



# The Desborough & Hazlemere Surgery

## NEWSLETTER

[www.desborough.gpsurgery.net](http://www.desborough.gpsurgery.net)



@desandhazgp

## August 2016

### 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.

### Appointment Situation

Demand for appointments has escalated to an unprecedented high level recently. We are seeing huge numbers of adults and children in the earliest stages of self-limiting minor illness, such as sore throats, coughs and colds, temperature and diarrhoea. Most of these cases will resolve without treatment from the doctor. We would encourage all patients to self-care where appropriate to ease pressures on the already strained health services.

### GPs who prescribe responsibly get poorer feedback

**Study shows that patients don't always appreciate careful medicine** GPs who resist patient demand for antibiotics get marked down in satisfaction surveys according to a study published in the British Journal of General Practice. The findings are concerning because patients are increasingly encouraged to choose doctors on the basis of such surveys. Researchers found that keeping prescribing 25% less than the national rate was linked to a reduction of up to five percentage points for a practice that would otherwise have an average rating. The study at King's College, London, compared prescribing records from 7,800 practices with the NHS GP Patient Survey. They also checked prescribing levels of other common drugs, such as painkillers or antidepressants - but found much smaller links with satisfaction ratings. Researcher Dr Mark Ashworth said: "GPs often feel pressured by patients to prescribe antibiotics and find it difficult to refuse a patient who asks for them." Commentators on the study reported that patients should understand that inappropriate antibiotic prescribing increases the risk of bacteria developing resistance. Infections with these bacteria increase levels of disease and death, as well as length of hospital stays. Patients treated inappropriately with antibiotics may become colonised or infected with resistant bacteria. Fewer new antibiotics are being developed. As resistance increases, it will become more difficult to treat infection, and this will harm patient care. Remember antibiotics will not work for the viruses which cause colds, flu and most upper respiratory infections like coughs, sore throats and ear infections, and we encourage appropriate self-care for these conditions.

### NHS targets 'ghost' patients who don't go to the GP

Patients in England who have not been to see their GP for five years face being deregistered as the NHS prepares to get tough on "ghost patients". NHS England said new rules would be brought in next month and see patients removed from GP lists unless they responded to warning letters. The move is aimed at stopping GPs being paid for patients who have died, moved practices or left the country - up to 5% of practice lists could be wrong. But doctors are worried about the plan. The British Medical Association said people could be unfairly penalised as they might not respond to the letters and should "not be punished for being well". To date it has been up to local areas to come up with their own ways of keeping lists up to date. A variety of approaches is used, including following up people who do not respond to screening and immunisation requests and regularly checking on some patients - those who are elderly, students or have moved to England from abroad - when they have not been seen recently. Some areas, including the east of England, have used similar techniques to the one now being rolled out nationally.

### Saving money

In recent years there has been a renewed push after NHS England highlighted it as an issue that needed tackling back in 2013. But as local areas have used more aggressive techniques, reports have emerged of patients being incorrectly deregistered. The new system - uncovered by GP magazine Pulse - will be administered by the private firm Capita, which signed a contract last year. Patients will be sent letters when they have not seen their GP for five years. If they do not respond, a second letter will be sent and if that is not answered the patient will be deregistered. A patient then wanting to get back on a list would have to reapply through the normal process. GPs are paid a basic amount for each patient they have registered on their list - even if they do not see them. It can vary from place to place, but in 2013-14 it was worth £136 per patient on average. The rest of their pay is then determined by what treatments they provide. It is unclear how many patients are incorrectly registered. An exercise in 2009-10 identified 95,000 patients who needed to be removed, saving the NHS £6.1m at the time.



### Dental Problems

A recent study in the British Journal of General Practice has highlighted the need to remind patients to see their dentist if they have a dental problem. Many patients see their doctor believing that antibiotics are required, however antibiotics are often inappropriate and increase resistance and do not replace a long term treatment plan from a dentist, which may or may not involve extraction or root canal treatment.

If you attend the surgery with toothache, or what appears to be a dental problem, you will be advised to see a dentist. If you are not registered, please ring NHS111 or go to the NHS Choices website to find a dentist.

### Try not to miss your slot

We offer text reminders of your appointment and will confirm your appointment time and date with you when you book. Despite this, we do still however have many patients who miss their slots. By doing so, such patients waste precious appointment time, and will deprive other needy patients from seeing the doctor. Please be considerate: if you cannot attend, do let us know as soon as you can so that we can offer your slot to another patient.



## Wellbeing and being well

What does being healthy mean? What it does not mean – according to the well-worn World Health Organization (WHO) definition – is the absence of disease. More positively than that, as the WHO definition clarifies, health is a 'state of complete physical, mental and social wellbeing'.

