Ltd**. From 1st November 2008 we will be opening an all day Saturday (09.00 – 17.00) clinic that will service the needs of the patients of the above practices including Rosemary Medical Centre. This clinic will run every Saturday out of the premises at either Heatherview Medical Centre or Madeira Medical Centre (the receptionist will inform you of the exact location when you make the appointment). It will be run by local GP's and Nurses and will offer most services you currently have access to in the surgery; including, pre-bookable appointments (up to 1 month in advance), same day appointments, emergency triaging by a GP and home visits. Unfortunately, it cannot take blood or urine samples due to the fact that there is no collection service available to take samples to the hospital lab or issue repeat prescriptions.

You will be able to book an appointment at this Saturday clinic by calling or visiting Rosemary Medical Centre.

It is important to remember that this initiative has the support and backing of our local primary care trust who have agreed to support this clinic for a 6 month trial. To make it work and to ensure it is extended indefinitely, we need your support.

We should also like to hear from you if you have taken advantage of this Saturday clinic; your views / ideas would be greatly appreciated. Please contact our Practice Manager, Mike Mimms at the above address.

PREVENTION IS BETTER THAN CURE.....

Vaccinations:

HPV vaccine is being rolled out across the country by the Department of Health and is being routinely offered to all 12—13 year old girls to protect them against future risk of cervical cancer. An additional catch-up campaign is now being offered to all 17—18 year old females and is available from your surgery. Please telephone or call in and make your appointment with a Nurse.

MMR vaccination is offered routinely throughout the UK and you should ensure that you and your children are protected against Measles, Mumps and Rubella. Between 1992 and 2006, there were no deaths from acute measles; tragically, there was one death in 2006 and one other death so far in 2008. We are offering a catch-up campaign for patients between 13 months to 18 years of age who have not received any MMR vaccine and those who have received partial vaccination.

Please telephone or call in to make your appointment with a Nurse.

FLU (Influenza) vaccine is offered routinely to all our patients over 65 years of age or those aged 6 months or over who are in the following clinical risk categories: Chronic respiratory disease, Asthma, Chronic Heart disease, Chronic Liver disease, Chronic Neurological disease, Diabetes, Immuno Suppression.

Watch your weight:

The more overweight you are the greater the risk of high blood pressure or diabetes. If you are looking to lose weight, make sure the process is gradual (2IB or 1Kg a week) or for more advice, why not make an appointment to see Jackie our Health Care Assistant who is fully trained to offer expert advice.

The government recommends a body mass index (BMI) of between 19—26. You can calculate your own BMI by:

1. Work out your height in metres and multiply the figure by itself.
2. Measure your weight in kilograms.
3. Divide the weight by the height squared.

For example; you might be 1.6m (5ft 3in) tall and weigh 65kg (10st). The calculation would be: $1.6 \times 1.6 = 2.56$. $65 \text{ divided by } 2.56 = \text{a BMI of } 25.39$

Be a non smoker:

If you are a smoker, you double your risk of getting heart disease and cancer. Smoking cessation clinics are offered by Bournemouth & Poole PCT on a one to one basis or in group sessions. Please ring the central telephone number of 01202 436866 for Bournemouth or 01202 745750 for Poole. Clinics are also run at the surgery by our trained Health Visitors, please ring 01202 716997 for further information.

Alcohol:

Excessive drinking can lead to heart disease, stroke and mental illness. Memory is lost when someone drinks too much and most victims of crime are very often people who have drunk too much. The expert guidelines for safe alcohol consumption are:

- Maximum 2 - 3 units per day, but not every day, for women (max 14 units per week).
- Maximum 3 - 4 units per day, but not every day, for men (max 21 units per week).
- 2 alcohol-free days weekly are advised.
- Pregnant women are advised not to drink but certainly no more than 2 units per week.
- 1 unit = half a pint of weak beer, lager, cider (3.5% ABV) or a small glass of wine (125 mls, 10% ABV) or 25ml of spirit (35ml shots = 1.5 units).

SELF TREATMENT OF COMMON ILLNESSES

Did you know...most **coughs, colds** and **sore throats** are **viral** infections. This means that antibiotics (that help your body fight off **bacterial** infections) do not make you better any faster. Simple measures can make you feel better while your body fights off the infection, such as; resting, paracetamol or aspirin and fluids.

Norovirus or Winter Vomiting Virus

Noroviruses are a group of viruses that are the most common cause of stomach bugs in the UK, affecting all ages. It is estimated that between 600,000 and a million people in the UK become infected each year. Noroviruses are also sometimes known as “winter vomiting viruses” or “Norwalk-like viruses”.

Around 12 to 48 hours after becoming infected, the virus causes sudden onset of nausea followed by projectile vomiting and watery diarrhoea. Some people may have a fever, headaches and aching limbs—often leading people to call the illness “stomach flu”. The illness is not generally dangerous and most people make a full recovery within one to two days. However, the very old and very young risk becoming dehydrated which may require hospital treatment.

The virus is easily transmitted from one person to another by contact with an infected person or through contaminated food or drink or touching contaminated surfaces or objects. It is able to survive in the environment for many days and outbreaks tend to affect more than 50% of susceptible people. Anyone is susceptible as immunity to the virus is not long-lasting.

It can be difficult to control because it is so easily spread but the best way is to disinfect contaminated areas, washing hands and to avoid handling food. Also, those who have been infected should be isolated for 48 hours after their symptoms have gone away.

There is no treatment other than to let the illness run its course. Those infected should drink plenty of fluids to prevent dehydration and practice good hygiene to reduce the risk of the illness spreading.