

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

Newsletter – Winter 2019/20

Issue 38



Fosse Medical Centre
334 Fosse Road North
Leicester LE3 5RR

♥♥♥♥♥ **Organ Donation** ♥♥♥♥♥

English organ donation law is changing from spring 2020

Currently, in order to donate body organs a person either needs to have signed up to the NHS Organ Donor Register or the person's family agree to allow donation after death.

From spring 2020, **all** adults in England will be considered to have agreed to be an organ and tissue donor when they die **unless** they have recorded a decision not to donate. This is called the 'opt out' system.

The law is changing to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant.

The NHS is asking everyone to:

1. Record their organ donation decision on the NHS Organ Donor Register
2. Tell their family and friends what they have decided.

It is important to talk to your family and friends about your decision because if they do not know how you feel about organ donation and transplantation it will be hard for them to make a decision on your behalf after your death when they have just been bereaved.

All the major religions and belief systems in the UK support the principles of organ donation and transplantation and accept that organ donation is an individual choice.

The new law will not apply to:

- People under 18
- People who lack the mental capacity to understand the new arrangements and take the necessary action
- People who have lived in England for less than 12 months before their death
- People who are not living here voluntarily

For some people it can be a difficult decision to make but one way of looking at the situation is to ask this question.....

If you needed an organ transplant would you have one?

It's a big question. If you would accept an organ, are you prepared to donate your organs when you die?



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, Black and 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





Flu Vaccinations



Every year certain patients are offered a flu vaccination. UNDER 65's that are chronically sick are strongly advised to take up that offer of a flu jab at Fosse Medical Centre but sadly the uptake is not as high as we would expect, so protection for friends and family is not as high as it could be. You may be aware that some pharmacies and supermarkets also offer flu jabs but they do not have the personal knowledge of your health needs in the same way that FMC does. It is not too late to have your flu jab. Make an appointment in the usual way.(0116 2957101)

Remember – flu is a very nasty illness and should be avoided if at all possible.

Flu is spread by germs from coughs and sneezes which can live on hands and surfaces for 24 hours. Reduce the risk of spreading flu by:

- Washing your hands often with warm water and soap
- Using tissues to trap germs when you cough or sneeze
- Binning these tissues as soon as possible
- Staying away from other people

Keep warm, keep well this winter.

Are your children vaccinated against flu?

Parents and carers, if your child was born between 1st September 2015 and 31st August 2017, or is of primary school age, or is aged 2-17 with a long-term health condition, they are eligible to have a free nasal spray vaccination. Flu is very nasty, don't risk your child's health. Contact reception for further information.

Thinking about inoculations..... are your child's immunisations up to date? Nationally there are many babies and children who have not had all their immunisations and some worrying illnesses like measles are on the rise. Please check your red book and see if your child is protected against illnesses.

Don't struggle up the stairs!

Some time ago the practice put in a bid to have a lift installed to enable patients with mobility issues to access the rooms upstairs more easily. This bid was not successful. They then wanted to put hand rails on both sides of the stairs to help people walk upstairs but this was not possible because the stairs are too narrow and it would breach fire regulations.

Please, if you have mobility issues, don't struggle up the stairs. When you book an appointment please ask to have an appointment downstairs and it can be easily accommodated. **Don't struggle!**

Fosse Medical Centre trains administrative staff

Fosse Medical Centre is the leading training surgery in Leicester for administrative staff and trainee doctors. Six groups of trainees have successfully completed an admin course and the vast majority have gone on to find jobs as receptionists in Leicester. Some have been recruited at FMC...you may have noticed some new receptionists. If you or a friend are interested in working within administration for the NHS please leave your details with reception. **Well done for this great initiative!**

Attendance Rates

Here you can see the percentage of people who have been able to attend their appointment from September to November 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>
September	96%	89%
October	97%	89%
November	94%	89%

These figures are better than last time – well done – keep it up!