



WHITSTABLE
MEDICAL PRACTICE
PATIENT PARTICIPATION GROUP

Whitstable Medical Practice and Patient Participation Group News

Volume 6, Issue 2

Dec 2018

This newsletter is compiled by the Whitstable Medical Practice (WMP) Patient Participation Group (PPG). It can be viewed also at the WMP website www.whitstablemedicalpractice.co.uk via 'The Practice' tab.

Headlines

'Whitstable Wellness Week' - a week of free creative activities will take place in Whitstable from Saturday 23rd to Friday 29th March 2019. Full details on page 2.

Medicinal Cannabis - despite recent news articles, Whitstable Medical Practice (like others nationwide) is not allowed to prescribe this. See page 3.

'Antibiotic Guardians' - Antibiotic resistance is becoming one of the biggest threats facing us today. To slow resistance we need to cut the unnecessary use of antibiotics. The article on page 3 indicates how we all can help.

Prescribed Medicines Waste - costs the Practice a considerable sum which could be much better spent. Please see the article on page 4.

'Time for Dementia' - is a new training initiative developed by the Alzheimer's Society whereby healthcare professionals get to know a person with dementia and a family carer outside the clinical setting. This is summarised on page 5 & 6.

New General Practitioners - Page 6 also has details of the two GPs who have joined the Practice recently.

Flu Vaccinations - These are still available if you've not done so already. Simply discuss with your usual surgery to arrange an appointment.

The WMP Annual Patient Survey - will take place during December and January. Survey forms will be available at each surgery site and via the WMP website. Please take a few minutes to share your opinions.

Additional information about GP and other Clinics - can be seen on pages 7 & 8.

HEALTH ON THE WEB:

National Health Service www.nhs.uk

NHS Direct: www.nhsdirect.nhs.uk

Whitstable Wellness Week

A week of free creative activities will take place in Whitstable from **Saturday 23rd to Friday 29th March 2019**. The event, **Whitstable Wellness Week**, aims to introduce people throughout East Kent to a wide range of creative activities that are known to help people feel better; both physically and mentally. Activities will include arts and crafts, singing, creative writing, dancing, and cookery. There will also be an exhibition to showcase local organisations that can help people living with physical and mental health conditions.

The event is being organised by Red Zebra Social Prescribing (RZSP) in partnership with the Horsebridge Arts Centre. The idea came from Catriona Campbell, a volunteer at RZSP, who helped instigate a Creative Wellbeing Workshop pilot at the Horsebridge in April. People who were living with long term physical and mental health conditions were invited to join in a creative activity with an artist every week. There was also the opportunity for the participants to discuss their concerns with a member of the RZSP Team. The combination of art & craft, chatting and friendship resulted in an increased sense of wellbeing, confidence and social inclusion for all participants.

Some of the Creative Wellbeing group participants have been involved in developing ideas for the Whitstable Wellness Week as they are keen to promote benefits that they have experienced and their comments included;

"Everyone was very welcoming, it as a very friendly atmosphere. The art workshops provided a much needed relaxing but stimulating activity. I don't go out much."

"This art group has given me the opportunity to meet people which I have a problem with due to lack of confidence. I feel better."

" This group has led me to get involved with other things too."

Social Prescribing (sometimes referred to as community referral) helps GPs, nurses and other health care professionals link their patients to other people and organisations who can help them make positive changes in their lives.

Red Zebra provides the Social Prescribing service for East Kent ,and their team meet people to discuss their needs and then connect them with other people who can help them. You can read about the wide range of over 300 services and activities that are available and contact team members at www.connectwell.org.uk.

For more information about Whitstable Wellness Week visit

www.whitstablewellnessweek.co.uk or contact.catriona@createinkent.co.uk

The Horsebridge Arts Centre (www.horsebridge-centre.org.uk) is a charity at the heart of arts, social learning and leisure activities in Whitstable and East Kent. It welcomes thousands of visitors each year to its exhibitions, events, classes and cafe.

Medicinal Cannabis

Contrary to the impression given by some recent news articles, Whitstable Medical Practice GPs are not allowed to prescribe this.

HM Government current direction is that under no circumstances should cannabis be prescribed in primary care at present.

The Home Office has confirmed that the decision to prescribe unlicensed medications must be made by a specialist doctor. The doctor's focus needs to be on one field of medicine, such as neurology or pediatrics, and is listed on the General Medical Council's specialist register.

The decision to prescribe cannabis for medicinal use is made on a case-by-case basis. Where a decision is made to prescribe medicinal cannabis, this prescribing must be retained by the specialist doctor.

Here is a useful link: <https://www.gov.uk/government/news/government-announces-that-medicinal-cannabis-is-legal>

Antibiotic Guardians

The following is an excerpt from the Antibiotic Guardians website.

Antibiotic resistance is one of the biggest threats facing us today.

Why it is relevant to you?

Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy and animal health all rely on access to antibiotics that work.

What we want you to do

To slow resistance we need to cut the unnecessary use of antibiotics. We invite the public, students and educators, farmers, the veterinary and medical communities and professional organisations, to become Antibiotic Guardians.

Call to action:

Choose one simple pledge about how you'll make better use of antibiotics and help save these vital medicines from becoming obsolete.

Visit www.antibioticguardian.com for more information and to see how you can help.

Antibiotic Guardian supports the UK Antimicrobial Resistance strategy, European Antibiotic Awareness Day and World Antibiotic Awareness Week.

Prescribed Medicine Waste

Research shows that unused and inappropriately used prescribed medicines waste a considerable chunk of the NHS budget.

- The Prescribing Budget for the Practice is all medications prescribed to patients.
- Prescribing represents about 13% of the NHS national budget
 - ✦ Which for the local Commissioning Group was £38million in 2013/14 *
 - ✦ And for Whitstable Medical Practice was about £4.5 million
- National figures suggest:
 - ✦ 80% of prescribed items are on repeat
 - ✦ 60% of repeat medication is not taken as prescribed
 - ✦ 16% of repeat medicines end up at pharmacies as waste
 - ✦ A considerable amount of repeat medicines are neither taken nor returned to pharmacies, and accumulates or is disposed of at patients' homes
- **The returned medicines alone waste £570,000 of WMP budget**, let alone the considerable amount neither taken nor returned
 - ✦ **This wasted money could clearly be better spent!**

How can you help?

- **Patients and Carers**
 - ✦ Check that you, or the person you care for, really need and are taking 'as prescribed' all repeat medicines.
 - ✦ Check for any unused or stockpiled medication, particularly for older people and those living alone.
 - ✦ Advise your GP and/or pharmacy of medicines no longer required or not being taken 'as prescribed'.
 - ✦ Don't order more than you need!
 - ✦ Always check dispensed prescribed medicines before leaving the pharmacy, as after leaving the premises no dispensed medicines can be issued to another customer.
 - ✦ Do dispose of surplus medicines responsibly - preferably by returning to a pharmacy. It is important that surplus medicines are disposed of safely and not placed in domestic waste or down the toilet.

Together we can help our Medical Practice to spend better a small fortune!

****Apology:*** We had hoped to get more up-to-date figures, but the message is clear!

Time for Dementia



Background

Traditionally, medical students and other health professionals have gained experience with various patient groups through multiple, short term placements during their undergraduate training. However, there are concerns that this style of training does not best promote the attitudes, knowledge and skills needed to care for people who often have multiple long term health problems, including people with a diagnosis of dementia.

In light of this, the Alzheimer's Society has developed the Time for Dementia Programme. In this programme students are given the unique opportunity of getting to know a person with dementia and a family carer, outside the clinical setting. This has been incorporated into the undergraduate curriculum of medical students at Brighton and Sussex Medical School and nursing, paramedic and mental health students at the University of Surrey. The programme has now expanded to University of Brighton, University of Greenwich and Christ Church Canterbury University.

What does it involve?

If you agree to take part in the Time for Dementia programme, you will be paired with two students. You will hear from one of our universities with the details of your students, the students will then contact you to organise a visit, in your home, at a time convenient for you. During these visits, students will discuss what it is like to live with dementia. It is expected that these visits shall last no longer than 2 hours. The same two students will visit up to 6 times over a two year period.

You can withdraw from the Time for Dementia Programme at any time. Apart from the time involved in the visits you will have no other responsibilities. We will keep in touch with you throughout the programme to let you know of any events should you wish to get involved.

The programme is also continually evaluated to understand how we can improve things, plus the programme's impact on the knowledge and understanding of the students, and you will be given the opportunity to take part in this evaluation. If you are interested in taking part, we will give you some information and a member of the research team will contact you to tell you more about it.

What do the students want to learn?

Students will visit you to learn more about what it is like to live with a diagnosis of dementia or to care for someone with a diagnosis of dementia. Students will be asked to create a report about their experiences during the visits, which will be anonymous. This is purely a learning exercise designed to assess the students' observational and writing skills, and as such the only person to see it will be the person who marks it. Students will not be able to give you any medical advice or care.

What are the possible benefits of taking part?

Through your participation in the Time for Dementia Programme you will help us to provide students with a long term experience of what it is like to live with dementia. Sharing your experiences may influence the way they work with people affected by dementia in the future.

Time for Dementia (continued)

What if there is a problem?

If you have any concerns about being involved, you can contact us at any time. If a visit needs to be cancelled for any reason someone will let you know as soon as possible. If you no longer want to be take part you can withdraw by simply letting us know. If you experience any problems with a particular student, we will either raise your concerns with the student in question or look to pair you with another student.