This classic definition of what it means to be healthy is great – as far as it goes. But what does wellbeing mean? And – at the risk of getting into a definitional loop – is wellbeing essentially the same as being well?

Traditional, largely economic measures such as gross domestic product and unemployment rates have long been recognised as providing only a partial picture of a nation's progress or wellbeing. But since 2011 (and following an early commitment by the coalition government in 2012) the Office for National Statistics (ONS) has reported on an annual UK-wide survey covering around 160,000 members of the public designed to elicit views about their wellbeing.

The survey asks about satisfaction with life, the extent to which the things they do in life are worthwhile, and how happy and how anxious they feel. It also gathers data on personal characteristics and self-assessed ratings of health. Data from these subjective surveys of individual wellbeing are now increasingly combined with more traditional measures to provide an overview of national wellbeing.



## DID YOU KNOW YOU CAN SEE THE PHARMACIST FOR THE FOLLOWING AILMENTS?

**Level 1 Core Service:** Should be available at all times the pharmacy is open. Patients receive a consultation, advice and supply of medicine(s) if appropriate for the following conditions:

- Cold and Flu
- Diarrhoea and vomiting
- Fever
- Management of Head lice
- Sore Throat
- Cough
- Worms
- Acne (Mild to Moderate) (Aged 12 years and over)
- Athlete's Foot (Aged 12 years and over)
- Constipation (Aged 7 years and over)
- Eczema / Dermatitis (Mild)
- Hay Fever • Indigestion / Dyspepsia (Aged 18 and over)
- Pain (Aged 3 months and older)
- Piles (Aged 18 years and older)
- Warts / Verrucae (Aged 5 years and older)

**Level 2 Service:** Prescription only medicines offered by a limited number of pharmacies. Patients receive a consultation, advice and a supply of medicine for the following conditions:

- Cystitis in women (Aged 18-65)
- Conjunctivitis (not for babies 3 months and under)
- Thrush in infants
- Hay Fever
- Impetigo (Aged 1 years and over)
- Vaginal Thrush (Aged 16 to 60 years)

## Make the Most of Your GP

Keep to the same doctor. We know it can sometimes be a struggle to get an appointment with any doctor, let alone the one that you want to see, but we would always encourage patients to try and stick to the same doctor for any ongoing problem, even if it may mean a short wait. By doing so, you will maintain continuity, one of the guiding principles of practising safe medicine. Seeing another doctor for an ongoing problem, whilst it may be convenient, may not provide you with the best care: the doctor must spend significant time evaluating your condition from the beginning again, they may not agree with previous treatments, they may come to a completely different conclusion or feel pressured into acting outside their normal practice. All of this may therefore not be in your best interests.



## How to sleep when it's unbearably hot

- ✓ Take a cold (hot) water bottle to bed
- ✓ Freeze your pyjamas
- ✓ Have a cold shower
- ✓ Wear cotton
- ✓ Have a glass of water by your bed
- ✓ Steer clear of alcohol
- ✓ Block out sunlight by keeping blinds shut during the day

## Join our PPG

Would you like to have a say about the services provided at Desborough and Hazlemere Surgeries?

By volunteering we can add you to a contact list that will mean you can be involved in shaping the surgeries future and help us thrive. Wow!

One of the benefits of the group is to assist the practice with identifying areas for improvement. Suggestions from patients and visitors to the surgery are collated and presented for discussion between the group and the practice, with the intention of implementing changes wherever possible.

Feedback and suggestions are gathered predominantly from responses to our Friends & Family questionnaire and to the GP National Patient Survey.

**Ask at reception for more details.**

## Follow Your Dream

Follow your dream.

Take one step at a time and don't settle for less,  
Just continue to climb.

Follow your dream.

If you stumble, don't stop and lose sight of your goal  
Press to the top.

For only on top can we see the whole view,  
Can we see what we've done and what we can do;  
Can we then have the vision to seek something new,  
Press on.

Follow your dream.



# Health and Wellbeing

Register on [www.ActiveBucks.co.uk](http://www.ActiveBucks.co.uk) to get your first session free.

