

NDU SURGERY NEWSLETTER

NHS Nottingham City
CCG

Issue 2
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NHS 1948-2013 ? this is no April Fools Joke

It is nearly 3 years since the surprise announcement by Health minister, Andrew Lansley, of the National Health Service (NHS) reforms, revealed in the NHS Health and Social Care Bill. The Act came into force on 1st April, abolishing the NHS – well at least as we have known it for 65 years.

The Act is very complicated but the main effect is that most NHS services will be tendered/commissioned /procured or in simple language bought by a Clinical Commissioning Group (CCG) made up of a group of local GPs, by allowing private companies to bid for contracts. The Section 75 regulations mean that virtually all services will be tendered for, so that far from being a GP-led NHS it will be led by 'The Market' ie privatisation is the inevitable result- although the government deny this is the intention.

The Tory's idea (there seems to be very little of the Liberal Democrats policies in the paper) is that competition, and allowing any company to bid for NHS contracts will push prices down, saving £20 billion out of the £100 billion NHS budget over the next four years and improve standards. Let's not delude ourselves just as there is no such thing as a victimless crime, there is no such thing as harmless cuts, health service cuts cost patients their health and lives- not identifiable individuals but will be reflected in mortality and morbidity statistics – there are ethical issues for GPs colluding with these cuts.

There is still a lot of uncertainty about the details of how this new system will work and you won't notice much difference yet; but gradually NHS care will be delivered by an increasing number of organisations including social enterprises, charities, and private companies who have a fiduciary (legal) duty to maximise profits for their shareholders. Competition can result in cheap baked beans, but in healthcare can lead to the sort of problems seen in Mid Staffs and the hugely expensive system in the US.

The government claims these changes will keep politics out of healthcare, but the entire idea comes from the politics of Thatcher: Ding Dong etc, but her ideology lives on.

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TRAVEL VACCINES

If you require any Vaccinations' relating to foreign travel you need to make an appointment with the practice nurse to discuss your travel arrangements.

This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. It is important to make this initial appointment as early as possible - at least 6 weeks before you travel

PLEASE ASK RECEPTION FOR A TRAVEL QUESTIONNAIRE ONCE COMPLETED RETURN TO RECEPTION WHERE YOU WILL BE CONTACTED BY THE PRACTICE NURSE TO MAKE AN APPOINTMENT.

Unused Medications

Do you really need everything on your Repeat Prescription? – check with your GP

UNUSED MEDICINES – A HUGE WASTE!

£400-800 million worth of medicines dispensed to UK patients are unused and going to waste, according to Government figures, and most of this would otherwise be sent to landfill or incineration.

Medicines which are 15 months or more from expiry can be recycled. Please go to your nearest pharmacy to have them recycled.

Order only what you need.



TAKING CARE OF YOURSELF

Some Basic Advice

There are many instances where you can deal with a health problem yourself, or without immediate contact to your GP, for instance:

- ☒ Colds, coughs, indigestion, cuts and abrasions and many other minor complaints can all be treated with medicines available over the counter.
- ☒ However, you should always follow the instructions on the package insert or medicine label, and if the illness continues or becomes more severe, then you must consult your Doctor.

Other options are also available, dependent on the severity of the condition, and can probably be dealt with as follows:

☒ **Pharmacy / Chemist**

Your local pharmacist can give advice on minor ailments, and some offer extra services through the **Pharmacy First** Scheme. This could include such complaints as Conjunctivitis, Constipation, Diarrhoea, Earache, Sore throat and Toothache. Remember, opening hours and late night pharmacies are advertised in the local newspapers.

Walk in Centre

The Nottingham NHS walk in centre is located at Seaton House, London Road, Nottingham, NG2 4LA (this is near the city centre next to the BBC studios). You will be able to see a nurse for the treatment of more minor injuries and illnesses. The walk-in centre is open every day of the year including weekends and bank holidays. No appointment is necessary.

- ☒ **Accident and Emergency** – Critical or urgent treatment for any serious or life-threatening conditions will be dealt with at the hospital A & E.



Cervical Screening

The date range for inviting women for cervical screening has recently changed and now women will be invited a few months before their 25th birthday. Letters inviting women who are eligible to attend will continue to be sent by the cervical screening service. When you receive a letter please call the surgery to book an appointment with a practice nurse.

Patient Notifications

Practice Closure

The Practice will be closed on Tuesday June 18th 2013 from 12.00 pm for all staff training and we will re-open on Wednesday 19th June 8.30am.

In the meantime if you have an emergency while we are closed please call the Surgery Number for urgent care or NHS 111 for non –urgent care.

Text Messaging Service

From the beginning of May 2013 we introduced text messaging. If you have given us your mobile telephone number we will use it to send an SMS text message to remind you of your appointment.

If you prefer not to use this service, please let reception know.

Measles Mumps Rubella

Many of you will be aware of initiatives to encourage people, especially children between 10 and 16 to check that they have had sufficient immunisations to protect against measles. If you are concerned that your child may not have had the scheduled immunisations, please ring the surgery and we will check for you.

Notice Board

PALS is now NHS England for Complaints

If you have tried to resolve your complaint at local level and this has failed you can register an official complaint to NHS England via the complaints manager.

You can make a complaint on your own or on behalf of someone else with their permission

You can telephone :

NHS England on 0300 311 22 33 or e-mail

[eng-](mailto:eng-land.contactus@nhs.net)

[land.contactus@nhs.net.](mailto:land.contactus@nhs.net)

NHS Nottingham City Clinical Commissioning Group Patient Experience Team on 0115 883 9570 or

You can also get advice on general enquiries and CCG advice on telephone 0115 8399570



NHS Nottingham City CCG

ST ANNS VALLEY CENTRE
2 LIVINGSTONE ROAD
ST ANNS
NOTTINGHAM
NG3 3GG

Phone: 0115 9505455
Fax: 0115 9437970



Organization



We are on the web
www.ndusurgery.com.

Hayfever

Its that time of year again, when many of us start sneezing and sniffing due to hayfever. If you get hayfever medication every year, you will usually need an appointment for your medication. Simply put in a prescription request in the usual way (in person, by post or by your nominated pharmacy) and we should be able to process within 2 working days

Our organisation is there for your every need with regards to health. We are an inner city practice with one full time 1 Male GP , 2 Practice nurses, Practice Manager, note summarizer, who makes sure that your notes are in order and that information is correctly registered on the screen 1 administrator and 2 reception staff.

Prescriptions:

We do NOT take repeat prescription over the phone you can either come down to the surgery with your request slip, or send in your request with a pre paid envelope and we send it back to you within 3 days or alternatively go into the pharmacy of your choice who would order your medication on a monthly basis regularly and this would save you some time.

**REMEMBER A&E IS FOR
EMERGENCIES ONLY !!!**

Patient Participation Group

We hold patient participation group meetings to discuss issues that you might have with regards the services that this surgery provides. We would like to hear your comments if you are unable to attend any of the meetings please give any suggestion in writing to the reception staff.

Next Patient Participation Group meeting to be held on 20th June 2013 at 1.00pm
Ground Floor Meeting room 1.

PLEASE ASK RECEPTION FOR FURTHER DETAILS