



# NEWSLETTER

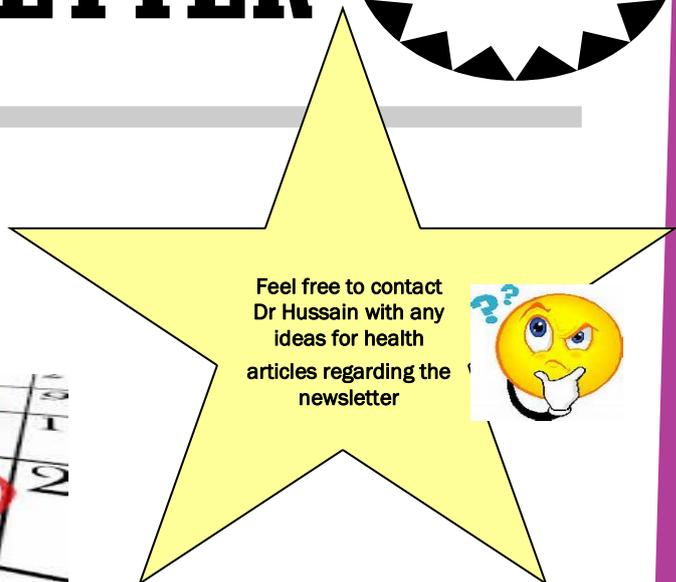


**EDITORIAL**

The Government has expressed an aim to have GP surgeries open 8am until 8pm. GPs would not have objections to this provided it is properly funded. At Pendleside we follow a personal list system i.e. a patient is encouraged to see the GP he or she is registered with. This has become increasingly difficult with increased demands on GPs. We also understand that female patients may prefer to see a female doctor. The proposed increased working hours will be watched with interest and we will keep you informed.

Dr Alasdair Carter

## APPOINTMENT ACCESS



Feel free to contact Dr Hussain with any ideas for health articles regarding the newsletter



You may have noticed that we are now offering some more flexibility around appointment times and how you can book them.

We have tried to improve our service by making more appointments bookable in advance; this can be done in person at the desk, by phone or on-line. However we do reserve some appointments every day to ensure we can see all urgent problems that arise. If an appointment isn't available to book in advance for the doctor of your choice then we would advise ringing on the day after 8am. We cannot guarantee but try our best to accommodate you.

We are also offering more flexibility with times, on Thursday mornings we have appointments available to pre-book from 7.30am onwards and on Tuesday and Thursday evenings there are appointments to book in advance after 6.30pm. We hope these improve our access for people with work commitments and other reasons for struggling to get in during the day. We now also offer lunchtime appointments which can be useful to use in your lunch hour or for urgent problems that crop up during the morning.

At Pendleside we pride ourselves in constantly trying to improve our service and availability for you. We hope you find these changes useful and more flexible for you to use. We would appreciate any feedback you want to give us.

Dr Vanessa Warren

### Under New Ownership

## The Clitheroe Pharmacy

We would like to inform our patients that the doctors at the health centre now own and run The Clitheroe Pharmacy (formerly Heyes Chemist of Moor Lane), which is located across the road. This is a joint venture by both practices.

Whilst we own the pharmacy we are not able to recommend or direct patients there. Patients have a right to obtain their medicines from any pharmacy. The doctors do also own and run the health centre dispensary, which may only be used by patients who live outside of the town.

Our aim at The Clitheroe Pharmacy and The Health Centre Dispensary is to work with other pharmacies and the wider community, enabling doctors and pharmacists to offer better services together for the benefit of the local community. Please ask your doctor if you have any questions about local pharmacy services, and do let us know if you have any ideas how services could be improved.

**The Doctors  
The Castle Medical Group  
Pendleside Medical Practice**

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Clitheroe Community Hospital Services include:

- General Surgery
- Gynaecology
- Gastro-enterology
- Urology
- Orthopaedics
- Ophthalmology
- Audiology
- Medicine for older people
- Retinal Screening
- Podiatry
- Nurse and allied health professional led clinics including:
  - Lower limb clinic
  - Heart Failure
  - Cardiac Rehabilitation
  - Pulmonary Rehabilitation
  - Continence clinic

## Clitheroe Community Hospital

Since 1<sup>st</sup> December 2014 the doctors at Pendleside Medical Practice have provided medical cover at Clitheroe Hospital.

Prior to that, for many years, doctor input was provided by all Ribble Valley practices, with all GP's visiting, for various reasons that model of care changed.

