



The Desborough & Hazlemere Surgery NEWSLETTER

January 2017

www.desborough.gpsurgery.net



@desandhazgp

Your Doctors

Dr.N.Reidy
Dr.P.Luque
Dr.R.Chaudhry
Dr.A.Ivanova
Dr.N. Thevarkad
Dr.T.Ngo

Practice Manager

Philip Traynier
01494-526006

Deputy Practice Manager

Anthony Hari

Reception Opening Times

8.30 to 6pm
Monday to Friday

Out Of Hours

Call 999 in an emergency.
Chest pains and / or
shortness of breath
constitute an emergency.

NHS 111 service if you
urgently need medical
help or advice but it's not
a life-threatening
situation.

**DON'T TAKE A SORE
TOOTH TO YOUR GP**
Dentistry is not a GP's area
of expertise. If your tooth
hurts, see a dentist.
Coming to see the GP just
delays getting the right
treatment and takes up a
valuable appointment for
someone we can really
help.

**BE PREPARED TO BE
EXAMINED**
You may have to undress
and be examined — so
wear an outfit that is easy
to get on and off.

Self-care	NHS 111	Pharmacist	GP (Doctor)	NHS Walk-in Services	A&E or 999
Hangover. Grazed knee. Sore throat. Cough.	Unsure? Confused? Need help?	Diarrhoea. Runny Nose. Painful cough. Headache.	Unwell. Vomiting. Ear pain. Back ache.	If you cannot get to the GP and it is not getting any better.	Choking. Severe bleeding. Chest pain. Blacking out.

A lot of illnesses can be treated at home with medicines and by getting plenty of rest. **Self-care** is the best choice to treat very minor illnesses and injuries. It also reduces the likelihood of a long-term condition worsening to the point that professional care becomes a necessity. This means you don't have to worry about making an appointment with your GP or visiting your local urgent care over the weekend.

You can call **NHS 111** for all non-life-threatening emergencies. As many as one in four patients visiting A&E could have treated themselves at home by speaking to the NHS 111 service. The 111 service gives you instant advice ensuring you get the appropriate treatment, as quickly and effectively as possible. The service offers medical advice from trained professionals, experienced nurses and paramedics.

Pharmacists are medically trained and can give you expert advice on medicines and how they work as well as help you decide whether you need to see a doctor. You don't need an appointment or even make a purchase and you can talk to them in a private consultation area and in confidence.

Please think before you dial **999**. The ambulance service is for emergencies and life-threatening situations only. If ambulance crews are called out to those suffering minor illnesses, they cannot get to those who really need their help. The Emergency Department (**A&E**) is for serious, life-threatening injuries and illnesses that need urgent medical attention.

If your injury is not serious, you can get help from a **minor injuries unit (MIU)**, rather than going to an A&E department. MIUs offer convenient access to healthcare advice and treatment for minor injuries and illnesses. This service is managed by Buckinghamshire Urgent Care (BUC). The MIU is for minor injuries and illnesses which you cannot treat yourself or you think are unsuitable for a GP appointment.

Following assessment, you may be advised to treat yourself, go to your pharmacist or see your GP if more appropriate.

The MIU is based on the Wycombe Hospital site and is open 24 hours a day, seven days a week. If you are unsure if you should go to MIU with your injury, please call 111 when it's less urgent than 999.

Better Care Together

Westgate Primary School are participating in the school's programme to encourage pupils to run one mile every day – six laps around the school yard – in almost any weather. The teachers run too. The children reported increased alertness, better sleep patterns, and having fun. Every single child at Westgate Primary does the same, every day. The programme had been brought to the school by a Morecambe Bay GP, Dr Andy Knox, is devoting two days a week to helping improve health and wellbeing in schools. He has adapted the 'Daily Mile' programme used by St Ninian's Primary School in Stirling, Scotland, which has just about eliminated obesity in its lower primary grades. As of now, 2,000 children in Morecambe Bay are running a mile a day, and 3,000 more from around Lancashire will be doing the same within the year. The likely result: massive reductions in diabetes and other complications of being overweight within this generation. Dr Knox is setting his sights on family and school nutrition next.

