

Freshney Pelham Federation Newsletter

New Practice Federations

Welcome to the first Freshney Pelham Federation Newsletter.

What is a Federation?

Federations are a new development initiated by the Government to develop working across practices, sharing of experienced staff and allowing flexibility of working. Helping to ensure a robust and secure NHS services for the future.

What makes up my Federation?

The Freshney Pelham Federation is made up of:

- Field House Medical Group
- Woodford Medical Centre
- Littlefield Surgery
- Pelham Medical Group
- Humber View Surgery

In total these 5 practice have over 40,000 patients registered with them.

How does this effect you as a patient?

You remain registered with your current GP Practice and they will still be your first port of call for all your health needs.

As a Federation we will start to develop services that can be shared across all the practices. Some of these developments may not effect you directly such as administrative duties, sharing equipment or ordering of stock but there will be some changes that will effect you, for example you may be offered the option of an appointment at one of the other surgeries for treatment.

As of 1st October 2018 the Federation started to work together by providing pre-bookable appointments in the evenings and at weekends.



Each practice has an allocated day for providing evening appointments between 18:30 - 20:00 and Saturday mornings. Appointments are also available Sundays and bank holidays.

To book an appointment in one of these clinics you would still call your normal GP practice, they will then advise you on availability and location. GP's will be offering both face to face and telephone consultations. For Nurses and HCA's appointments will be available for NHS Health Checks, blood pressure checks, taking blood samples, and Chronic Disease Reviews for Chronic Kidney Disease, Heart Disease and Hypertension. In addition they will be able to provide suture and staple removal, B12 injections, and ear syringing (depending on the staff member available).

Working together

The Practices will keep you informed of further developments through regular newsletters and events. We ran a joint Patient Participation Group (PPG) for all practice members in October. This was a very successful event and allowed members from all practices to voice any concerns about the future Federation plans. If you are interested in joining your practice PPG please contact them direct.



Pelham Medical Group

Humber View Surgery



Woodford Medical Centre

Littlefield

Field House Medical Group

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Easter Holiday Opening Times

Friday 19th April 2019—Practices premises closed
Saturday 20th April 2019—Practices premises closed
Sunday 21st April 2019—Practices premises closed
Monday 22nd April 2019—Practices premises closed



Between Friday 19th April and Monday 22nd April additional routine appointments will continue to be available to our patients at Diana Princess of Wales Hospital. These are pre-bookable and you can contact your own practice if you would like to either book an appointment or for more information.



Medication Ordering for the Holiday Season

Remember to check your medication supply and order your repeat medication in plenty of time over the holiday season. Check the opening times of your local pharmacy.

Ovarian Cancer Awareness Month

1st to 31st March 2019



Ovarian cancer is the fourth most common form of cancer death in women, after breast, lung and bowel cancer. But, the average GP will see only one case of ovarian cancer every five years. Each year in the UK there are approximately

- 7,300 cases of ovarian cancer. This is roughly 142 women each week
- 4,100 deaths from ovarian cancer

Ovarian cancer can disrupt the normal function of the ovaries and can spread to other organs too.

To get involved in the campaign, visit the Eve Appeal website www.eveappeal.org.uk/getting-involved/make-time-for-tea or www.ocam.org.uk.

Summary Care Record

Your Summary Care Record (SCR) is a copy of key information held in your GP record.

It provides authorised healthcare staff with faster, secure access to essential information about you and is used when you need unplanned care or when your GP practice is closed.

Your SCR contains information on medicines you are taking, any allergies you suffer from and any bad reactions to medicines that you have previously experienced.

Can more information be added to my Summary Care Record?

Yes. Ask your GP practice to add information to your record. You can change your mind at any time by simply informing your GP practice.

Essential details about your healthcare can be very difficult to remember, particularly when you are unwell.

If you choose to add more information to your SCR it means that when you

need healthcare, you will be helped to recall this vital information.

For more information about Summary Care Records and for information about SCR for children or vulnerable patients and carers, pick up a leaflet from your GP practice or visit www.digital.nhs.uk/scr



Summary
Care
Records

Sepsis Awareness

Sepsis is a life threatening condition triggered by an infection anywhere in the body. It kills 44,000 people a year in the UK, yet can be treated easily if caught early.

Anyone can develop sepsis after an injury or minor infection, although some people are more vulnerable. People most at risk of sepsis include those:

- with a medical condition or receiving treatment that weakens their immune system
- who are already in hospital with a serious illness
- who are very young or very old
- who have just had surgery or who

have wounds or injuries as a result of an accident

Symptoms to look out for:

- Any adult who has slurred speech or confusion; extreme shivering or muscle pain; passes no urine in a day; severe breathlessness; illness so bad they fear they are dying or skin mottled or discoloured.
- Any child who is breathing very fast; has a fit or convulsion; looks mottled; bluish or pale; has a rash that does not fade when you press it; is very lethargic or difficult to wake; feels abnormally cold to touch.



Research News

Research Experience

Over the past two years, Littlefield surgery has been involved with the Yorkshire and Humber Clinical Research Network in a range of studies, including HEAT, the Arthritis Study, Statinwise and the OTTIS study. The federation is currently taking part in its first cooperative study, the Embedding Diabetes Education study, which will examine the ways in which people are offered diabetes education, and how many of those affected attend education programmes. An information leaflet explaining the study in more detail has already been sent to patients who are eligible to take part in the study.

Research Staff

We have a dedicated Nurse, GP Research Specialist and research administrators who are eager to offer patients within the federation the opportunity to become involved in research. A patient research ambassador has also been recruited from our patient participation group and a Clinical Studies Development Officer from the Clinical Research Network (CRN) is also on hand to offer their expertise, guidance and information to set up and deliver new studies.

Continuous contact is kept with our lead Clinical Studies Development Officer for all studies we may be eligible for, including those offered by companies/research teams. Although currently focussed on undertaking non-commercial studies, the federation has been added to the commercial studies distribution site and hopes to be selected for a suitable commercial study in the future. The CRN provide promotional materials for research to engage our patient population further.

Future Research

As a group of teaching and training practices, the federation is committed to enhancing both clinical knowledge and medical care. We are enthusiastic to begin building a research portfolio, offering our diverse population of almost 40,000 patients the opportunity to become involved in clinical research. We understand and are committed to engage in the best quality care we can provide and feel that taking part in clinical studies provides opportunities for professional development of both clinical and administrative staff, whose research skills are certified through the Good Clinical Practice course.