

RECTORY MEADOW SURGERY

MISSED APPOINTMENTS

It is very important that you let us know if you are unable to attend your appointment so that we may offer it to someone else.

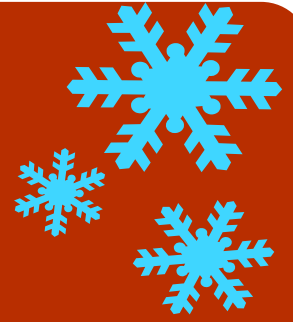
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Newsletter

ISSUE 11

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Welcome—Happy New Year!!



Welcome to the Winter 2013/14 edition of the Rectory Meadow Surgery Newsletter.

This quarter we have articles about the

Health and Social Care Information Centre and their data gathering exercise. Please read this carefully in order to understand your choices.

We also have a Patient Wellbeing article on Norovirus with advice on managing your symptoms this winter if you

are unlucky enough to be suffering!

We have also included a final call for Flu vaccinations before our stocks expire.

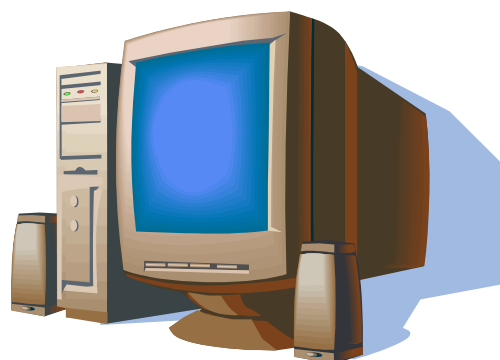


New Computer System

A big thank you for your patience whilst we implemented our new computer system in October this year.

Following a year of preparation we went live on 23 October.

We are still getting grips with the technology and appreciate your understanding of the extra time things take to achieve!



Unfortunately one of the consequences of our new system is that our automatic check-in system needs replacing. Please bear with us whilst we source and install a newer version.

Sorry WE'RE
CLOSED

Forms News

'We are most indebted to these patients who raise funds for the practice.'

Staff Training

The surgery will be closed from 1pm for staff training on the following dates: -

- 15 January 2014
- 12 February 2014
- 20 March 2014

On 12 February 2014 the surgery will be open in the morning, for urgent matters only.

For the other two dates, should you need a doctor urgently, and it cannot wait until the surgery is open again at 8.30am

the following day, please call Bucks Urgent Care, our Out of Hours Provider, on 0300 130 3035.

Requests for repeat prescription, test results and other non-urgent matters should wait until we are open again the following morning.

FORMS—Friends of Rectory Meadow

The Friends of Rectory Meadow (FORMS) is an independent organisation whose role is to provide much needed additional funding to support and extend facilities available to doctors and staff at the surgery.

At 2pm on Wednesday, 22nd January, FORMS will hold a general meeting at the Surgery. Practice manager, Nicola Hus-

bands, has agreed to give a talk on all matters RMS, from her viewpoint. Refreshments will follow, as usual.

They also plan to hold an "Extraordinary General Meeting" **at 2pm on Wednesday, 26th March.** where they will ask members present to endorse Committee status for volunteers who it is hoped by then will have agreed to



step up to help fill existing vacancies.

A speaker will also be invited along to give a worthwhile talk, on the day.

Seasonal 'Flu Campaign—Final Call!

We are coming to the end of our Seasonal 'Flu campaign for 2013-14 and would urge anyone who is entitled to a free vaccination who has not already had one, to make an appointment with our Practice Nurses.



Am I at greater risk from the effects of seasonal flu?

Even if you feel healthy, you should definitely consider having the free seasonal flu vaccination if you have:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis or emphysema
- kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell disease, or you have had your spleen removed.

You should also have the seasonal flu vaccination if you:

- are aged 65 years or over;
- live in a residential or nursing home;
- are the main carer of an older or disabled person.

To have your 'flu vaccination, please call reception and make an appointment with our practice nurses before our supplies run out.