What to do if you have a cold or flu

None of us can dodge colds and flu, and there are a wide range of potential treatments that we all turn to. But not all of them will help - and which remedy you should turn to will depend on whether you have a cold or the flu.

They share similar symptoms - but they are different beasts.

A cold will make you feel rotten. Flu is more severe and sends you to your bed.

It's also likely to come with a fever and leave you feeling truly exhausted.

You should try to eat some healthy food to keep your strength up, but don't feel that you have to force it down if you're not hungry.

Listen to your body. Don't push yourself too hard and get some rest. Certainly, a mild cold shouldn't stop you getting out and about... or going to work!

Doctors recommend plenty of fluids - by which they mean water - plus the odd cup of tea or coffee.

You can take paracetamol and ibuprofen together to ease your symptoms - it is safe to take both doses at the same time or spaced apart. But do keep tabs on how much you've had so you don't exceed the maximum recommended doses in any 24-hour period.

Ibuprofen is best taken with food or on a full stomach.

There has been a huge public information campaign to raise awareness of when antibiotics are - and are not - necessary. Antibiotics are no use in treating colds and flu because they are caused by viruses - and antibiotics do not treat viruses.

The only time you need to see your GP is if a bacterial infection develops.

Self-help tips (www.patient.info)

Coughs

Most clear up within three weeks and don't require any treatment. For more persistent coughs, it's a good idea to see your GP so they can investigate the cause.

Earache

A common problem, particularly in children. It can be worrying, but it's usually only caused by a minor infection and will often get better in a few days without treatment.

Sore throats

Sore throats are very common and usually nothing to worry about. They normally get better within a week.

Most are caused by minor illnesses such as colds or flu and can be treated at home.

Nosebleed

Nosebleeds can be frightening, but they aren't usually a sign of anything serious and can often be treated at home.

During a nosebleed, blood flows from one or both nostrils. It can be heavy or light and last from a few seconds to 10 minutes or more.

Cold sore

Cold sores are small blisters that develop on the lips or around the mouth. They're caused by the herpes simplex virus and usually clear up without treatment within 7 to 10 days.

Head lice & nits

Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.

Parents with a sense of humour

Holiday picture with the dog



Very over protective parents



Resolutions you can keep in a few minutes

Do you make New Year's resolutions you never keep? It could be because you expect to make it last a year. However there are some resolutions you could complete within minutes of making them – and you could be healthier for it.

A recent study showed that 63 per cent of us break a resolution and of those 66 per cent said they broke it in less than a month – 80 per cent lasted less than three months.

Instead of setting a goal and then feeling bad for not sticking to it why not make a goal you can complete in a just a few minutes and start the New Year feeling like you've already accomplished something.

The most popular resolutions are usually ones based on health – stop smoking or drinking and joining a gym are near the top of the list. So here are a few health resolutions that you can complete straight away.

- **Register for GP online services. It means you'll be able to book appointments with your GP and order repeat prescriptions. Start by telling your GP practice that you'd like to register for online services.**
- **Sign up to be an organ donor. It's a promise to save someone's life. Do it @ organdonation.nhs.uk**
- **Give blood. Find out more at: www.blood.co.uk**
- **Get involved in your local NHS by completing feedback questionnaires or surveys that will help commissioners plan services in the future.**
- **Call an old friend or relative you haven't spoken to in a while. Your call could make the world of difference to them and their wellbeing as well as help reconnect you.**
- **Get to know your local pharmacist. They are a great way to get advice on minor ailments when you feel unwell.**
- **Get your medicine cabinet stocked up with common remedies, medicines and a first aid kit. Find out what should be in yours at nhs.uk or ask your local pharmacist. (You could do both of these last two suggestions at the same time!).**

"If you choose a simple New Year's resolution that you can complete practically straight away it will make you feel good and give you the boost you need to stick with a more challenging resolution.

"Something as simple as signing up to be an organ donor can make a huge difference in the long run, just remember to tell your loved ones you've done it. Dealing with your GP through online services makes it easier for you and can help you manage your health better. Little things can make a huge difference."

