

OXSHOTT PATIENT BULLETIN

7th ISSUE --- SEPTEMBER 2016

WRITTEN & PUBLISHED BY THE PPG



Meeting Notes

We have had three meetings since the last Bulletin and our AGM. Looking back it seems long ago, but in our meetings we have some new members, who we welcomed and introduced to our schedules and work activities.

- Our discussions were concentrated on setting out a programme for this year's activities, fixing dates for our subsequent meetings during the year, trying to plan ahead for activities after the summer break.
- We will start off with a St John's Ambulance information and demonstration evening, a subject that was requested by some of our patients of the OMP. You'll find details further in this bulletin.
- Again you will see us at the surgery hall for some sessions of 'Meet & Greet'. It is so useful to be able to talk to you in person, listen to your wishes and remarks. We can discuss what improvements could be made and how to implement them.
- We are also in the process of discussing additional events and it would help if you could send us some suggestions of subjects you'd like us to tackle? Would an evening of information about how to cope with the loss of a family member or close friend be of interest? We could discuss not just emotional problems but coping with the multitude of paperwork and demands from institutions, probate, and letters of administration after an expected or unexpected loss. Please let us know.
- We looked back at a very successful evening in the PPG Awareness Week in June, when Wayne Lloyd M.R.P.S.GB made an excellent presentation about pharmacies, medications, the procedures with NICE and pharmaceutical companies. A very wide range of topics were explored and superbly explained. We were able to collect £94.55 for the Queen Elizabeth Foundation. Please do note the invitations to forthcoming events which you'll find at the end of this Bulletin.

Surgery Notes

We are delighted to let you know that Dr Nicola Johnson has beautiful twin boys, Rhys and Aneurin (Nye) born on 10th May and is coping really well with all the demands of twins but is missing her patients and colleagues. Nicola will return in due course after maternity leave.



- A new GP registrar is currently working at the OMP for 4 months, Dr Stacey Dawson and she will return in August 2017 for a longer period of time to complete her training as GP.
- We often have medical students sitting in with the doctors to gain experience of general practice. We also have student nurses sitting in with our practice nurses Rose & Tracey as part of their general nursing training.
- Booking appointments online for the Phlebotomist are not possible, as blood tests need to be requested via the GPs and the appropriate forms have to be filled by doctors to be available on the test day.
- Time for Flu Jabs: These jabs are free of charge available from your Surgery for eligible groups and your medical history will be updated at the same time!
- If you are aged between 70 and 80 you may ask your doctor for the SHINGLES jab. If you qualify in the age group for this year the immunisation can be given to you on the NHS by the practice nurse. Shingles is extremely painful and can last for a long time if not diagnosed and treated with anti-

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viral medication within 48 hours. The jab can prevent such a nasty experience.

- A new guideline has been introduced at the OMP: Should you wish test results to be printed out for you, a charge of £1.00 will be due toward the general cost of printing items.



**St John
Ambulance**

The Focus on First Aid Basics and many other aspects of

Emergency Treatments.

- Members of St John's Ambulance will give a demonstration of First Aid basics (Scene appraisal, who to call, what to do first ABC's etc., CPR, choking 'adults and children', stopping bleeding, when to use an AED but not a demo just what it does), we will also announce where AED's can be found locally. Do join us on Thursday 20th October in the Oxshott Village Centre; start time 7.30 pm.



Do you know why your doctor might be late?

There are various reasons why your doctor's first line of introduction could be: sorry to have kept you waiting longer than expected.

Here are some examples as to why your doctor may run late in surgery:

- Your doctor has been called out to an emergency.
- Your doctor may be admitting someone to hospital – this can be a lengthy process
- Your doctor is required to take a call from a colleague at the hospital in relation to a patient
- A patient is presenting with more than one urgent problem that needs to be attended at that appointment
- Your doctor has been interrupted between patients to deal with an urgent request for a prescription or other matter.
- Your doctor may have been called out to confirm a death.

We ask patients to please try and understand why the medical staff sometimes run over time. Every patient has different needs and it is not known when and what type of problem or emergency will arise.

Please plan ahead for your prescriptions and routine appointments. Most of all keep to the appointments that have been made! Thank you for your continued support.

Out of the Box:

Walking for Health!



Walking is one of the simplest and most effective forms of exercise you can do. Anyone can do it and it's very easy to get started.

Joining your local walk scheme and you'll have great company, trained walk leaders and safe walking routes to get you on your way.

There are many opportunities to join walking groups. Go online and find out about Elmbridge Walking Groups:

- www.walkinginsurrey.co.uk/groups.php
- www.walkingforhealth.org.uk/walkfinder
- www.ramblers.org.uk/go-walking/find-a-group.aspx
- www.carersupportelmbridge.org.uk/cse-walking-group

Here are just some links, but there are plenty more.

Dates for your Diary and Reminders:

- **20th October** (19.30) Oxshott Village Centre. An Evening with St John's Ambulance
- Need the Flu jab, the Shingles jab or other immunisations before you travel? Contact the Surgery.

Registering with us (PPG) is very simple and does not cost any money. We'll send you all the information from the PPG. Your details will be kept confidential and for the sole use of PPG matters.

Contact by letter: **Oxshott Medical Practice; Att. of PPG; Holtwood Road; Oxshott KT22 0QJ.**

Contact us on: www.oxshottmedicalpractice.co.uk

(See Tab: Patient Group)

E-mail to: Christina van Roest:

chairman.ppg@oxshottmedicalgroup.co.uk

Or: Anita Lee: secretary.ppg@oxshottmedicalgroup.co.uk

Christina van Roest (Chair PPG)