Parish	Activity	Venue	Day	Time	Cost	Contact
Ryemead Ward	Nordic Walking	The Rye, Lido, Bassetsbury Lane, HP11 1QX	Tuesday	10.00-10.45am	£2 per session	Adele 01494 538929
Ryemead Ward	Walking Netball	Kingsmead Netball Centre, HP11 1JB	Monday	8.15-9.15pm	£2 per session	Joanne 07872 407092
Sands Ward	Pitchside Circuits Class	Adams Park, HP12 4HJ	Wednesday	12.15 - 1.00pm	£2 per session	Paul 07800 859176
Sands Ward	Military Fitness	Desborough Road Recreation Ground, HP12 3AN	Monday	11.15am-12.15pm	£2 per session	Steve 01582 658569
Booker & Cressex Ward	Running	Fernie Fields, HP12 4UE	Tuesday	11am-12noon	£2 per session	Jess Turner 01494 688100
Ryemead Ward	Community Organised Dog Walks	The Rye Lido, Bassetsbury lane, HP11 1QX	Thursday	10.30am-11.00am	Free	Kirsty Feasey 07710 095245
Micklefield Parish Council	Mystery Trail	Micklefield, HP13 7FY	Any day	Open 24/7	Free	Kirsty Feasey 07710 095245
Ryemead Ward	Mystery Trail	The Rye Lido, Bassetsbury Lane, HP11 1QX	Any day	Open 24/7	Free	Kirsty Feasey 07710 095245
Wooburn	Bush Craft	Farm Wood, Wooburn Green, HP10 0JN	Saturday	1.00pm-2.00pm	£2 per session	Kirsty Feasey 07710 095245

 Public Health England

Healthmatters **Getting every adult active every day**

## How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

**All adults should undertake muscle strengthening activity, such as**



exercising with weights



yoga



or carrying heavy shopping

**at least 2 days a week**

Minimise the amount of time spent sedentary (sitting) for extended periods



# Humour & Puzzles

## Doctor Cannot See the Patient

A psychiatrist's secretary, Paula, walks into his study and says, 'There's a gentleman in the waiting room asking to see you. Claims he's invisible.'  
 Dr Walmsley, the psychiatrist responds,  
 'Paula, tell him I can't see him.'

## Doctor's Diagnosis

Dr Trebble examined Maria and then took the husband to one side saying,  
 'I don't like the looks of your wife at all.'  
 'Me neither doc,' said Ross, her husband.  
 'But she's a great cook and is really good with the kids.'

The Sunday Times explanation for the extinction of the dinosaurs :-

'The extinction may well have occurred when a steroid hit the Earth'.

From the Daily Mail :-

'A transplant surgeon has called for a ban on "kidneys-for-ale" operations'.

From the South Wales Evening Post :-

'Cash plea to aid dyslexic children'.

Another Newspaper Misprint :-

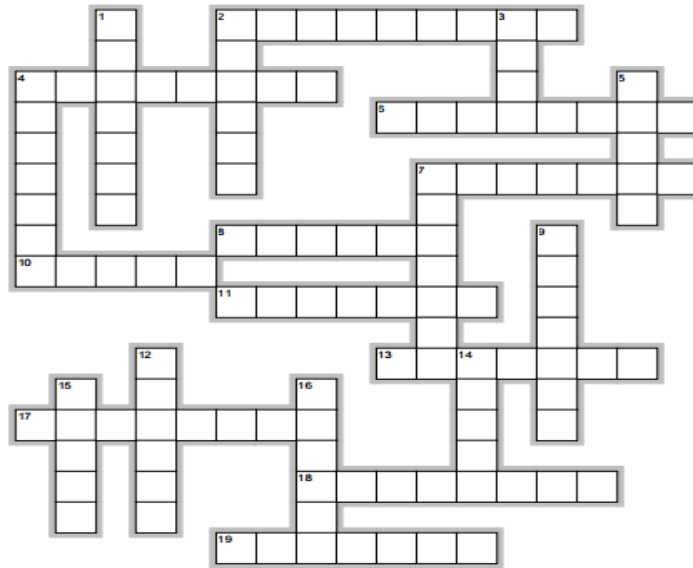
'The Welsh international had to withdraw when the cut turned sceptic'.

The **Workshop Bugle** recently carried a news report about a chap who'd happily 'recovered from a tuna of the kidney'.



## Names of Bones

Even if you're not a doctor, you probably know the names of many of the bones in the human skeleton. Solve as many clues as you can. If you don't know all the answers, then check a dictionary or our solution. Stay safe, and don't break any of these!



EclipseCrossword.com

### Across

2. Heel bone
4. Collar bone
6. Smallest bones in fingers and toes
7. Chest bone
8. The smaller of two lower leg bones
10. Entire back bone
11. Upper arm bone
13. Knee cap
17. Lower jaw bone
18. Any of the small bones that make up the back bone
19. Ribs

### Down

1. Head, or skull
2. Tail bone
3. One of two lower arm bones, spelled with four letters
4. Hand bones
5. Thigh bone
7. Shoulder blade
9. Upper jaw bone
12. One of two lower arm bones
14. The larger of two lower leg bones
15. Ankle bone
16. Hip bones