If you're going to try to make a bigger change like giving up smoking or losing weight there are some simple things you can do to help yourself stick to them:

- ✓ Start small; the little things make all the difference.
 - Get off the bus a stop earlier than normal and walk a short distance, park a few minutes' walk away from work or walk the kids to school. Even if you only do it two or three times a week it will make a difference.
 - If you want to change your diet start by having a good breakfast in the morning and cutting out sugary snacks.
- ✓ Try a new hobby – it's ok if you don't stick to it but at least try. Better still if it's something that gets you active.
- ✓ Find a friend. Doing anything like going to the gym or for a run with someone who has similar goals to you can help motivate you to keep going. Ask a few friends if they would like to team up with you and try it out. Or you can join a group and meet new people along the way.



What it takes to become a GP

It takes around 10 years to train as a GP including medical school v the 10 minutes you spent on Google!



If you want to become a practising doctor (GP, hospital doctor etc) in the UK, the first step is to study medicine at university. This is the **ONLY** way you can legally practise as a doctor in the UK. There are over one hundred universities in the UK, and only 31 of them have degree courses in medicine. Only courses entitled 'Medicine' will enable you to become a doctor. Degrees in medicine usually take 5 years, but some courses last only 4 years, while others take 6 – it depends what type of medicine degree you're doing.

Do I really want to be a doctor?

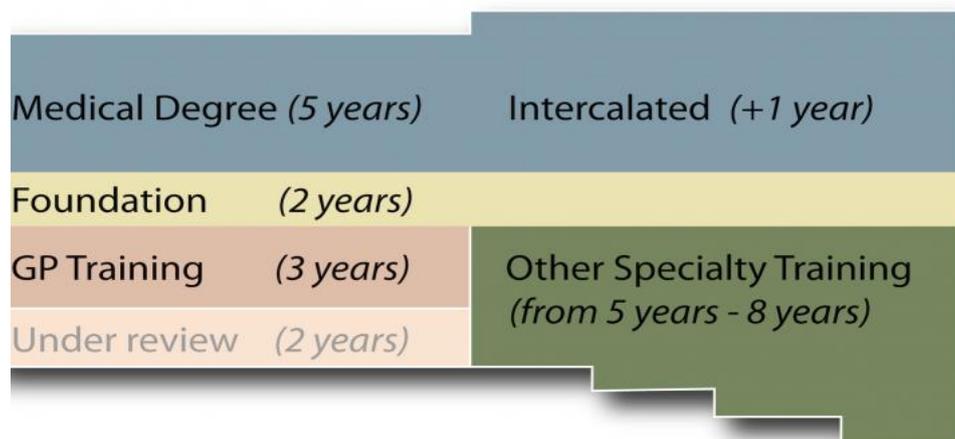
Being a doctor is a big responsibility. The decisions you make and the way you interact with people can make a huge difference to people's lives, both good and bad. The hours can be long and the work can be emotionally and physically demanding. It's a good idea to talk to lots of people about whether being a doctor is right for you. Discuss it with your friends and family, teachers or careers advisor to help you come to a decision. Also talk to any doctors that you know, maybe a relative, a family friend or even your own GP. Ask them what they most enjoy about their job, what they least enjoy and what advice they would give to someone thinking about becoming a doctor. However, the best way to find out if you really want to be a doctor is to do work experience.

Work experience

Gaining work experience is an essential part of deciding to become a doctor. As a result, virtually all medical schools expect applicants to have undertaken some health or social care work experience. This might involve following doctors to see what the job really involves (known as shadowing) or volunteering in a hospital, hospice or care home to find out if you really enjoy working with people.

What qualifications do I need?

That entirely depends on the type of course you are applying for. If you're a school leaver, you'll probably need predicted A-level grades of at least ABB (or the equivalent) and you'll probably actually need to get AAB or AAA. If you are a mature student, but haven't done a degree, the entry requirements are often similar to school leavers but some universities expect you to show evidence of recent study. If you're a graduate, you'll probably need at least a 2.1, although some medical schools will sometimes accept a 2.2. Some medical schools only accept certain degree subjects, while others will accept any degree.



Sick Notes

Sick Notes, or 'Fit Notes' as they are now called, are only needed by employees from their doctor after **7 consecutive days** of sickness absence from work. An employer cannot demand a sick note from an employee's doctor if the period of sickness has not reached 7 days.

