

Summer & Autumn Newsletter

Kinson Road Medical Centre (No 1)

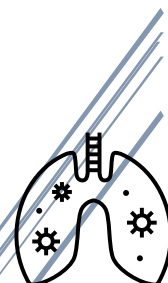
2023



Welcome to Kinson Road Medical Centre Newsletter which will initially run as a twice-yearly edition (Summer/Autumn and Winter/Spring). We are always looking for topics that our patients specifically want more information about. Therefore, members of the Patient Participation Group (PPG) will receive a text before the next newsletter edition to ask for topics and feedback from previous newsletters. Members of the PPG will also be sent a text when the newsletter is published with a web link. Should you wish to share a topic or receive notification of the newsletter, please consider joining our PPG.

Upcoming and Notifications

- Do you know your blood pressure numbers and what they mean? If your answer is yes, fantastic. If your answer is no or want to learn more, then there is time to learn through a campaign during 4th and 10th September which is a national campaign run by Blood Pressure UK (www.bloodpressure.org/know-your-numbers/).
- From September 23 onwards Kinson Road Medical Centre are taking part in 'Targeted Lung Health Checks'. These will take place to identify signs of cancer at an early stage. Eligible to those aged between 55 and 74 who have ever smoked. This is a Dorset based service run by Hannah the Lead Nurse in Dorset for the 'Targeted Lung Health Checks' service. First contact will be by telephone directly from the service. For more information see the following web address link below. (www.cancermatterswessex.nhs.uk/targeted-lung-health-check/).
- Flu vaccines will be given in the surgery at dedicated flu clinics and we will contact eligible patients to invite them to book. Eligible patients will include those aged 65 and over, those under the age of 65 who have a long-term condition, those who are pregnant, carers, children aged 0 and 11, those in a long-stay residential home and frontline workers (includes both clinical and non-clinical staff). You can find further eligibility information from <https://www.nhs.uk/nhs-services/>.
- **Please keep all contact details up to date**, this helps us to contact you when we have a message for you and to book you in to eligible clinics with ease. Contact details include any numbers or addresses that may have changed.



Appointments are an extremely valuable resource however, below you will see how many appointments were wasted due to non-attendance on average per month of each type. Please if you cannot attend, ring up with at least a few hours' notice so that the appointment can be offered to someone else.

Wasted Appointments due to non-attendance in **July 2023**

- GP appointments – 48 appointments missed (combination of telephone calls, face to face appointments and steroid injections)
- Nurse – 72 appointments (combination of specific health clinics and general nursing)
- Phlebotomy – 74 appointments

Total appointments wasted – **194 appointments = 2798 hours wasted**



Patient Participation Group (PPG)

The PPG enables the 'voices' of the patients to be heard and services to be improved. This is done by listening to a variety of viewpoints and acting in a way that will be best for the practice.

In the early stages it is staff led, however as the group grows it will become a patient led group with the support of senior and clinical staff.

Communication is done via email (or letter if you do not use email) around 2-3 times a year. Identity of the members will only be known by the practice and will not be shared externally.

The group are looking for new members, if you want to join please access: www.kinsonroadmedicalcentre.co.uk/patient-reference-group and press 'Contact the PPG' button. Thank you for helping us to help you.

General Health Advice Topic – Staying Safe in the Heat

You may be looking outside at the weather recently and wondered if the sun is to make a return or not. Heat can still be a cause of concern even when just the humidity is present. Here's some well-known advice on how to stay safe in the heat.

The heat can affect a whole variety of people including those aged over 65yrs, children aged 0-5yrs, those with underlying health conditions (including serious mental health), those with alcohol/drug dependence, those who are physically active a lot outdoors (including jobs that are extensively outdoor based and involve manual labour), the homeless, rough sleepers and those who live alone or unable to self-care.

To minimise heat side effects and to ensure safety.

- please look out for those who may struggle including friends, family, neighbours, and work colleagues.
- Close the curtains in rooms that face the sun.
- Avoid physical exertion in the hottest part of the day (12-3pm).
- Drink plenty of fluids