



The Patient Reference Group

Cherrymead Chat Newsletter

E-Mail: cherrymeadprg@gmail.com Volume 2, Issue 3, September 2015



FLU CLINICS, PNEUMOVAX AND SHINGLES

Immunisation is one of the most successful and cost-effective health protection measures. As usual, Cherrymead will take part in the annual push to protect patients at risk. We will immunise for flu, pneumococcal infection and shingles.

Influenza is an unpleasant but usually self-limiting disease for most healthy people. However, some groups are at risk of severe illness, if they catch it. These include children, older people, pregnant women and those with underlying disease.

Pneumococcal infection is a common cause of pneumonia. It can lead to invasive diseases such as meningitis and septicaemia. Hence, we include it for those at most risk.

Shingles can be painful and debilitating. Its risk and severity increase with age, and can lead to neuralgia and hospitalisation. So, we routinely offer immunisation to patients aged 70 years, and as a catch-up to patients aged between 70 and 79.

High immunisation rates are key to preventing the spread of infectious diseases!

The 2015 Flu Clinics will be on:

Saturday 26th September

Saturday 3rd October

Saturday 10th October.

Walk in sessions will be held on each day from 8am to 1pm.

Special clinics for children will be held on Tuesday 13th and Thursday 22nd October. They will be by invitation only.

We will also offer a short test for atrial fibrillation at the Saturday clinics. Patients will hold a device that will take their pulse. It will send the data to a central point where a diagnosis will be made. We will then let patients have those results when they come back.

A Hewitt

FRIENDS AND FAMILY TEST RESULTS

The Friends and Family test has been running since January 2015. You may have been invited to take part by text or email following your appointment. This is a government initiative that gathers the opinions of our service from the service users – you!

The results are collated each month. We read them with interest to see if there are any issues you would like us to address. The data are added to our website under “Friends and Family”. You can see the scores and our actions on any issues you raised.

If you have not given us permission to contact you by text or email, you can take part by using the forms available in the waiting areas’ and placing the form in the boxes provided.

It is far better and quicker to process data collected by text or email. Hence, this is a good opportunity to ask you to let us have your email and/or mobile phone details. Then, if you give us permission we can contact you in that way. That includes sending the Friends and Family test. It also includes being able to send each future copy of this Newsletter to you by email.

A Hewitt

CHERRYMEAD ON FACEBOOK

We are excited to announce that we now have an active Facebook page. This will allow us to react to things in the news, share health advice and provide practice information.

We can also publicise events such as flu clinics. Please have a look and “like” our page.

The more active users we have, the more effective the page will be. <https://www.facebook.com/CherrymeadSurgery>

P Watt



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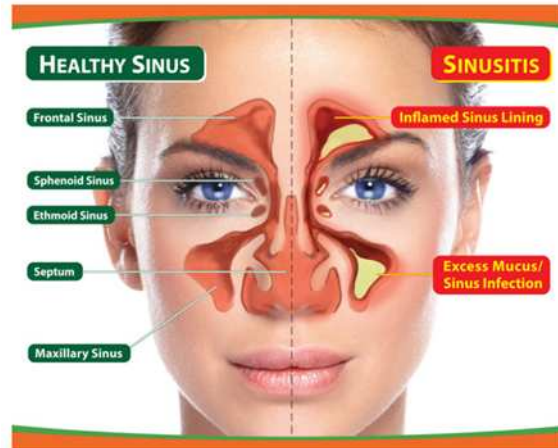
SINUSITIS

The sinuses are airspaces in the face that help warm up the air when you breath through the nose.

The true reason for their existence Is not known! They do cause us problems however.

Sign/symptom	Sinusitis
Nasal Discharge	Cloudy or colored
Nasal Congestion	Often
Facial Pressure/Pain/Fullness	Often
Duration of Illness	10 days or longer
Double-worsening*	Sometimes
Fever	Sometimes
Pain in Upper Teeth	Sometimes
Bad Breath	Sometimes
Coughing	Sometimes
Sneezing	No

Note: see a doctor if symptoms become severe or do not ease within a week



What can you do to help?

- * Painkillers such as paracetamol or ibuprofen will usually ease any pain. They will also help to bring down any high temperature (fever) that you may have.
- * Decongestant nasal sprays or drops are sometimes used. You can buy these from pharmacies. They may briefly relieve a blocked nose. You should not use a decongestant spray or drops for more than 5-7 days at a time. If they are used for longer than this, they may cause a worse congestion in the nose.
- * Keeping hydrated can be helpful, so have plenty of drinks.
- * Warm face packs held over the sinuses may help to ease pain.
- * Saline nasal drops may help to relieve congestion and blockage in the nose.

STROKE ASSOCIATION TALK

The PRG has organised an evening meeting on Stroke Awareness. It will take place between 7 and 9pm at the Surgery on Wednesday 7th October. Refreshments will be provided. Our Speaker will be Suzy Imeson, from Stroke Organisation UK. She will cover all aspects of the condition. These include:

- The recognition of Stroke signs and symptoms.
- What to do in an emergency.
- Lifestyle changes to prevent strokes.
- How to get help after a stroke.

There will be a chance to ask questions, so please take this opportunity to become better informed.

If you wish to attend please email the surgery

cherrymead.surgery@nhs.net or telephone 01494 445150.

INVITATION FOR ARTICLES

The PRG are really keen to hear what you would like to include in future editions of Cherrymead Chat. If there is a subject you would like to know about, then please get in touch.

If you would like to write something to be included then we would love to hear from you too.

Contact us via cherrymead.surgery@nhs.net





HOW MANY DOCTORS WORK AT CHERRYMEAD SURGERY?