Fit notes and proof of sickness

Employees must give their employer a doctor's fit note if they're off sick for more than 7 days in a row (including non-working days).

The fit note will say the employee is either '**not fit for work**' or '**may be fit for work**'. If it says the employee '**may be fit for work**', employers should discuss any changes that could help the employee return to work (e.g. different working hours or tasks). The employee must be treated as '**not fit for work**' if there's no agreement on these changes.

Self-certification

An employer can ask an employee to self-certify their sickness on their return to work if it has been for a period of less than 7 days. This is called 'self-certification'. Some employers have their own self certification forms but if not there is a standard HMRC self-certification form that can be used.

Self-Certification Form

A sick note for an illness of less than 7 days is a **Private Sick Note** and there is a charge for providing this.

[For more information about sick notes and self-certification please see the information on taking sick leave on the DWP Web-Site](#)

Today's NHS – our current challenges

The NHS is currently facing the biggest challenge in its existence.

While on a day-to-day basis most areas of the service are running perfectly well at present, we are already seeing signs of the strain the system is under in areas such as hospital care, A&E and GP services. The reasons for the service reaching this crisis point are many, but here are the main ones:

An ageing population - The NHS was set up to treat people with diseases. Many of the diseases that would have killed people 65 years ago, have been cured, which is brilliant. While that means people are living for longer, it also means that they are, probably, living with one or more illnesses (long-term complex conditions) such as diabetes, heart and kidney disease. In turn, that means ongoing treatment and specialist care.

Lifestyle factors - The way we live now is also having a negative impact on our health. Drinking too much alcohol, smoking, a poor diet with not enough fruit and vegetables and not doing enough exercise are all major reasons for becoming unwell and needing to rely on our health services. Increasing numbers of overweight children show us that this problem is currently set to continue.

The change in public expectations - Originally, tackling disease was the main job of the NHS. Now, we all expect so much more. From advice on healthcare management through to mental health and social care, contraception, antenatal and maternity services, vaccination programmes and the fast, efficient processing of our medication and appointments. All of this with a growing population due to living longer and higher birth rates with lower infant mortality.

Rising costs - The current financial crisis, rising costs of services, energy and supplies; innovations and technological breakthroughs that require more investment – along with higher numbers of people to cater for – all spell out a huge economic disaster for the NHS. It is estimated that without radical changes to the way the system works, as demand rises, and costs rise too, the NHS will become unsustainable, with huge financial pressures and debts. If we make no changes we face a £30 billion funding gap for the NHS nationally by 2020.

Top Tips for making the most of your computer

Snipping Tool

In the Accessories folder in Windows. Ideally move it to your shortcut bar for easy access.

Sometimes the easiest way to make a copy of something is to take a snapshot of your screen—this is what Snipping Tool does. Use it to save and share news stories, movie reviews, or recipes.

Capture part or all of your PC screen, add notes, save the snip, or email it right from the Snipping Tool window. You can capture any of the following types of snips:

- Free-form Snip. Draw a free-form shape around an object.
- Rectangular Snip. Drag the cursor around an object to form a rectangle.
- Window Snip. Select a window, such as a browser window or dialog box that you want to capture.
- Full-screen Snip. Capture the entire screen.

After you capture a snip, it's automatically copied to the Snipping Tool window. From there, you can annotate, save, or share the snip. (Ctrl+v)

Making URL's User Friendly

When you copy and paste a URL (Web link) it can be a long uninteresting string of words and punctuation. Simply right click on it, edit hyperlink then in "Text to Display" enter something user friendly. This leaves the actual underlying web address unaffected.

Email Replies You Cannot Format Problem

Occasionally an email is sent to you which when you reply to it you cannot format your email. This is usually because it is in "Plain Text" a setting you can change to "HTML" in "Format Text" in the menu bar.

Avoiding Reply To All's

If you are sending an email to many recipients add their email addresses to the BCC field (if you cannot see this on a new email, enable it in Options/BCC) and then they cannot reply to all. Learn when to use To/CC/BCC though i.e. do not chase people for responses if you cc'd them, the email is purely for their information and no action is required.

Making Your Screen Larger/Smaller Quickly

Use the **ctrl+mouse wheel** and your screen will increase/decrease in size. Great for us with failing eye sight or if someone wants to read an email over your shoulder. In the top right hand corner will appear a "reset to default" if you mess up and make it too small.

