



Ifield Medical Practice

PATIENT'S NEWSLETTER

October 2022

Welcome to Ifield Medical Practice's monthly newsletter

It has been a wonderful hot summer but now is the time we must start thinking of all things flu and COVID again and our plans for the vaccination programme this Autumn.

This Autumn will be administering all of our own flu vaccinations whilst the COVID-19 Autumn booster programme will be contracted out to our GP Federation Alliance for Better Care, with our administrative support.

We started our flu clinics on the 17th September with our at risk eligible patients invited first. If you are eligible for a flu vaccination please contact our Reception team to book this in once you have received an invite.

COVID-19 Autumn Booster vaccination programme

The Autumn COVID-19 Vaccination Programme started in mid-September for all eligible patients. We are working with our GP federation, Alliance for Better Care, to deliver our Covid vaccinations with the local sites of the **Apple Tree centre/ Hindu Temple** and **Saxonbrook, Maidenbower** being our closest locations.

As per current government guidelines, the Covid booster programme covers patients aged 50+, those in a clinical risk group, those who are immunosuppressed, health care workers and those aged 16-49 who are carers.

Should you have any questions relating specifically to the programme or to check your eligibility, please visit the NHS website at

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

Looking at our data

Every 3 months we will release our practice data which I hope you find it insightful into the goings on at your local practice.

The latest data for the last 3 months of June to August 2022 is shared below.



10,614 attended appointments



567 did not attend/missed appointments



613 blood tests



4355 prescriptions issued



82 NHS health checks



9872 patients currently registered

Missed Appointments

We aim to provide all our patients with the best possible service and to achieve this we need your co-operation. If you are unable to keep your appointment, please make every effort to cancel it well in advance so that it may be offered to someone else. Non-attendance and cancellations at short notice without a valid reason deprives other patients of essential medical services.

In August there were **184 GP appointments not attended** and with no contact to cancel.

We appreciate that it can be difficult at times to get through on the phones but there are other options. You can cancel via email to the practice at ifieldmedicalpractice@nhs.net

Childhood Immunisations

Immunisation prepares the body to fight serious infections that might happen in the future. Young babies are very vulnerable to infections, so they need to be protected as early as possible. Your child needs several different vaccines to be fully protected, so it is important to complete their childhood immunisation programme.

See the website below for further advice or contact the practice to speak to the Practice nurse.

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>



Children's mental health referrals - CAMHS/ YES counselling

Mental health is important for all ages and getting the right support is the first step to getting back on track.

There is a single point of access hub for all children's mental health services including; CAMHS, YES and YMCA, for children aged 4-17 years.

Parents/Carers and young people can refer themselves via the website, without the need for a GP referral, at <https://e-wellbeing.co.uk/support>

The referral will be triaged and the Parent/Carer will be contacted with the support that is the best for the young person.



Repeat medication

You may order repeat prescriptions by completing a Prescriptions Request Form available from the practice – or the retained part of your computerised prescription – and then delivering it to the practice.

You can also order online via the NHS app or patient access.

We will also accept prescription requests via email to ifieldmedicalpractice@nhs.net

For reasons of safety, we do not accept prescription requests over the telephone unless you are on our register of housebound patients.

Please give at least 72 hours notice for repeat prescriptions.

We kindly ask our patients to advise our Reception team if their prescription is not at their nominated pharmacy after 72 working hours so that we can investigate this for you and to see if there have been any technical errors with the electronic prescription service.

Thank you



NHS

Feeling unwell? Choose the right service

 Self-care Hangover. Grazed knee. Sore throat. Cough.	 NHS 111 Unsure? Confused? Need help?	 Pharmacist Diarrhoea. Runny Nose. Painful cough. Headache.	 GP (Doctor) Unwell. Vomiting. Ear pain. Back ache.	 NHS Walk-in Services If you cannot get to the GP and it is not getting any better.	 A&E or 999 Choking. Severe bleeding. Chest pain. Blacking out.
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What Type Of Appointment Would Suit You?

We have a range of different team members at the practice, and there may be more than one suitable option. Often you can be seen sooner by asking for an appointment with the correct person - be that one of our nurses or healthcare assistant. If you are unsure the Patient Services Team will be pleased to advise you. Below is a summary of what our different clinicians can offer you, and below that is a list of common conditions with advice on who might be the best person to help you.

GP

- One of the doctors - our most highly qualified staff member
- May have a specialist area of expertise
- Can perform all necessary examinations and prescribe almost all drugs
- Can make referrals to specialists and arrange hospital admission
- Only has a 10 minute appointment
- Tends to have longest waiting times

Physician Associate

- Medically trained generalist healthcare professionals who work together with and are supervised by GPs.
- Take medical histories from patients
- Carry out physical examinations
- See patients with undifferentiated diagnoses
- See patients with long term conditions (e.g. asthma, diabetes, COPD)
- Formulate differential diagnoses and management plans
- Perform diagnostic and therapeutic procedures
- Develop and deliver appropriate treatment and management plans
- Request and interpret diagnostic studies

Practice Nurse

- Manages the routine care of long-term conditions such as diabetes and COPD
- Limited prescribing
- Can have longer appointments
- Often the best option if you have questions about your long-term condition or the associated medication.

Healthcare Assistant (HCA)

- Can check blood pressure, pulses, take blood samples and measure height and weight
- Tend to be more accessible
- ear syringing
- Cannot prescribe
- Often the best option if you want a periodic "health-check" for peace of mind. They will report any abnormal findings to the doctors to see if any action is required

