



The Pink Tablet

THE OFFICIAL HARVEY PRACTICE NEWSLETTER - PRE CHRISTMAS ISSUE 2016



Broadstone: 01202 697307

Merley: 01202 841288

GENERAL PRACTICE

Update from Dorset Clinical Commissioning Group on the future of General Practice.

Dorset Clinical Commissioning Group (CCG) became fully delegated for Primary Care Commissioning from NHS England on 1 April 2016. This means we now hold the finance and decision making responsibilities for the way we plan and buy our GP services. (For the purpose of this extract, Primary Care means General Practice, as opposed to the other three contractor groups: Pharmacy, Dentistry, Optometry).

We know from our GP survey results that patients are mostly happy with the services they receive but they have told us that there is more work to do, especially around access. We also know from the conversations we have had with our GP Members and their teams that they are under extreme pressure with an increasing workload and diminishing workforce. The CCG has recognised for some time that things need to change; there is now also national recognition via the General Practice Forward View (GPFV). This national guidance and supporting programmes, coupled with our new decision making powers, gives us a fantastic opportunity to address these difficult challenges.

Our reasons for change are simple: General Practice in its current form will find it difficult to survive, if it does not evolve. GPs and their teams have developed and adapted their individual practices well over time resulting in many great achievements; a wider reaching strategy is now required to stretch beyond the boundaries of individual practices and better address the current challenges. As we have recognised in our work for the Clinical Services Review (CSR) and Integrated Community Services (ICS), the existing health system was not designed to meet the needs of the current population. People are living longer, with often multiple long term conditions.

Focusing on individual episodes of disease specific care is not an efficient way for us to be working, nor does it make the best use of the public money we have available to us in Dorset. We want to celebrate the success of General Practice, which has provided real value for money. We also want to acknowledge that General Practice is facing extremely challenging times. By working together, we are confident that we can achieve a strong, sustainable and modernised integrated GP model, which is attractive to work in and where patients can consistently receive the best care, in the most appropriate place. It is our ambition to do this as part of achieving our strategic goal for longer healthier lives via a fully integrated health and social care system by 2020/21.

<https://www.england.nhs.uk/wp-content/uploads/2016/04/gpfv.pdf>



Winter is here!



'Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and a talk beside the fire: it is the time for home.'

Edith Sitwell

Colds, coughs, sore throats, temperatures, muscles ache.....vomiting, Diarrhoea!!

Some advice for the young, old and those in between.

For babies and children: make sure that you dress them warmly in the cold weather, multiple thin layers rather than lots of bulky layers, with hat and gloves. Always dress babies in one more layer than adults, but ensure they are not wearing too bulky clothes in their car seat. Always make sure that you are stocked up with Calpol and children's Ibuprofen (Nurofen). If your child has a temperature and is distressed you can give the recommended dose of both Calpol and Ibuprofen; check for allergies first. Make sure they are drinking plenty, if reluctant ensure you are offering a drink every 10 minutes, monitor their urine output or nappies. If you are concerned try to call your GP as early in the day as possible, or call 111 outside of your GP Practice hours. In an emergency call 999.

If you are over 65, pregnant or have a long term medical condition you are eligible for the flu vaccine; ask your GP! If you are not within these groups and you find you have flu symptoms, flu can be unpleasant and can last up to 2 weeks. Seek advice from your GP if you are not recovering after this time. Also your GP can advise you if you would like your child to have a nasal flu.

If you develop diarrhoea and vomiting, please arrange a telephone consultation with a doctor before coming to the surgery. Again make sure that you are drinking small amounts and often.

There are lots of fit, healthy older people but there are also some very frail, vulnerable older people who live alone. We all need to make sure before the cold snap is upon us that our heating is working and that we have had boilers serviced to reduce the chances of having a breakdown. Ensure the smoke and carbon monoxide alarms are working, you can contact the local fire service to come and check, or fit one, if you are unsure.

Families and neighbours of elderly people, please check on them more regularly during the winter months. If you can, make an extra meal and take it to them, if you are going to the shops check to see if they need anything or arrange a delivery for them.

If you are going on long journeys make sure you have blankets, a torch and water in the car. From December 2016 new car seat guidelines apply: any child up to 12 years of age or below 125cm/ below 22kg, (whichever comes first) must have a car seat with a back.

Drink alcohol sensibly, and do not drink and drive.

During the winter we all use more candles, open fires and heaters, make sure to keep young children away and ensure they are blown out/turned off properly before going out or to bed.

Enjoy the winter, but look after yourselves and each other!

Dr Sarah Batchelor

Registrar

Staff Updates



Dr Annelise Locke:

Congratulations to Dr Annelise Locke who will be on maternity leave from mid November, returning late summer 2017. We look forward to her return and wish her well with her new bundle of joy!

Dr Christina Hawkins:

The Practice is delighted to welcome back Dr Christina Hawkins who will be joining us, from 12th December 2016 working 7 sessions a week at Broadstone. Dr Hawkins has previously worked in the surgery providing maternity cover for Dr Locke and as a locum.

Dr Sarah Batchelor:

We would like to welcome our new Registrar Dr Sarah Batchelor, she started with us in August 2016. Dr Sarah Batchelor qualified from the University of Southampton in 2012. She has joined The Harvey practice as a registrar on a 2 year part-time placement.

New Local Defibrillators

Broadstone

A new defibrillator has recently been placed on the wall of Forum Jewellers in Broadstone and is accessible to all members of the public.

Merley

This is situated outside the Lantern Church in Merley.

As a practice we do have defibrillators onsite, but it is useful to know these are there for times when the surgery is closed.

OPENING HOURS



Broadstone

Monday	8:00am – 8:00pm*
Tuesday	8:00am – 8:00pm*
Wednesday	8:00am – 6:30pm
Thursday	8:00am – 6:30pm
Friday	8:00am – 6:30pm

* these hours are not always available and patients should please refer to reception on 01202 697307.

Merley

Monday	8:00am – 8:00pm*
Tuesday	8:00am – 8:00pm*
Wednesday	8:00am – 6:00pm
Thursday	8:00am – 6:00pm
Friday	8:00am – 6:00pm

* these hours are not always available and patients should please refer to reception on 01202 841288.

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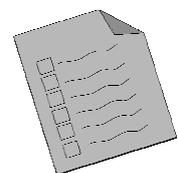
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www.theharveypractice.co.uk