Formatting Lots Of Text

If like me you use "Format Painter" feature but want to format lots of text the same it is a pain to keep clicking on it. If you double click on it then you can simply keep formatting as much text as you want the same. Click on it again when finished.

Annoying Formatting

If you copy and paste a lot it can be annoying trying to get rid of original formatting. Simply copy what you want, open "Notepad" (In the Accessories folder) and paste into there first which will strip out all formatting. Then copy and paste into your final document.

GP's being used as scapegoats



Berkshire, Buckinghamshire
& Oxfordshire LMCs

Theresa May and GPs

Issue date: 15.1.17

The LMC represent local GP's. Here is the text of a letter the LMC sent recently.

As secretary of Berkshire LMC, I was dismayed to see what Theresa May (MP for Maidenhead) and her Downing Street team have recently said about the GPs that this LMC represents

My overriding conclusion is that they are using GPs as scapegoats, instead of taking responsibility for the crisis in the NHS

A year of GP care in England costs the government on average £142/year (about the same as one hospital out-patient appointment) and each patient now consults their GP 6 times a year on average. This represents phenomenal value for money but is delivered at a cost. The role of being a GP is now so stressful that no one wants to do the job. There exists the very real prospect that the whole GP system will collapse in the near future and with this the NHS

Resources currently provided by government are insufficient to cover a good routine and emergency GP service over 5 days a week, yet Mrs May wants to extend such a service to seven days when evidence from pilots shows the take up is low. The oft quoted reason (rarely challenged by journalists) is that it was promised in the conservative manifesto. How can we tolerate a manifesto commitment which would represent poor value for money? Doctors are expected to follow evidence based medicine so could our politicians set an example and practice evidence based politics?

The current crisis in the health service extends well beyond A&Es, with all parts of the NHS, including GP surgeries, working as hard as they possibly and safely can to keep up with demand. Much of the pressure on A&E has nothing to do with general practice. Life expectancy has risen so much that the NHS now has to deal with vastly more problems of being old with multiple chronic diseases compared to when I first became a doctor 40 years ago. Patients are facing delays in being admitted to hospital because of a chronic shortage of beds, as well as delays in discharging elderly patients due to a funding crisis in community and social care.

This is not the time to deflect blame or scapegoat overstretched GP services, when the fundamental cause of this crisis is that funding is not keeping up with demand. This is evidenced by the fact the UK spends less on health and has fewer doctors and beds per head than other leading countries, as highlighted by the head of NHS England, Simon Stevens, only this week. Rather than trying to shamelessly shift the blame onto GPs (and the CEO of NHS England), the government should take responsibility for a crisis of its own making and outline an emergency plan to get to grips with the underlying cause, which is the chronic under-resourcing of the NHS and social care

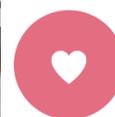
Dr Paul Roblin

CEO BBOLMC

Hazlemere Surgery charity day



**£28.9
million**
raised to date



Thank you to the staff and patients who together raised a magnificent £258.58 for the breast cancer charity Wear It Pink.

Every year, **wear it pink** raises around £2 million during Breast Cancer Awareness Month for the UK's largest breast cancer charity, Breast Cancer Now. How? It's simple – we just ask you to wear something pink and donate whatever you can. We use the money you raise to fund world-class breast cancer researchers across the UK and Ireland. Together, they're working to discover how to prevent breast cancer, how to detect it earlier and how to treat it effectively at every stage so we can stop the disease taking lives.

**Alzheimer's
Society**

Leading the
fight against
dementia

ARE YOU WORRIED ABOUT YOUR MEMORY?

Join us for a free **Memory Information Session** in Meeting Room 1, The Healthy Living Centre, Walton Court Shopping Centre, Hannon Road, Aylesbury, Bucks HP21 8TJ

Wednesday 22nd March 2017 from 10:30 am - 12:30 pm.

The session will last for two hours and will include:

Understanding Memory

Memory Tips

Coping Strategies

Access to a wide range of information

Signposting to other services and organisations

For more information or to book a place please call the Memory Support Team on:

01296 331749