

PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership
Newsletter February 2018 Edition 49



Patient Participation Group (PPG) Meeting

The PPG is a group of patients and Practice staff who meet at regular intervals to decide ways of making a positive contribution to the services offered by the Practice.

Please join us for our next meeting at the Health Centre, Bradford on Avon, at 7pm on Tuesday 13th March 2018.

For more information on future meeting dates and topics to be discussed, please visit:

www.boamhp.co.uk



Helping you to help yourself

A dedicated Health Trainer can assist you every step of the way to achieving and maintaining your goals. They can also help you find other services and activities. This service is for people aged 18 + and is free.

Contact us

Health trainers
Public health
County hall
Bythesea Road
Trowbridge
BA14 8JN
0300 0034566

health.trainers@wiltshire.gov.uk

Practice News from Dr Nigel Gough & Dr James Heffer



Dear Patients

After nearly 70 years (between us) in General Practice at the Health Centre, we are writing to let you know that we are both retiring as Partners at the end of March 2018. Although we will each

still be undertaking some medical work, we will no longer be acting as regular Doctors in the surgery.

It has been a privilege and a most fulfilling and rewarding way to spend our working lives and we have enjoyed seeing the generations pass through the Practice and watching the community change over those years. We recognise that our retirement will represent a big change for ourselves and for our patients, but we are sure that all parties will adapt successfully to that change.

The Practice will be writing to you in a few weeks to set out what this will mean for our patients and patient services, but in the meantime we would like to thank you for keeping us interested and enthusiastic over the last three-and-a-half decades.

Flu Vaccine—still time to get yourself protected!

With illnesses on the rise as winter continues people who have not yet had their vaccination are being urged to protect themselves and those around them.

Flu can be very serious and the flu vaccine can protect you and your family and help ease the pressure on our A&E departments, which are very busy at this time of year.

To check whether you are eligible for a free vaccination and to book an appointment, please speak to our Receptionist or visit www.boamhp.co.uk for further information. In December 2017, there were 61 admissions of confirmed influenza cases to intensive care or high dependency units across England with seven flu-related deaths recorded.

Some people are more vulnerable to becoming poorly in the colder months, including those with long term conditions like diabetes and chronic obstructive pulmonary disease (COPD). Anyone in this group is more likely to have potentially serious complications from flu and the vaccine offers the best protection.

NEW MEDICATION REVIEW SERVICE

Now Available with Heather Call



Heather Call
Please telephone 01225 865200 to arrange your medication review

Congratulations to Heather Call our in-house Pharmacist who has worked extremely hard and dedicated hours of study to pass her Prescribing course. Heather will now be working alongside the Doctors reviewing regular repeat medications. We ask patients to be prepared for their telephone reviews, by having all their medication at hand, and list any questions they may need answering. The Practice understands reviews can creep up on our patients, but if you can be mindful of these important dates, and ensure blood tests and blood pressure appointments are made.



The Importance of Spirometry



Joanne Walford the Practice Respiratory Nurse, is currently collating a list of patients who need a Spirometry test also known as a breathing or 'lung function' test that has been requested by the Doctor. Please be aware that our current wait time for an appointment is approx. 8-10 weeks. It is one of the most common tests people with asthma, or people who are being tested for asthma, are given. Joanne will ask you to take a deep breath and then breathe out as fast as you can and for as long as you can, through a mouthpiece linked to a 'spirometer'. You will have to blow a few times so Joanne can get an accurate result.

Act F.A.S.T. campaign returns to empower people to call 999 at any sign of a stroke

On 1st February 2018, Public Health England, working closely with Stroke Association, will relaunch the national "Act F.A.S.T." stroke campaign.

The campaign is built around the '**Act F.A.S.T.**' (**Face, Arms, Speech, Time**) acronym to highlight the key signs of stroke and emphasise the importance of acting quickly by calling 999:

- **Face** – has their face fallen on one side? Can they smile?
- **Arms** – can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time** – to call 999



A stroke is known as a 'brain attack'. There are over 100,000 strokes a year in the UK, causing over 40,000 deaths. It is a medical emergency that requires immediate attention as every minute is vital. That is why calling 999 is so crucial. An ambulance can give stroke patients those extra precious minutes, through faster and more specialist treatment via their knowledge of the nearest appropriate Hyper Acute Stroke Unit.