There are 32 in-patient beds on the upstairs floor of the new hospital, a team of nurses, physiotherapists and occupational therapist provide their expertise in providing focused rehabilitation. We can undertake blood tests and some X-rays, a full range of investigations can be accessed from the acute hospitals (Royal Blackburn Hospital and Burnley General Hospital). We also have access to hospital consultant opinions.

The Hospital is run by East Lancashire Hospital NHS Trust. As well as patients from the Ribble Valley, we also provide care for patients from the wider East Lancashire area (Blackburn and Burnley).

An experienced GP is scheduled to be at Clitheroe Hospital on weekdays from 8am until 6.30pm. Their role is to undertake a ward round to assess and review all 32 patients on a daily basis. We ensure patient's medical needs are being met and make changes to their treatment plan as necessary. We accept "step down" patients from the acute hospitals after an operation or acute illness (after maybe a hip replacement or a severe chest infection). We can also arrange admission of patients



Clitheroe Community Hospital

from the Ribble Valley directly from their home in to the hospital (after liaising with the patient's GP).

All the GP's at Pendleside Medical Practice in turn provide cover at CCH, we have good communication systems to ensure we provide continuity of care.

We have expanded our team to allow us to provide this medical cover and to make sure that we continue to provide the same number of GP appointments at Clitheroe Health Centre.

We pride ourselves in being able to offer holistic care to our patients at PMP as well as patients from further afield.

Dr John Zak.

### ACUPUNCTURE at Pendleside

Dr Carter is still offering acupuncture. There is a waiting time due to his reduced work commitments. If you are interested please ask your own doctor or at reception

## Dementia Screening

Alzheimer's Disease and Cerebrovascular Disease (brain blood vessel disease) are the two commonest causes of dementia. The Department of Health decided to try and raise everyone's awareness of dementia with a national campaign.



### Is screening for dementia controversial?

Screening is worthwhile if it leads to effective intervention - dementia drugs benefits are only slight individually, but over a population the overall effect is significant and they do help people retain independence and reduce care needs. Setting up effective support for patients and carers is of obvious benefit and is a goal of the campaign.

You may be asked by your nurse or doctor if you have been having memory problems recently. If so you will be offered a short series of questions (a screening test) which will decide if you might benefit from being offered a referral to the local Memory Assessment Service Clinic for a more in depth assessment. You can say no if you don't want to have a screening test.

Your GP or practice nurse has lots of patient information about local dementia services - *why not ask?*



### Contact Details:

- East Lancs Alzheimer's Society & East Lancashire Community Dementia Forum 01282 421233 / [www.eastlancsdementia.org](http://www.eastlancsdementia.org)

## Over 75s Service

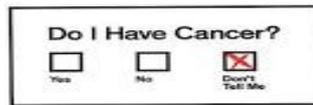
In October 2014 Pendleside Medical Practice commenced a new service for all of our patients aged over 75. Sarah Wood is our over 75s Practice Nurse. She offers a health and social assessment which includes routine health tests and advice should you have any concerns or need some extra help with managing day to day life.

The clinics are run at the surgery but if you are unable to attend Sarah will visit you at home.

Our over 75s team also includes Diane Hobro who is a Community Matron. She works alongside the GPs and cares for patients from all the Ribble Valley practices who have more complex needs.

At Pendleside we want to support you in leading as healthy and independent life as possible. If you would like to arrange an appointment or visit from Sarah please contact the surgery.

## Screening



Screening is the process of identifying healthy people who are at increased risk of developing a disease or condition. They can then be offered further tests or treatment to reduce the risk.

There are 4 NHS screening programmes in the UK.

### Cervical cancer screening



This involves a simple test to take a small sample of cells from the neck of the womb.

Women will be invited for their first test at the age of 25. Subsequent smears will be taken every 3 years to the age of 49, and then every 5 years from 50-64. You will be invited by letter when your test is due and can make an appointment with any of the GPs or practice nurses. If the sample shows abnormal cells, it will be tested for HPV, a sexually transmitted virus, and if this is found, a further examination called a colposcopy will be offered. If not found, continued routine screening will be suggested.

Any woman of any age should see their GP if they have abnormal bleeding, ie between periods, after intercourse, or after the menopause, and should not wait for their next smear.



### Breast cancer screening

Breast cancer is the most common cancer in the UK and 1 in 8 women will develop it at some point in their lifetime.

