



## **The Friends of Avisford Medical Group**

**Charity No: 1074882**

### **News and Notes**

The Committee would like to acknowledge the many donations received since the membership subscriptions were dropped and replaced by the form at the bottom of this page. Thanks to your donations, we have been able to purchase two top-of-the-range defibrillators that can be used on children as well as adults, two Spirometers that measure lung capacity and two Emergency response bags. Is there anything you think could be bought that would help or improve things for patients at either surgery? Just drop a note into the surgery addressed to 'The Friends' or email [avisford.friends@gmail.com](mailto:avisford.friends@gmail.com)



In March we were pleased to welcome back Dr Amaladoss who gave a well-received talk on Dementia and, thanks to those who participated in the small tombola, we managed to cover the cost of the hall hire. Unfortunately, poor attendance at our AGM meant that lots of you missed an excellent talk given by Sam Taylor, the local Lloyd's pharmacist. Those who attended were very impressed by the hard work and dedication that Sam and her team put into dispensing our prescriptions and other healthcare services that the pharmacy provides. Prior to this newsletter going out we will have held our Autumn Talk given by Mr Beattie from St Richard's Hospital on Varicose Veins. Keep checking the notice boards or screens in the waiting areas for forthcoming talks or ensure the Practice has your email address for an electronic notification.

Flu clinics start on the 23<sup>rd</sup> September and, as usual, we will be selling Grand Draw Tickets. Tickets will also be available to buy any time from the surgery receptions. The Draw will take place in the Middleton Scout HQ on Saturday, 2<sup>nd</sup> December at 11.00am when we are planning a coffee (& mince pies) morning to thank all our members for their support. The event will start at 10am & everyone will be welcome.

The committee are currently having a 'Friends of Avisford' website designed. It is being funded from the book sales and will have up-to-date committee news, useful information and links on it. We plan to launch it very soon so look out for the announcements and web address.

To ensure that as many of you as possible receive a copy of the Newsletter and notification of any talks or events taking place, please ensure you complete the slip at the bottom of this page and drop it into one of our honesty boxes by the books.

As a Patient Participation Group the most important thing for us is communication. We need your valuable feed-back on the service you are receiving and suggestions for any improvement. Our **e-mail address** is [avisford.friends@gmail.com](mailto:avisford.friends@gmail.com) or just drop a note into one of our honesty boxes by the books for sale.

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**I would like to receive a copy of the Practice Newsletter and notifications by email.**



Name..... Email address.....

**I would prefer to receive a copy of the Newsletter by post.**

Address.....

**I would like to make a donation of £..... to the Friends of Avisford Medical Group**

**I am a UK tax-payer and would like the Friends to claim Gift Aid on my donation.**

Signature..... (please also complete your address and postcode above)

**Please return completed forms addressed to Friends of Avisford Medical Group to either surgery Reception.**

## Staff News

Like many other Practices, both locally and nationally, we are still short of GPs. From October, we will have four prescribing Nurse Practitioners plus two non-prescribing. It is important that we make full use of these experienced nurses such that our GPs maximise their skills by seeing more complex cases and follow-ups.

We are delighted to announce that **Dr Heather Beaumont** has joined the Practice on a permanent basis. Dr Beaumont is a very experienced GP with special expertise in women's health. She will also take on some of the Practice's minor surgery procedures.

The Practice is also pleased to welcome back staff members who had previously moved on to new pastures:-

**Carole Phillips**, a vastly experienced Advanced Nurse Prescriber will be re-joining us in October.

**Karen Petroulas** has re-joined the nursing team. Karen is now a prescribing nurse and she will split her time between seeing patients with minor illness and those with Diabetes.

**Lyndsay Thompson** has re-joined our Yapton Reception team after a spell in a practice in Chichester.

## New Lap-top Computers



The Practice has been awarded 2 new lap-top computers for use when visiting patients at home. Top level security has been applied to the use of these devices – which will be used as a means of accessing patients' medical information from our clinical system. However, they will not hold any permanent confidential data.

In the unlikely event that a lap-top computer fell into the wrong hands (and we will not let that happen), no patient data will be accessible.

These new lap-top computers will be a great help to our visiting GPs and Paramedic Practitioner – and this, in turn, will benefit the patients.

## Maternity News



The Practice has been hit by an outbreak of pregnancies! Dr Sam Shepperd gave birth to a baby girl in July, Tania Ladbrook is expecting a baby in October and Dr Heather Beaumont is expecting early next year.

There are no plans (yet!) to open a Practice crèche!

## Important Vaccinations



The Flu season is upon us and we need to ensure all patients aged over 65 and those at risk get their **Flu vaccination** early. By the time this newsletter is published, flu jab clinics will be well under way but, if you have forgotten or have been unavailable, please book now.

We would also like to remind patients to give serious consideration to having a **Pneumococcal vaccination**. A single jab will provide lifetime protection. It isn't practical to give a pneumococcal jab at a busy flu clinic but there will be ample opportunities to book appointments to have this done.

Patients in their 70s may also be eligible for a **Shingles vaccination** but eligibility will not extend beyond a patient's 80<sup>th</sup> birthday. Please ask if you are unsure.

## CQC Status

As a result of our Care Quality Commission (CQC) inspection last March (2016), although we received an overall 'Good' rating, there were a couple of areas where the CQC felt that there was 'room for improvement'.

We are now pleased to announce to all of our patients that CQC have re-visited and, as a result, have given us a 'clean bill of health'. Now, not only are we rated 'Good' overall but all individual aspects of our Practice are now 'Good'.

## GP or Nurse?



Due to the widespread shortage of GPs, it is no longer practical for patients to always see a GP. There are times when a GP should be consulted but there are also plenty of occasions when patients will be able to achieve the same outcome, but with a Nurse Practitioner.

Our Receptionists now ask patients for brief details of the problem about which they wish to see the GP. Whilst we appreciate some will not be happy to divulge such information, patients should know that this has been requested by our GPs – as it helps to ensure the patient receives the most appropriate care. A Receptionist will **NOT** make a judgement about the urgency of one case over another – but will sign-post to the most relevant clinician.

## Frailty

This year, the NHS is insisting that Practices care for their most vulnerable patients more pro-actively. We are working alongside other Regis Practices (please see 'Regis Healthcare' article) to provide such a service.

The trigger for this new initiative was an electronic frailty index scoring system (labelled eFI) which classified patients according to their age and medical history. We took the NHS eFI scores at face value and, as a result, wrote to a number of patients. We now appreciate that the NHS software was not as 'clever' as we had been led to believe – with the result that some patients were wrongly classified as being 'frail'. We apologise for any upset that our letter may have caused.

## 'Regis Healthcare'

The government has instructed GP Practices to collaborate more closely with neighbouring surgeries. As a result, all GP Practices in the Bognor Regis locality have formed a collaborative group – known as 'Regis Healthcare'..

Over the next few years, new services will be introduced (some may move out of the hospitals) and some existing services will be streamlined such that they may only be accessible at a neighbouring Practice.