

The Cross Keys Practice

Newsletter – June 2014

www.crosskeyspractice.co.uk

A message from our new partner – Dr Richard Burkimsher



Firstly I would like to say thank you to all the staff and patients at the practice for making me feel so welcome since I started in mid-May. It is always a challenge to start a new job but made much easier by such a warm reception.

I know the local area well having worked as a junior doctor at Wycombe and Stoke Mandeville hospitals and as a GP registrar in Chalfont St Peter. For the last eighteen months I have been working as a GP in Tring, Herts. I did my undergraduate training at The University of Nottingham qualifying in 2007 and foundation doctor jobs in Swindon and Bath.

Medically I am very much a generalist and enjoy all aspects of general practice. I have a particular clinical interest in diabetes and headaches. Outside of work I enjoy spending time with my young family, running, playing football and being an armchair sports fan.

It is a challenging and exciting time to be joining a practice and I want to help Cross Keys thrive and continue to improve the care it offers its patients over the coming years.

Dr Tom Davis

We also welcomed another GP to the Practice in April. Dr Tom Davis works on a Thursday morning looking after Dr Cahill's patients.

Hay fever

By Dr Lucy Guest, GP Partner

Symptoms:

Sneezing; blocked or running nose; itchy eyes, throat, mouth, nose, ear; cough caused by post nasal drip (mucus dripping down the throat from back of the nose); sinus pain. Some people get asthma symptoms – tight chest, shortness of breath, coughing and wheezing (allergic asthma).

Hayfever symptoms are worse when pollen count is high. Most cases of hayfever can be controlled with over the counter medicines from the pharmacy. See your doctor if you cannot control the symptoms with these, are having side effects from the medications, or are having persistent complications such as worsening asthma or chronic sinusitis.

Treatment:

Antihistamines - once daily non drowsy preparations such as cetirizine and loratadine. These can be taken as soon as you feel the symptoms if you are mildly affected or as a preventative taking them daily from the start of the season in April. Corticosteroid nasal sprays are better than antihistamines for controlling the nasal symptoms and sometimes the itching eyes. Use them regularly every day from 2 weeks before your season starts, say in April. Eye drops such as those which contain sodium cromoglycate or antihistamines will help the eye symptoms in addition to the steroid nose sprays and antihistamines above.

If symptoms are severe despite the above measures, your doctor may prescribe a short course of oral steroids, though their use for longer than a short period, say 10 days, can lead to their side effects becoming apparent.

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Your doctor may also use a leukotriene receptor antagonist eg. Singulair – a once daily pill that can help in addition to the above treatments, especially in those with asthma also. Finally, very severe cases are sometimes referred for immunotherapy or desensitization treatment.

The Live Well Clinic

The Live Well clinic is a service that can help you manage your physical health condition.

What is the Live Well Clinic?

Living with a physical health condition can often be challenging and stressful. People can feel low, stressed or struggle to manage. The Live Well clinic is part of the Healthy Minds Service. It offers support with the emotional challenges of managing a health condition. We offer effective talking therapies to support you to learn new strategies and ways of coping now and in the future, and to increase your confidence to manage with your condition.

What will happen in my first appointment?

You will be given an hour-long appointment for an assessment with a Psychological Wellbeing Practitioner (PWP) at your GP surgery. This assessment will determine whether a talking therapy alongside a physical healthcare approach will be helpful for you.

Following this assessment you will be offered either:

- a brief intervention with a PWP (usually up to six 30-minute sessions face-to-face or by telephone), where you will be supported in using Cognitive Behavioural Therapy (CBT) self-help materials
- a more in-depth intervention with a CBT therapist or Clinical Psychologist (usually six to twelve hour-long face-to-face sessions)
- an 8-week long term conditions self-management group or Mindfulness group

-an intervention with a physical health exercise trainer

-or you may be signposted or referred to another service

How can I be referred?

You can access the service through a referral from your GP or Practice Nurse.

Blood Pressure Machine



Our blood pressure machine is now ready for use at Princes Risborough.

You are able to take your own blood pressure reading which will then be entered onto your medical records.

Named doctors for over 75s

The NHS has caught up with us, we already have named doctors for all our over 75 patients.

Please contact reception if you are unsure who your named doctor is.

Referrals for Adult Social Care

It is now easier than ever for GPs to make referrals to Adult Social Care services.

GPs can now talk directly with professionals to agree the most appropriate services to assess and support the needs of our patients.

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Wi Fi



After having invested in a new telephone system, we are now able to offer our patients a free Wi Fi service. See posters in reception for the code needed to access the service whilst in our waiting rooms.

Electronic Prescription Service (EPS)



Have you signed up to our new service?

EPS is now up and running at the Practice and is working well.

Instead of coming in to the surgery to collect your repeat prescriptions, we can now send them electronically to a pharmacy of your choice, saving you time.

For more information, visit our website or ask in reception.

New magazines

Out of date magazines will be a thing of the past at the Cross Keys. We now have a company that will be issuing us with 15 new magazines a month.

Travel Vaccinations



Thinking about those summer holidays? Make sure you have your travel forms in at least 8 weeks before you travel. They are available on our website or from reception.

Pre-diabetes workshops

If you have been identified as having pre-diabetes after a Health check, there is a new service available to you.

You will be invited to attend 3 workshops which will give you the ideas and support you need to embark on sustained lifestyle changes.

The aim of this service is to prevent or delay your progression to type 2 diabetes.

Car Park

As you may have noticed we have re-painted the lines in our Princes Risborough car park.

Please leave the disabled space free for those who need it.

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Flu / Shingles vaccinations



It may seem too early to think about Flu and Shingles vaccinations, but our clinics will be available from September. Anyone aged 70 or 79 will be eligible for a Shingles vaccine and anyone over 65 for a flu vaccination.

New housing in Princes Risborough



Many of you will be aware of the new housing developments planned for Princes Risborough and will be wondering whether the town's facilities will be able to cope with the increased population.

We can reassure you that the Cross Keys Practice has room to expand and will be able to accept new patients when or if the new plans go ahead.

Summary care records

Your electronic record which contains information about the medicines you take, allergies you suffer from and any bad reactions to medicines you have had has now started to be accessible to other Healthcare Professionals. Healthcare staff will be able to access this information when caring for you in an emergency or when The Cross Keys Practice is closed.

Care data

Please be aware of the CARE DATA scheme which comes into force in the Autumn. You may have already received notice by post of this. Basically your essential medical details (e.g. medication, allergies, past illnesses) will automatically be uploaded to a national database which can then be accessed by other health care professionals. Further details are available on our website under the "data" section.

If you have any queries phone 0300 456 3531 or visit www.nhs.uk/caredata.

If you do NOT want you or your children to be included in the scheme you will need to opt out. This can be done via our website or by filling in forms available from reception.

Sexual Health Clinic

The Brookside Clinic in Aylesbury offers Sexual Health Services. This includes Contraception advice, Coil fittings; and testing and treatment for sexually transmitted infections.

They offer drop in clinics and bookable appointments.

Visit their website for more details www.sexualhealthbucks.nhs.uk