Women are invited for a mammogram every 3 years between the ages of 50-70, and in some areas, including ours, this has been extended to some women from the age of 47. Women over 70 can request a mammogram, and any woman at increased risk because of family history, may be offered earlier and more frequent screening. See your GP if you think this may be you.

### Bowel cancer screening

Bowel cancer is the 4<sup>th</sup> most common cancer in the UK.

All men and women between the ages of 60-74 will be sent a kit through the post every 2 years to test a small sample of poo for blood.

If this is positive, further screening with a camera into the bowel will be offered. You can continue to request testing over the age of 75.



### Triple A screening, (AAA)

An abdominal aortic aneurysm is a swelling of the aorta, the main blood vessel in the tummy which is weaker than a normal sized blood vessel, and can rupture causing death.

All men in the year of their 65<sup>th</sup> birthday will be invited for a simple ultrasound scan of their tummy to measure the size of the aorta.

If normal, no further scans offered.

If small or medium swellings detected, you will be invited back for regular scans to monitor.

If a large swelling is detected, you will be referred to a surgeon.



There are no screening programmes as yet for prostate or ovarian cancer.

## Diabetes



**X-PERT Health**  
Educating for better health

# DO YOU HAVE DIABETES?

WOULD YOU LIKE TO IMPROVE YOUR DIABETES CONTROL?

THEN COME TO THE XPERT COURSE – 2 ½ HOUR SESSIONS OVER 6

The Practice Nurses Helen and Carole, with the Castle Medical Practice Nurses Eileen and Julie will be delivering the courses this

Start dates are  
15<sup>th</sup> July in the  
Afternoon to the  
1<sup>st</sup> September in

**YOU MAY EVEN ENJOY  
YOURSELF!**

### Sessions Include

- WHAT IS DIABETES?
- CARBOHYDRATE AWARENESS
- DISPELLING DIETRY MYTHS
- ALLOWING INCREASE DIETRY FREEDOM

**It's Free!**



## Welcome Back Dr Hussain

It is great to be back at Pendleside, I initially completed my training here and followed by covering the maternity leave for Dr Astle.

I was born in Lancashire and have lived around the Pendle area all my life. I am married with two beautiful little boys. I enjoy exploring the local stunning landscapes with my family. I play a variety of sport particularly as a batsman for local cricket team at the weekend.



Working at Pendleside has always been a privilege. At the moment I am working 2 and 1/2 days at the practice. I work Wednesday, Thursday and Friday mornings sharing Dr Carter's patient list. Here at Pendleside we are committed to providing an excellent service for our patients with high quality care.

In addition, I am now responsible for the Pendleside newsletter. Please pass on to me any medical topics you would like covered for the December issue. I will look forward to hearing from you.

Dr Hussain

## Dr Pakman

Having started work in Pendleside Medical Practice at the beginning of this year, the first thing that struck me was the friendliness of the staff and patients. Starting in a new job can be a difficult time, learning new ways of working, trying to settle in with the new team. It is thanks to the support of everyone here and Pendleside that the settling in process has been so smooth.



I think that life at Pendleside has changed greatly in recent months. The team has grown, as has the workload for the staff. We have started working regularly in Clitheroe Hospital and will doubtlessly change our working patterns again in the future .

Dr Ariel Pakman

# SURGERY WEBSITE

Order  
prescriptions  
online

Book  
appointments  
online

[www.pendleside.nhs.uk](http://www.pendleside.nhs.uk)

Read  
Newsletters  
Useful  
Contacts

A variety  
of  
Health  
information

Update your  
Clinical  
records.  
Register  
with  
practice

We would love to hear  
your comments/feedback  
about the newsletter.  
Feel free to contact Dr  
Hussain.



## Pendleside Wordsearch

A I T N E M E D R F D D H F  
Z W C E B P M E E I A K T E  
U R M S X E Z O T K P K L D  
Q B P T B X O R T C P L A I  
D O O F S I Y E E A O Z E S  
H P V M C H K H L B I S H E  
T O R L K I J T S D N C U L  
R O S K N M Y I W E T R C D  
E D B P L I S L E E M E R N  
P J L S I R U C N F E E X E  
X V E A A T B V U X N N R P  
E I B I Q S A T I G T I T W  
M O J J Z C R L H A S N N P  
A C U P U N C T U R E G P Z

Acupuncture  
Appointments  
Clitheroe  
Dementia

Hospital  
Newsletter  
Pendleside  
Screening  
Xpert



### Pendleside Medical

#### Practice

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Twitter: @PMP\_Clitheroe