Contact Details

If you have any questions about the Time for Dementia Programme please contact:

- ✦ for East Kent Joseph O'Toole 07710 381 546
- ✦ for West Kent Laura Pack-Hagan 07763 582 643
- ✦ Project Manager Lauren Merrison 07713 779 582

Email: Timefordementia@alzheimers.org.uk

Twitter: @Time4Dementia

General Practitioners Leaving and Joining WMP

Dr Nosayaba Eguakun started on the 6 September covering all sites.

Dr Eguakun was known to the Practice as he completed his final year of GP training from August 2017 to July 2018 at Estuary View. In the two year period prior to his GP training at Estuary View he acquired acute and chronic illness medical experience across a variety of specialities within East Kent focusing on the relevance of illness in primary care. Prior to his GP training, Dr Eguakun was a speciality doctor of Anaesthetics.

Dr Samuel Thornton started with the Practice on 5 September covering all sites.

He qualified as a GP in 2013 after commencing his GP training in Tameside and Glossop. Prior to relocating to East Kent he worked across a variety of practices in the North and South West of the England, gaining exposure to a diverse range of populations and illnesses. Before taking up the post at WMP he worked at Hastings walk-in centre and Medical Practice. Dr Thornton has passion towards advising patients on nutritional and preventative strategies to improving health.

Out of Hours GP Service

For advice and medical problems that cannot wait until a surgery opens during normal working hours, **patients should call NHS 111 by dialling 111.**

NHS 111 will provide a triage service and direct patients to the most appropriate service in the area.

Estuary View Urgent Treatment Centre (formerly Minor Injury Unit)

This Centre (complete with x-ray and other facilities) is open from 8.00am to 8.00pm seven days a week to treat suspected broken bones, minor head injuries, minor burns, cuts, sprains and strains, bites and stings, minor allergic reactions, and the like.

For Medical Emergencies such as heart attacks and strokes Call 999

Minor Illness Clinics

WMP also offers appointments in Specialist Nurse-led minor illness clinics. The nurses are able to advise on and prescribe for many conditions, including:

- Emergency Contraception
- Chesty Coughs and Colds
- Sore Throats
- Ear Problems / Discharging Ears
- Skin Problems
- Sprains
- Stomach upsets
- Possible Urine Infections
- Hay Fever/allergies
- Deterioration of Asthma

Test Results

Please call the WMP surgery at which you are registered after 2pm. This will give doctors time to report on the results, and the Reception staff will have more time to deal with your request.

NHS coastal towns Out-Patient Clinics

This facility is located on the top floor of the Estuary View Medical Centre site. It is run by the East Kent Hospitals University Foundation Trust (EKHUFT), not Whitstable Medical Practice.

Their Receptionists' direct phone numbers are 01227 868765 and 01227 865501.

Contact Whitstable Medical Practice

Telephone:

Chestfield Medical Centre	01227 795130
Estuary View Medical Centre	01227 284300
Whitstable Health Centre	01227 284320
Seasalter Surgery	01227 284300
or	01227 284320

Website: www.whitstablemedicalpractice.co.uk

Normal Opening Hours:

Chestfield Medical Centre	Monday to Friday 8am to 6.30pm
Estuary View Medical Centre	Monday to Friday 8am to 6.30pm
Whitstable Health Centre	Monday to Friday 8am to 6.30pm
Seasalter Surgery	Monday to Friday 8am to 4.00pm

Doctors' Appointments Patients have the following options:

- You may book an appointment with a particular GP up to 2 weeks in advance.
- A large proportion of appointments can be booked on the day for conditions that need to be seen where a pre-booked appointment is not appropriate.

Telephone consultation

Appointments are also offered for a telephone consultation with your doctor when a face to face consultation is not necessary (e.g. reporting back on an ongoing condition where examination is not necessary). The Practice will endeavour to book an appointment and for the doctor to phone you as near to this time as possible.

Extended Hours

If you are unable to attend a Doctors appointment during the normal working day WMP is open for pre-booked appointments between 7am and 8am and 6.30pm and 7.30pm at various sites on certain days, and is trialling some at weekends.

These surgeries are manned by Duty Doctors (GPs of the Practice). These appointment times are outside of the normal working hours and the other services provided by the Surgeries from 8.00am – 6.30pm will not be available.

Phlebotomy Clinics The Practice also provides additional Health Care Assistant led clinics for blood tests between 7am and 8am on certain mornings.

Please contact your practice Reception or use Patient Access to book any of these appointments.

Walk-in GP Surgeries

These operate at Estuary View Medical Centre, Chestfield Medical Centre and Whitstable Health Centre from 8.00 a.m. to 11.00 a.m. each morning. Patients registered with Dr Sakel can attend the walk-in surgery at Whitstable Health Centre and patients registered with Dr Ruff can attend the walk-in surgery at Estuary View Medical Centre. This will be for **one** new health problem or deterioration of an existing problem where there has been a sudden onset of symptoms within the last few days. Further information from Receptionists, in leaflets at the surgeries, and on the WMP website.