Health & Social Care Information Centre

Under the terms of the Health & Social Care Act 2012, GPs are legally required to provide data to the Health and Social Care Information Centre (HSCIC) for the care.data program. It is important for the NHS to share information about the health needs of the population and the quality of the treatments they receive.

By sharing information in this way, researchers can identify patterns in disease and the most effective treatments. They can also:

- find more effective ways of preventing or managing illnesses;
- advise local decision makers how best to meet the needs of local communities;
- promote public health by monitoring risks of disease spread
- map out pathways of care to streamline inefficiencies and reduce waiting times and determine how to use NHS resources most fairly and efficiently.

It is important that we make patients aware of the implications of this requirement and what you can do if you need more information.

The HSCIC will only use the minimum amount of information they need to help improve patient care and the services we provide.

They have developed a thorough process that must be followed before any information can be shared. They sometimes release information to approved researchers, if this is allowed under the strict rules in place to protect your privacy.

They are very careful with the information and follow strict rules about how it is stored and used.

They will make sure that the way they use information is in line with the law, national guidance and best practice. Reports that are published will never identify a particular person.

Do I have a Choice?

Yes. You have the right to prevent confidential information about you from being shared or used for any purpose other than providing your

care, except in special circumstances. If you do not want information that identifies you to be shared outside your GP practice, ask us in writing to make a note of this in your medical record. This will prevent your confidential information being used other than where necessary by law, (for example, if there is a public health emergency).

You will also be able to restrict the use of information held by other places you receive care, such as hospitals and community services. You should let your GP know if you want to restrict the use of this information.

Your choice will not affect the care you receive.

Do I need to do anything?

If you are happy for your information to be shared you do not need to do anything. There is no form to fill in and nothing to sign and you can change your mind at any time. If you have concerns or are not happy for your information to be shared, speak to us.

Where can I get more information?

For more information, including a list of frequently asked questions (FAQs), please go to our surgery website or the website at www.nhs.uk/caredata.

You can also get further information from the website at www.hscic.gov.uk.

“GPs are legally required...to provide data to the HSCIC for the care.data programme”



Health & Social Care
Information Centre

NOROVIRUS - Signs, Symptoms & Treatment

Norovirus, sometimes known as the winter vomiting bug, is the most common stomach bug in the UK, affecting people of all ages.

The virus, which is highly contagious, causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days.

The period from when you are infected to when you start to show symptoms (known as the incubation period) usually lasts 12-48 hours. During this time, you may be infectious to other people.

Having norovirus can be an unpleasant experience, but it's not generally dangerous and most people make a full recovery within a couple of days, without having to see a doctor.

Between 600,000 and 1 million people in the UK catch norovirus every year. You may have heard of it as the "winter vomiting bug" because the illness is more common in winter. However, the virus can be caught at any time of the year.

What should I do?

If you have norovirus, the following steps should help ease your symptoms:

Drink plenty of water to avoid dehydration.

Take paracetamol for any fever or aches and pains.

- If you feel like eating, eat foods that are easy to digest.
- Stay at home and don't go to the doctor, because norovirus is contagious and there is nothing the doctor can do while you have it.

However, contact your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness.

Extra care should be taken to prevent babies and small children who are vomiting or have diarrhoea from dehydrating, by giving them plenty of fluids. Babies and young children can still drink milk.

Don't worry if you are pregnant and you get norovirus: there is no risk to your unborn child.

How to stop it spreading

The virus is easily spread by contact with an infected person, especially through their hands. You can also catch it through contaminated food or drink or by touching contaminated surfaces or objects.

The following measures should help prevent the virus from spreading further:

- Wash your hands frequently.
- Do not share towels and flannels.
- Disinfect any surfaces that an infected person has touched.

Outbreaks in busy places such as hospitals, nursing homes and schools are common because the virus can survive for several days on surfaces or objects touched by an infected person.

If you have norovirus, you may continue to be infectious for a short period after symptoms stop, so you should avoid food preparation and direct contact with other people for at least 48 hours after your symptoms have gone.

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