

Fosse Medical Centre (FMC) Patient Participation Group (PPG)

Newsletter – Summer 2019
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Primary Care Networks

Last year the NHS celebrated its 70th birthday. Many things have changed over the years – one of these changes is the growing population of the country, another is that people are living longer. In order to cope with these and other changes, NHS England has decided that the way primary care is delivered should be changed. Primary care is the healthcare provided in the community for people making an initial approach to a medical practitioner.

Primary Care Networks (PCNs) are being set up across the country and will consist of a group of surgeries who will be working in partnership to try and provide better services for patients.

A group of surgeries in a PCN will be working with community and mental health, social care, pharmacies, hospital and voluntary services in their area. The idea is to work together and have bigger teams of staff including GPs, nurses, pharmacists and mental health professionals. Opening hours should be extended. Sharing staff should give patients better access to specialist professionals and services like ultrasound closer to home and they can share information and technology to offer better services for patients.

Fosse Medical Centre plans to be part of a Primary Care Network with three other surgeries – Oak Meadow, Groby Road and Hockley Farm. This PCN will have a Clinical Director who will oversee the network.

Cynics might say that it is a money-saving exercise that is trying to make GPs responsible for more and more services. NHS England asserts that it will bring benefits because more services will be provided out of hospital and closer to home, that a patient's care can be better coordinated and that a 'one-stop shop' service means that all of a person's needs can be met at the same time.

We are not sure exactly how this reorganisation will affect day to day patient care and will keep you informed as things progress.

You can be sure that all the people who work at Fosse Medical Centre will do their very best to ensure that the service to patients is only enhanced by these changes.

Your Patient Participation Group

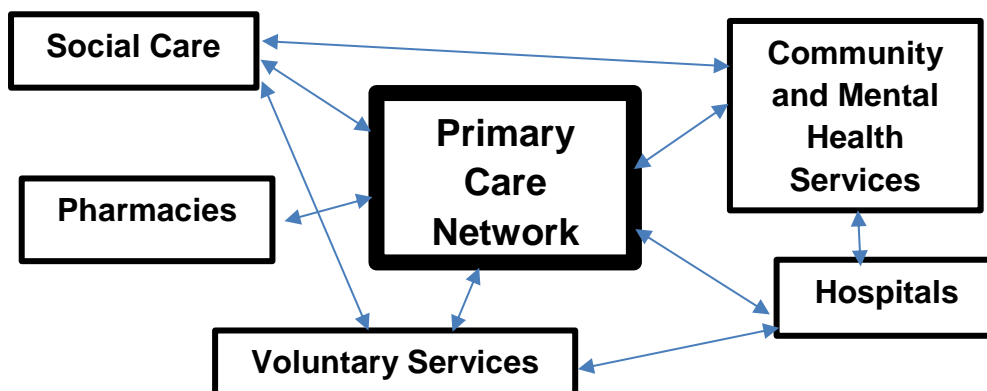
The Patient Participation Group (PPG) exists to provide a means of communication between doctors and patients about the services provided by the Medical Centre.

If you would like to join this patient group (meeting every 6-8 weeks) please contact the Chair – Jane Rudon at janerudon@virginmedia.com

We would particularly welcome younger, Minority Ethnic or LGBT people but all are welcome!

Don't worry if you are not able to commit to attending every meeting because of family or work commitments. Even if you attend from time to time, your presence and input would be welcome.

Welcome



Over The Counter Medicines

Pharmacists are highly trained experts in medicines. For many minor ailments it is not necessary for a patient to make an appointment to see a GP. They can visit a pharmacist, get free advice and buy any necessary medicine over the counter (OTC).

Generally your GP will not give you a prescription for a medicine that can be cheaply and easily bought over the counter.

You can buy OTC medicines for any of these conditions.....acute sore throat, minor burns and scalds, conjunctivitis, mild cystitis, coughs, colds and nasal congestion, mild dry skin, cradle cap, mild irritant dermatitis, dandruff, mild to moderate hay fever, diarrhea (adults), dry eyes and sore tired eyes, mouth ulcers, earwax, nappy rash, excessive sweating, infant colic, sunburn, infrequent cold sores of the lip, sun protection, infrequent constipation, teething or mild toothaches, infrequent migraine, threadworms, insect bites and stings, travel sickness, mild acne, warts and verrucae, haemorrhoids (piles), oral thrush, head lice, prevention of tooth decay, indigestion and heartburn, ringworm or athlete's foot, minor pain, discomfort and fever (such as aches, sprains, headache, period pain and back pain).

Remember – named, branded products are often very much more expensive than generic ones. The ingredients can be the same. Look for own-make pain relief and antihistamine products in particular.

NHS App – DO YOU USE A SMART PHONE?

If you are over the age of 13 and use a smart phone you can download the NHS App and use it to book GP appointments, order repeat prescriptions and access a range of other healthcare services. This should empower patients and enable you to be more responsible for your health and save time.

With the NHS App you can check your symptoms and find reliable NHS advice on hundreds of conditions and treatments; search for, book and cancel appointments; order repeat prescriptions; view your medical record; register to be an organ donor; chose how the NHS uses your data – whether your data can be used for research and planning.

The NHS App is free to download from the App Store and Google Play.



Holiday Travel Vaccinations



If you are travelling abroad this year and need travel vaccinations, please leave plenty of time. You will need to make an appointment with the nurse to discuss your plans or fill in the form you can get from reception or from the website fossemedicalcentre.co.uk. Once the necessary vaccinations have been agreed, they may need to be ordered, as some have to be very fresh. Then you need another appointment to have them administered. This all takes time. If you leave it too late and have to go to a private clinic it can be very expensive!

Attendance Rates

Here you can see the percentage of people who have been able to attend their appointment from March to May 2019. **Thank you** to everyone who attended.

Please contact Reception if you are unable to attend your appointment so it can be given to someone else.

<u>Month</u>	<u>Doctors</u>	<u>HCA's/Nurse</u>
March	95%	91%
April	95%	92%
May	95%	88%

Congratulations! These figures are an improvement on the last quarter. Keep it up!