At present, there are four partners working full time at the surgery, Dr King, Dr Fraser, Dr Hettiarachchi and Dr Bera. Dr Hettiarachchi will be leaving for family reasons in September.



He will be replaced by Dr Malki Gamage, a lady doctor. Ideally, we would have five full time partners who see patients using the Doctor First system. It allows more patients to be seen sooner than other appointment systems. It has reduced time wasted when patients have not attended after booking in advance.

Funding to GP surgeries has been reduced over the last few years. The number of patients who need to be seen is increasing as is the amount which is not related to patient care. That is now so high that increasing numbers of doctors are leaving General Practice to work as locums, in the private sector, or abroad.

All these mean that we are not in a position to recruit an additional full time partner or salaried GP. To stretch our funding and ensure that you see a permanent GP as much as possible, we try to employ locums only to cover partner leave. You may be booked in with a locum from time to time. That may be with one you haven't met before. We are keeping this under regular review.

Dr Kristina King

Useful Numbers

Health Visitors:
01628 482788

Wycombe General Hospital:
01494 526161

District Nurses:
01628 482292

Stoke Mandeville Hospital:
01296 315000

Diagnostic Centre:
01494 555200

Wexham Park Hospital:
01753 633000

Tesco Loudwater
London Road
High Wycombe, Bucks
HP10 9RT
0345 677 9351

AQSA
91 London Road
High Wycombe
HP11 1BU
01494 451888

Wooburn Green Pharmacy
50-51 The Green
Wooburn Green
HP10 0EU
01628 521397

Lansdale Pharmacy
208 Desborough Road
High Wycombe
HP11 2TE
01494 528604

Boots Flackwell Heath
3 Aries House
Flackwell Heath
HP10 9NB
01628 521750

Ryemead
Gateway House
Wycombe Retail Park
High Wycombe
HP11 1FY
01494 525752

Q2
51 Hughenden Road
High Wycombe
HP13 5HS
01494 436444

Lloyds Pharmacy
1 Cressex Road
High Wycombe
HP12 4PG
01494 520685

STAFF PROFILE - DR ARNAB BERA



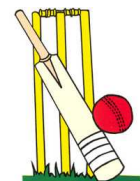
MBBS MS DOHNS MRCS
MRCGP

Dr Arnab Bera is our new partner at Cherrymead Surgery. His particular interests include Ear, Nose & Throat [ENT] and Men's Health. He also appraises other GPs for the NHS.

Dr Bera qualified in medicine in India and trained as a GP in Stoke-on-Trent. He completed postgraduate training in ENT in India and at Keele University.

While working as GP in Tower Hamlets, he developed an interest in Urology and Men's Health. His guidance on Lower Urinary Tract Symptoms in Men was published by Queen Mary University.

Dr Bera lives in High Wycombe. He enjoys spending time with his son and is a keen cricket fan.





FILM REVIEW: INSIDE OUT



The very best children's films are ambitious, complex, deeply layered movies for grown-ups. They just happen to have characters, colours and clear plot lines which appeal to children as well. "Inside Out" is such a film. It is a bold, sweet, funny, and sometimes sad adventure that deserves an Academy Award nomination for best picture. It tells of Riley, a young girl, her emotions, and memories.

The story-teller and guide is Joy (Amy Poehler). She introduces us to Riley's other primary emotions, including: Sadness (Phyllis Smith), who can colour memories forever by touching them; Fear (Bill Hader), who views every experience as potentially disastrous, but is sometimes a valuable asset.; Anger (Lewis Black) ready to throw a tantrum whenever things don't go Riley's way; Disgust (Mindy Kaling), who, like my own little girl, doesn't like Broccoli.

They live in the "Headquarters", the control centre of Riley's mind in charge of memories. At first things are pretty simple for Baby Riley. She feels the Joy of parental love, Disgust when she tastes broccoli, and Fear of noisy household appliances, etc., etc. But then we jump forward to Riley's world at age 11, when the family moves to San Francisco because her father has a new job. Riley has to cope with tension between her parents and living in a less-than-desirable area. She misses her friends and feels like an outcast at her new school. As Riley becomes ever more sad and bitter, Disgust, Fear, and Anger take control. So Joy goes on a frantic quest to become a constant presence in Riley's life again and to regain control. The film is directed with great flair and timing. It brims with sparkling visuals, and has first-rate voice performances. The adventures are thrilling with unforgettable moments. In short, "Inside-Out" is an instant classic.

P WATT

Doctor's Office Word Search Puzzle

Z Y B S T E T H O S C O P E J
 S K R N K D R E F L E X E S H
 C P E J O O P O R R Y C V F K
 A K A A E I E X U Y E N R U G
 L X T D C L T X W E I G H T H
 E Y H M A I A P R W A M T K R
 T U E H T C R H I O N X E W P
 S L X J R T N C N R T U W S U
 E E E U A H N J U I C C R P L
 T T Q U H G A Q G L M S O S S
 M E D I C I N E E U A W E D E
 H G U O C E S M E E X T G R F
 Q K J W J H V N F W E O I H P
 H E P U P I L S A V W I B O R
 M C N W Z K L V Z N V I O A N

BREATHE PRESCRIPTION
 CHART PULSE
 CIRCULATION PUPILS
 COUGH REFLEXES
 DOCTOR SCALE
 EEG STETHOSCOPE
 EKG TEST
 EXAM WEIGHT
 EXHALE
 GOWN
 GURNEY
 HEIGHT
 INHALE
 MEDICINE
 NURSE

Got an idea for what you'd like to see in the next newsletter? We'd love to hear from you! Contact us by email or leave a message with Reception!